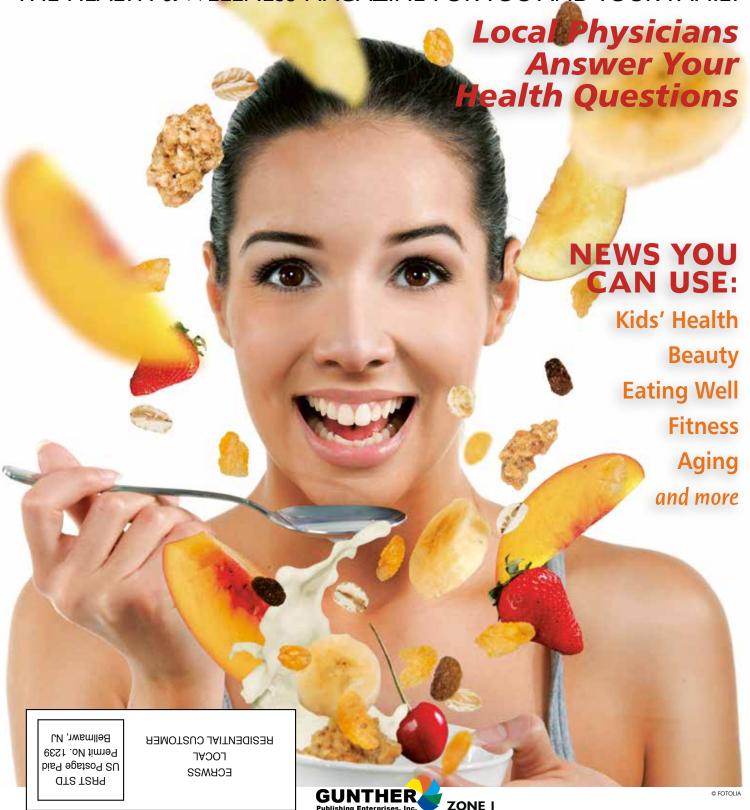


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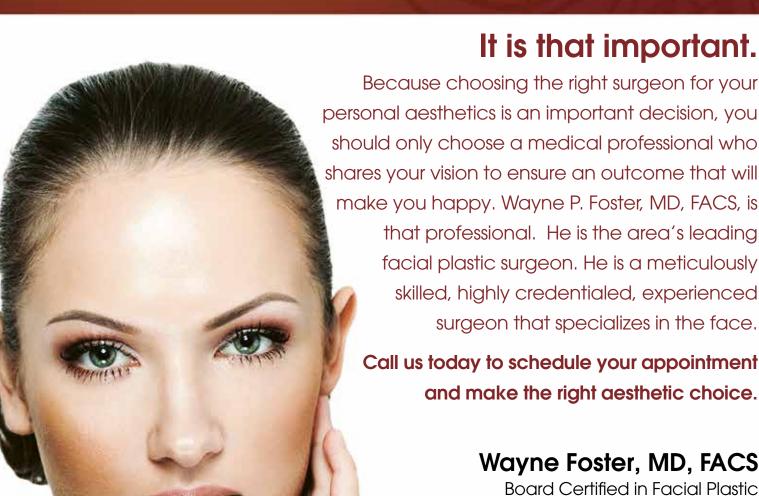
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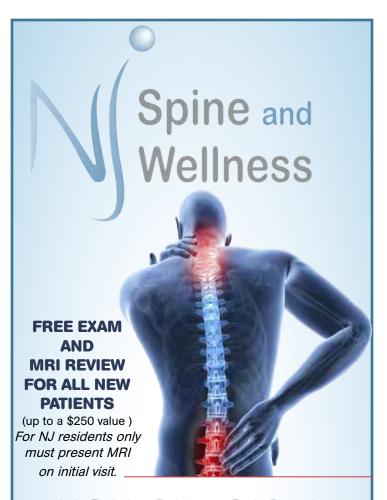


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# LISTEN UP FOR HEALTHY EARS

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rom otitis media (middle ear infection that causes hearing loss in children) to tinnitus (ringing in the ears caused by damage to the hearing nerve), many medical conditions can lead to irreversible hearing impairment or deafness.

If you suspect that you, a family member or friend have a problem with hearing, seek an immediate diagnosis from a physician. Prompt attention from a medical professional could lead to positive results from treatment or medication, rather than surgery.

### **Hearing Loss**

The third most common physical condition after arthritis and heart disease, hearing loss is a major public health issue. About 48 million American adults report some degree of hearing loss, according to the Hearing Loss Association of America.

It also is important to know the warning signs of hearing loss, which can include difficulty hearing conversations, frequently asking others to repeat their statements or misunderstanding what other people say.

### **Ear Cleaning Tips**

Cleaning your ears is a simple yet highly critical aspect of overall health. The Cleveland Clinic Foundation offers the following tips:



6

# THE WEIGHT IS OVER

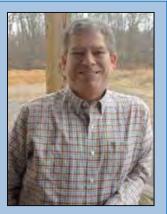
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# "I'm Leading The Charge"

When you talk to Tricia you can just hear the joy in her voice. A 150 pound weight loss, just 1 year after surgery.

She's struggled with her weight since childhood. She admits to emotional eating. "I was a sneak eater." At her heaviest she weighed 450 lbs.

"I was disabling myself, from the moment I woke in the morning, I'd have trouble breathing. My back, knees and joints ached." She had been diagnosed with high blood pressure and sleep apnea before age 40.

Tricia tried everything from Weight Watchers to Optifast. She felt discouraged. She and her husband wanted to have children but couldn't get pregnant. She knew that even if she had a successful pregnancy, she wanted to be a healthy, active mom. She decided to have lap band surgery.

Why Statewide Bariatrics? She researched and visited programs in the area. "When I met Dr. Strom, he just got me and understood

the struggle I was going through."

In the end, Tricia and her husband decided to adopt. Tricia has lost 150 lbs at her 1 year anniversary but, she jokes, "I've gained 6 lbs with the addition of our daughter, Emilia." Tricia beams that her decision to do the surgery, has meant that she can now easily keep up with her baby daughter. She no longer has high blood pressure or sleep apnea.

As a Benefits Manager, she helps others reach their wellness goals through the programs she administers. She finds that people often confide in her about their weight problems. They say, "If you can do this, I can too." In regards to her dramatic weight loss, she says, "Now, my weight doesn't hold me back. I'm leading the charge for better health and I'm an active mom."



**BEFORE** 

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**AFTER** 

# **QUESTION:**

### **How To Ease Joint Pain?**

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# Male Factor Infertility... It Takes Two!



by Dr. Jessica S. Mann

For many years, infertility has been a problem attributed mostly to women. While the idea that women have a biological clock is unfortunately founded on good science, the extent of sperm abnormalities on pregnancy outcomes is currently under reevaluation.

Some cases of male infertility include low sperm count (oligospermia) and lack of any identifiable sperm (azoospermia). Urological evaluation allows identification of whether the problem is due to abnormal anatomy as in the case of a blockage, or because of suboptimal production of sperm as in a hormonal imbalance. In addition, a thorough male work up can identify conditions that can be passed on to the baby. Common anatomical conditions that can affect sperm counts include swollen veins around the testicles, a hernia or previous hernia repair, as well as obesity. Even though some anatomical conditions can be treated with surgery, others require that a single sperm be injected into a woman's egg. The latter process involves in vitro fertilization. Hormonal conditions such as abnormal thyroid or low testosterone production may be treated with medications.

Other cases of male infertility can be attributed to poor movement

(poor motility) or abnormally shaped sperm (poor morphology). These cases also deserve a thorough evaluation by a reproductive urologist. Recent studies have shown lower chances of pregnancy when there is a low proportion of normal sperm. Reports also suggest that abnormally shaped sperm may be associated with pregnancy loss. Due to conflicting data, the value of sperm degradation assays is limited. During the last meeting of the American Society of Reproductive Medicine, new technology has been proposed which can be used to pick better sperm for injection into an egg. Clearly, not all sperm are created equal. And not all embryos are created equal. Advances in our field allow us to test embryos prior to placing them into a woman's uterus. In some cases, this technology can substantially improve the chance of a live birth. So for all couples struggling with infertility, don't discount that there maybe a male factor issue at hand.



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# **QUESTION:**

### Why Is Thermography Considered the Best Breast Test?

tudies 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.

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# **QUESTION:**

# Are fluoride treatments really necessary for children?

### ANSWER:

Dental caries, commonly known as tooth decay, is one of the top chronic childhood diseases in America. Fortunately, it is largely preventable regardless of where you live, how much money you make or your access to healthcare.

Dental caries form when bacteria in the mouth convert food particles into acid. The acid then attacks the tooth's hard outer surface called enamel. The breakdown of enamel results in a cavity. The use of fluoride is one way to prevent this from happening. According to Dr. Christopher Armento, owner of Red Barn Dental, drinking fluoridated water, brushing with fluoride toothpaste, or using other fluoridated dental products can raise the concentration of fluoride present in one's saliva from 100 to 1000 fold.

Fluoride works by binding to tooth enamel, which is made up of hydroxylapatite, a crystal composed of calcium, phosphorus, hydrogen and oxygen. By replacing the hydroxyl molecule with fluoride, the enamel becomes less susceptible to acid attack making it harder to dissolve tooth structure and cause decay.

Tooth decay, if untreated, can cause pain, school absences, difficulty concentrating, and poor appearance. These conditions decrease quality of life for children making it hard for them to focus on the day's events. The dental work necessary to remove the decay may also be a great expense for the parent or caretaker.

Often times parents are hesitant to use fluoridated products or deny fluoride application during their child's dental visit. Many parents



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are concerned that their child will develop fluorosis – the presence of white streaks and spots when too much fluoride is ingested. Fluorosis is common in very young children during tooth development but once a child reaches age 6 they are past the age that fluoride ingestion can cause fluorosis.

Dr. Armento encourages parents to establish a dental home for their children at an early age. He believes it is important so that parents can become educated on topics such as this. Fluoride application is an important part of preventive dentistry and will help maintain a healthy mouth, eliminate dental disease and decrease a child's need for extensive dental treatment in the future.

Community water fluoridation is another safe and effective way to promote oral heath and decrease the incidence of tooth decay. New Jersey ranks 49th out of 50 states in its percentage of population that drinks fluoridated public water at the Center for Disease Control's recommended level of .7 part per million. Currently, only 14% of New Jersey residents receive fluoridated water from public drinking supplies. To find our whether your town has fluoridated water check out a list at ww.nj.gov.

Any other information, Dr. Armento and his wife, Dr. Indelicato can be reached at their office, Red Barn Dental, located at 361 Kings Highway E, in Middletown. Feel free to call them at (732)671-1110 or visit the website redbarndental.com



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# **QUESTION:**

**Dr. Scot Paris** 

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

steoarthritis 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 hyularonic acid which is normally found in high levels in healthy joints. Replacing the hyularonic 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-flouroscopy 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!



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ASK THE DOCTOR MAY/JUNE 2015



# The Critical Question That Can Save a Stroke Victim

Using a stent retriever, we can now go into the brain within 8 to 10 hours of the stroke – in some instances, even longer – remove the clot and restore blood flow to the brain. The ANS Neurovascular Center has been a pioneer of interventional stroke treatment and recent studies have confirmed what ANS has known for years: that this type of treatment reduces post-stroke disability and increases the proportion of patients independent at three months.

The ANS Neurovascular Center is the busiest and most advanced in the state and has treated thousands of patients suffering from ischemic or hemorrhagic stroke and other vascular conditions.

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# Newly Proven, Minimally Invasive Treatment Removes Blood Clots And Has Patients Returning Home As Good As New

"He suffered a stroke. There's nothing more we could do," used to be the normal response from the doctor after stroke, especially if the patient sought medical care after the six-hour treatment window.

Today, the response should be much different. So it's critical the patient's loved ones or caregiver ask the all-important question: "What more can be done?"

Not every emergency room physician or neurosurgeon has the training to answer, "There is something that can be done." But, according to Ronald P. Benitez, neurosurgeon and president of Atlantic NeuroSurgical Specialists, there is.

"Using a stent retriever, we can now go into the brain within 8 to 10 hours of the stroke – in some instances even longer-remove the clot and restore blood flow to the brain," he explains. "This minimally invasive treatment is successful in patients who have suffered ischemic strokes. An ischemic stroke – the most common type – is caused when a brain artery becomes blocked, prohibiting normal blood flow to the brain. Until recently, intravenous thrombolytic therapy (drugs to break up or dissolve clots) alone was the only proven treatment for this type of stroke."

Benitez was a pioneer of this treatment when the first device was introduced in 2004. Despite advancements that have been made since then and proven medical success, it wasn't until just recently that results of studies confirming the effectiveness of stent retrievers were released at the International Stroke Conference 2015 in Nashville.

The results showed treatment with the latest generation stent retrievers – the Trevo® by Stryker and the Solitaire <sup>TM</sup> FR by Covidien – reduced post-stroke disability and increased the proportion of patients alive and independent at three months. Four studies showed convincing evidence of benefit.

"Removing a clot stuck in a blood vessel is somewhat similar to removing a cork stuck in a wine bottle," Benitez details. "We insert the stent into the blood clot and open it to restore the blood flow. The clot attaches to the retriever and comes out when the device is removed."

Dr. Benitez does 80-100 of these procedures a year with amazing results.

For more information on stroke and stent retrievers, contact Atlantic NeuroSurgical Specialists at 732.455.8225 and visit us at www.ansdocs.com.



# **QUESTION:**

# My elderly mother was diagnosed with cataracts. What exactly are they and do they really require treatment?



# **ANSWER:**

other risk factors for cataract include certain

diseases such as diabetes, personal

behavior such as smoking and alcohol use, medications, family history or

the environment such as prolonged

A cataract is a clouding of the lens in the eye which clouds the vision. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. Cataracts are the most common cause of vision loss in people over age 40, and are the principal cause of blindness in the world.

In a normal eye, light passes through the transparent lens to the retina where the light is changed into nerve signals that are sent to the brain. The lens must be clear for the retina to receive a sharp image; therefore cloudiness from a cataract will blur the image.

The lens is made of water and protein. As we age, some of the protein may cluster together and start to cloud a small area of the lens. While most cataracts are related to aging, there are other types of cataracts such as Secondary cataract, Traumatic cataract, Congenital cataract, and Radiation cataract.

Do not assume that you cannot get one because you are not a senior, age-related cataracts may begin as young as 40. In addition to age,

from that risk, stop smoking and eat a balanced diet with anti-oxidants for a healthier body. Research is being done on the effectiveness of nutritional supplements. Your best line of defense is a comprehensive eye exam as part of your healthcare routine. Visual acuity test, Dilated eye exam and Tonometry can all be done as part of your exam and will diagnose this and other problems with your eyes,

The indications of early cataract may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. If these actions do not help, surgery is the only effective treatment. Surgery comprises eliminating the cloudy lens and replacing it with an artificial lens.

Again, the best scenario is early detection. Whether surgery is required is a decision to be made with your medical professional. The severity of the cataract and its impact on the quality of life are some determining factors. I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. A visit to us may be your first line of ocular defense!

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ASK THE DOCTOR MAY/JUNE 2015

### MANAGING ARTHRITIS PAIN

By Brianna Siciliano

There are many different conditions, disorders, and diseases that are categorized under the term "arthritis." If you suffer from arthritis pains, you may already know that arthritis is the leading cause of disability in the United States, causing more frequent activity limitations than diseases and conditions such as heart disease, diabetes, and cancer. Arthritis can be extremely draining in both physical and emotional aspects, but there are ways to manage and lessen arthritis pains.

For starters, exercising can be a great way to treat joint pains. Yes, it is possible to exercise for relief instead of taking pills day in and day out. Exercises can improve sleeping habits, assist in flexibility improvement, and make everyday tasks more enjoyable. Asking your doctor about a fitness prescription—filled with a list of specific exercises to relieve pain and improve your everyday lifecould be the answer to your prayers. Another method to help manage and lessen arthritis pain is acupuncture. When the needles are placed onto parts of the body, endorphins (natural pain relievers) are increasing production. Along with increased endorphin productions, the needles also increase blood flows to areas of the body, which assist in getting rid of things such as lactic acid, which cause pain. Talk to your doctor before beginning acupuncture treatments.

Heat is also a great way to ease discomfort and pain. Taking a hot bath or sitting in a Jacuzzi can bring immediate relief and relaxation. If water therapy is not the right therapeutic solution for you, try a heating pad. There are a few different heating pads available to purchase: electric heating pads (which are very popular, but can result in burns on the body), microwavable pads, or heating pads with automatic off-switches in case you fall asleep Talk to your doctor to see what while the pad is applied to a part of your body.



steps you can taketo manage and

There are many ways to manage arthritis lessen arthritis pains. pains aside from taking medications. Exercising, receiving acupuncture treatments,

or applying heat to your body are three possible pain management solutions to discuss with your doctor. If these do not work for you, ask your doctor about possible injections, medications, or stimulations.

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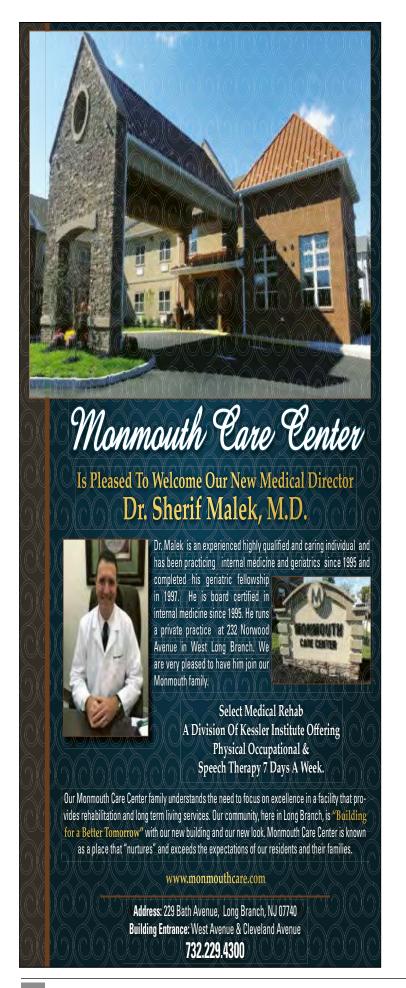
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### NATURAL SUNSCREENS

By Brianna Siciliano

kin care is not something to mess around with. The sun is constantly shining down on us with its powerful rays, and when the weather is hot and the sun is beating down on us, our skin is exposed to rays that can leave harmful affects on our bodies: sun burns and yes, sun tans. Protect your skin this summer and wear natural sunscreens.

True Natural products most definitely fit the definition of 'natural sunscreens.' The company's top rated products are unscented, vegan friendly, cruelty free, and gluten free. True Natural's sun care lotions are created for a wide range of audiences, including those who are prone to skin allergies and those who have sensitive skin. These sun care products are mineral based, containing titanium dioxide, zinc oxide, coconut oil, green tea extract, Vitamin-E, etcetera. The lotion products come in SPF 50, SPF 30 (for baby and family), and SPF 15 (for the face). True Natural also sells a sports stick—which is SPF 30—and antioxidant sunscreens: active 30, zinc 30 (for baby and family), and ultra protect SPF 50. Products prices range from \$14.49 to \$27.50, and can be found online through <a href="https://www.truenatural.com">www.truenatural.com</a> or at certain Whole Foods Markets.

Sunology is another fabulous natural sunscreen brand. Sunology has products designed for face care, body care, and children care. The products are free of chemical preservatives, Oxybenzone, Avobenzone, PABA, Menthyl Anthranilate, and many other chemical ingredients that are present in other sunscreen formulations. Sunology's Broad-spectrum sunscreens for face, body, and children are all products that have SPFs of 50. These products moisturize the skin, provide strong protection from the sun, are water-resistant for up to 80 minutes, and are great for all skin types. The products are \$14.99 each and can be purchased online through www. sunology.com or at certain Target and Walgreens stores.

By wearing natural sunscreens every time you expose yourself to the sun, you can feel confident in knowing that your skin is being protected from harmful rays. Be safe and remember to reapply when necessary!



ASK THE DOCTOR MAY/JUNE 2015

### ANTI-INFLAMMATORY DIET FOR AUTO IMMUNE DISORDERS

Inflammation is a component of Sjögren's syndrome and essentially all autoimmune disease. From a naturopathic perspective of treating the cause of disease, one of the first ways to address this is through an Anti-Inflammatory Diet.

his upstream approach to treatment focuses on avoiding pro-inflammatory foods and eating a diet rich in anti-inflammatory foods. Additionally, since medical research is converging on inflammation as the common link in most diseases (i.e., heart disease, Alzheimer's, asthma, diabetes, cancer, etc.), eating an anti- inflammatory diet is a great model of dietary health for everyone.

Avoid most packaged foods with a long list of ingredients. When preparing foods select raw, fresh, steamed, or broiled options over fried, BBQ'd or highly-processed choices. Specific recommendations are:

#### Eat More

- Colorful Whole Fruits and Vegetables Eating foods with deep red, yellow, orange and green colors provides vitamins and minerals, phytonutrients, fiber and potent antioxidants that minimize inflamma- tion. Eating foods as close to their unrefined state preserves the content of these beneficial nutrients
- Healthy Fats This includes the omega 3 oils found in fatty fish (salmon, mackerel, sardines) and foods such as avocados, extra virgin olive oil, raw nuts and seeds.
- Fiber Fiber promotes adequate bowel movements, creates a favorable environment for healthy bacteria in your gut, and supports the body's overall detoxification process. A few tablespoons of ground flax seeds daily are a great way to add soluble and insoluble fiber.
- Moderate Amounts of Organic Meat Grass-fed beef or bison is higher in anti-inflammatory essential fats. Organic free-range chicken tend to be lower in antibiotics and are fed a vegetable/grain based diet which tends to offer cleaner sources of protein.
- Spices/herbs Seasonings such as garlic, ginger and turmeric add an anti-inflammatory component to the diet.

### Eliminate / Eat Less

- Trans or Hydrogenated Fats The body has no mechanism to use these unnatural fats that ultimately cause inflammation. These should be eliminated from your diet.
- Refined Oils Commercial safflower, corn, and canola oils have had much of their health-promoting content removed for shelf-storage purposes and tend to be high in omega 6 fats that can be converted to inflammatory arachadonic acid, a type of fat that stimulates inflammation in the body.
- High Glycemic or Processed Foods Highly processed carbohydrates such as bread, pastas, cakes, candy, fruit juice and corn syrup are quickly
  digested leading to a rapid rise in blood sugar and a subsequent inflammatory cascade stimulated by insulin.
- Red Meat Avoid these meats when possible or eat organic grass-fed meat to reduce ingesting high levels of pro-inflammatory arachadonic acid.
- Common Food Allergies Milk products, eggs, gluten from wheat and peanuts can cause inflammatory reactions in many people and are best avoided.
- Artificial Sweeteners & Preservatives These additives have no nutritional value and tend to promote inflammatory reactions.

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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:

- 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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### HELLO, ALOE!

from burns to weight loss, aloe vera is the super plant proven to treat some of the most common medical issues. Its gel and latex also are used as natural ingredients in a host of skin-care products, offering a healthy alternative to the sometimes harsh chemicals found

And this is no recent fad. Aloe dates back 5,000 years to ancient Egypt when it was known as a powerful herbal medicine. Here are some of the ways aloe can help your skin remain beautiful and healthy:

**Burns and Acne** 

A 2009 study found that applying aloe cream to the skin might help heal burns as serious as the second-degree variety. Thirty patients who applied aloe cream saw healing in areas with minor wounds in about two weeks, according to "The New York Times" report.

Similar research has found that aloe can heal present acne and scars because of its antimicrobial properties, the same ones

reproduced in many acne medications on the market. Regular application can lead to clearer, more moisturized

skin.

High Cholesterol

Taking 10 to 20 milliliters of aloe orally daily for 12 weeks can reduce total cholesterol by about 15 percent, according to the National Institutes of Health,. This type of cholesterol reduction can lead to more energy, better medical checkups and overall healthier living.

Weight Loss and Diabetes

The NIH also reports that aloe may reduce blood sugar in people with diabetes. It contains several vitamins, including A, C, E, folic acid, B1, B2, B3 and B6, the NIH says. It is one of the few plants that contains Vitamin B12, which can help improve your brain and nervous system functions.

Known as a super food, aloe can also help with digestion and clearing your skin from the inside.



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ASK THE DOCTOR MAY/JUNE 2015





# Relaxation Techniques to Help Relieve Stress

By Brianna Siciliano

Stress can be caused by many situations, and can often lead to negative outcomes. Every person reacts to stress in a different way; some people react to stress primarily in physical sense (like hair loss or muscle tension), while others react primarily in an emotional sense (like depressing thoughts or panicked feelings). Stressful situations will not always be avoidable, but thankfully there are ways to relieve stress and get back to your normal, optimistic self.

A wonderful way to relieve stress is to meditate. To begin, sit or lay down in a comfortable position that you can remain in for a few minutes. Close your eyes and relax your body. Try not to be stiff, and at the same time, try not to slouch. Slowly inhale and exhale. As you continuously inhale and exhale, focus on the movement your abdomen and chest go through. Block out all thoughts, sounds, and feelings from your brain, especially thoughts and feelings of anxiety, frustration, sadness, and anger. Do not break the focus of your breathing; if you do, get right back to concentrating on your chest and abdomen. Each time you inhale, think about the word "peace," and as you exhale think of the word "calm." Try to drag out the word and it's syllables to last for the entire time you inhale and exhale. In other words, peace will be more like p-e-a-a-a-a-a-c-c-e and calm will be more like c-a-a-a-a-l-m-m-m. Continue to do this until you feel relaxed.

Another great technique to relieve stress is to visualize. Visualize you are at a quiet, relaxing, peaceful place. If you have a happy place, visualize you are there. Close your eyes and vividly picture where you are—imagine what the place smells like, what you can hear, what you are touching, and what can see. If you find your happy place is being alone on a sunny day at the beach, for instance, spend some time

exploring the hot sand and the cold water. Take in the soft sounds of the ocean waves whooshing and crashing. Put your bare feet under the cold water and feel the sand in between your toes. Close your eyes and take deep breaths. Let the sun shine down on you. Enjoy this imagery. Stay in this happy place until you are relaxed and peaceful. When you are ready to come back to reality, slowly open your eyes and carry on with your day.

If you need a quick fix to relieve stress, take deep breathes. Close your eyes, inhale, and exhale. Repeat this for as long as you feel

necessary. Sometimes you need to feel your chest rise and fall back into place to relax. If you have plenty of time and need to be relieved of your stress, getting a massage, doing yoga, or participating in tai chi are great techniques to experience. A day lived stress-free is much better than a day filled with anxiety and negativity. Make the most of your days and get rid of the unnecessary stress in your life.





# SKIN CANCER BY THE NUMBERS

We all know how to prevent most forms of skin cancerLimit sun exposure and use strong sunscreens to dramatically reduce your risk of contracting the disease.

But a deeper look at the numbers might open your eyes to the importance of taking these steps instead of merely knowing about them. The Skin Cancer Foundation figures below paint a stunning picture of the serious nature of skin cancer. For the full list, visit www.skincancer.

org, where you also can find information on the various forms of skin cancer, as well as expert tips on prevention.

- One person dies of melanoma every 57 minutes;
- An estimated 9,940 people will die of melanoma in 2015;
- Nearly 5 million Americans are treated for skin cancer every year;
- Each year, there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon:
- Over the past three decades, more people have had skin cancer than all other cancers combined;
- One in five Americans will develop skin cancer in the course of their lives;
- Basal cell carcinoma is the most common form of skin cancer, with an estimated 2.8 million people diagnosed annually in the United States;
- Organ transplant patients are up to 250 times more likely than the general public to develop squamous cell carcinoma; and
- As many as 3,000 deaths from advanced cell carcinoma occur annually in the United States. ■



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ASK THE DOCTOR MAY/JUNE 2015

# Health, Wellness & Regeneration Non-Invasive Pain Treatment, No Surgery — No Cortisone



Dorota M. Gribbin, MD

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

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

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

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

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

#### **PROLOTHERAPY**

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

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

### RADIOFREQUENCY:

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

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

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

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

### FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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



# May is Stroke Awareness Month

### Did you know that every 40 seconds, someone in the United States has a stroke?

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts.

"Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages," said Freeholder Deputy Director Serena DiMaso. "In fact, according to the Center for Disease Control (CDC), nearly a quarter of all strokes occur in people younger than age 65."

The CDC offers the following steps you can take to lower your risk of stroke:

Don't smoke.

Exercise regularly.

Eat a healthy diet that's low in sodium.

Maintain a healthy weight.

Prevent or control diabetes.

Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).

"If you or someone you are with is having signs of a stroke, call 9-1-1 immediately," said DiMaso. "The faster someone receives medical treatment, the lower their chances are for disability or death. Remember that every second counts."

Know the signs of a stroke and call 9-1-1 immediately if you or someone you are with have the following symptoms:

Numbness or weakness of the face, arm or leg, especially on one side of the body.

Confusion, trouble speaking or difficulty understanding.

Trouble seeing in one or both eyes.

Trouble walking, dizziness or loss of balance and coordination.

Severe headache with no known cause.

May was designated as National Stroke Awareness Month for the first time in May 1989 with the goal of reducing the incidence of stroke in the United States.

For more information about strokes go to www.cdc.gov/stroke.





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### HAVE YOU CHECKED YOUR HORMONES LATELY?

**P**roper hormone balance can help you feel more energetic, sleep well, reduce anxiety, improve memory, curb cravings and lose weight. Proper hormone balancing can improve your quality of life through improved energy and focus.

If you find yourself relying on coffee, sugar or other stimulants to get through the day, then you may be experiencing adrenal dysfunction. This feeling is often accompanied by morning fatigue, craving salty or fatty foods, anxiety, difficulty falling or staying asleep, muscle aches, or increased irritability.

Adrenal dysfunction is something you may have been feeling for a long time, but did not know it. We all have stress from time to time and our body copes with it. Actually, it's our adrenal glands that help us deal with the stress.

Stress triggers the release of hormones that increase production of cortisol, among other hormones, to help the body deal with the stress. When you add a poor diet, lack of exercise and sleep, and long work hours to an already stressed out system, your body goes into a state of chronic stress. This produces a higher than normal level of cortisol. After a while of being in this stressed state, your hormone levels start to plummet.

Adrenal exhaustion compromises the body's ability to compensate for acute stress, leaving a person feeling lethargic, fatigued, and susceptible to chronic illness. Adrenal hormone production is an indicator of overall body function, and an imbalance in this system is a sign of chronic illness.

Cortisol levels are also affected by diet, and they shift in response to what you eat. If you eat too much sugar or too many carbohydrates, excess insulin

and then excess cortisol are released, leading to increased fat storage and obesity. High cortisol levels also has been linked to low thyroid function and lowered metabolic rate.

It's very important to have your adrenal hormone levels tested. For example, cortisol levels should naturally be highest in the morning hours and taper gently through the day. It is difficult to know what your cortisol levels are with symptoms alone. Therefore, it is important to test to determine your levels.

Salivary testing is the only way to accurately measure the pattern of cortisol release throughout the day. Because the endocrine system is complex, issues arise rarely from just one hormone. If there is a disruption in the balance of hormone produced by one gland, it can cause an imbalance in other hormones as well. The adrenal saliva test is an excellent starting point in evaluating hormone function. This panel tests both reproductive (sex) and adrenal hormones.

Inna Lukyanovsky, RPh

Russell Lukyanovsky, RPh

ASK THE DOCTOR MAY/JUNE 2015

# **QUESTION:**

### How can a dentist help with my snoring?



noring 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.

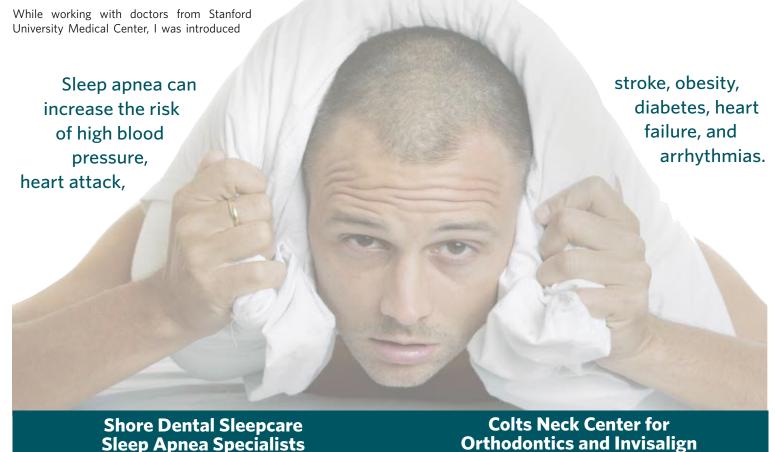
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I tried numerous devices and dental appliances, but they were all uncomfortable and ineffective.

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

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

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



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Gunther Publishing Enterprises Inc., which produces three local publications, hosted an event on April thirtieth at the prestigious Bella Vista Country Club in Marlboro, NJ.

Cami Gunther, owner of GPE, Inc., wanted to take the opportunity to thank all of her advertising customers by hosting a special night to show her appreciation for their continued business.

Bella Vista Country Club, owned and operated by Anthony and Gary Beshara, provided the food and the atmosphere for the event, which included a cocktail hour, open bar and an unlimited amount of food throughout the night.

Singer and songwriter Matthew Williams entertained the crowd with a medley of songs throughout the evening. Perfect Party

Rentals provided a photo booth available for the guests where they could create a lasting memento of the occasion. It was a night where many professionals and business owners got to mingle amongst each other, make new friends and contacts, network their businesses, and meet the GPE Staff.

# **Dr. Jessica S. Mann**Reproductive Science Center



Dr. Mann graduated with a B.S. in Biology and Chemistry, Cum Laude, from Florida International University in Miami, Florida. She received her medical degree from the University of Florida School of Medicine. During medical school, she served as an officer of the local chapter of the American Medical Women's Association.

Dr. Mann then went on to pursue a residency in Obstetrics and Gynecology at the New York

University Langone Medical Center. Her research in Early Serum hCG and In vitro Fertilization was awarded Outstanding Resident Paper by the New York Obstetrical Society. She completed her fellowship in Reproductive Endocrinology and Infertility at the University of Connecticut.

Dr. Mann is a fellow of the American college of Obstetrics and Gynecologists, and is a Diplomat of the American Board of Obstetrics and Gynecology.

Dr. Mann is board certified in both Reproductive Endocrinology and Infertility and Obstetrics and Gynecology. She has published articles in peer review journals and has presented her research at numerous conferences of the American Society of Reproductive Medicine and the Society for Gynecologic Investigation. In fellowship, her basic science research focused on understanding events associated with cytoplasmic human oocyte maturation of both in vivo matured as well as in vitro matured oocytes.

Dr. Mann is fluent in Spanish. She holds teaching faculty appointments at Jersey Shore University Medical Center/RWJ and Monmouth Medical Center/Drexel University.

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Invasive Surgery at Westchester Medical Center. Dr. Strom has more than 10 years of experience in bariatric surgery and minimally invasive laparoscopic surgery, including gastric band, gastric bypass, sleeve gastrectomy and revisional bariatric surgery. Dr. Strom over saw the successful "Bariatric Center of Excellence" designation at Mountainside Hospital, Bayshore Community Hospital and Southern Ocean Medical Center. Dr. Strom has been named a "Top Doc" by New Jersey Monthly Magazine every year from 2007 through 2014. He serves as a proctor, teaching other bariatric surgeons the latest techniques and technologies. He also performs advanced laparoscopic general surgeries including hernia, gallbladder, colon, pancreas, stomach, and splenic procedures. Dr. Strom is consistently ranked by his patients with the highest patient satisfaction scores.

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# Can Eating Cake Cause Hives?

By Brianna Siciliano

Like all other foods, cake is made up of many ingredients. Depending on what was put in the dessert and what was spread on top of the dessert, a slice of cake can be harmful to a child's immune system. Hives are pinkish-reddish bumps that can appear anywhere on a person's body. They vary in size and shape (they can be as small as a mosquito bite or as large as a shoe), and unfortunately, hives can cluster together into one large irritation on the body or change locations to a different part of the body. Sometimes hives burn, sometimes hives itch, and sometimes there is no burning or itching sensation at all.

Hives can be caused by exposure to something cold (like jumping into the ocean or a pool), sun exposure, stress, virus infections, exercise, or the most common reason: allergic reactions. There are eight common foods that cause about 90% of allergy reactions: eggs, peanuts, milk, tree nuts, soy, wheat, fish, and shellfish. Almost every food can trigger allergies, and sometimes a person can have a certain food hundreds—even thousands—of times in their lifetime before a reaction from the allergy occurs. If your daughter has enjoyed the chocolate cake multiple times, do not assume that it is impossible for her to be allergic to an ingredient in the cake.

Although hives can go away over time without medical attention, it is in your child's best interest to get the hives checked out by a doctor immediately. Hives can be a sign of a serious allergy, which could lead to a much more serious issue, like having trouble breathing.

### **VITAMINS & PREGNANCY**

aintaining maximum health during pregnancy is crucial to both mom and baby, and your diet can make this happen. Pregnant women should have a diet that consists of a variety foods including proteins, carbohydrates, vitamins, minerals and fats, according to the American Congress of Obstetricians and Gynecologists [ACOG].

This mix can ensure you take in the right nutrients and vitamins for pregnancy health and your baby's development.

A balanced diet is the best way to receive nutrients, but vitamin supplements also can be beneficial when used as part of a healthy diet. If you are considering adding vitamins to your daily intake, consult your health-care provider first.

Here is a brief rundown of different vitamins that are crucial to ensuring a healthy pregnancy, from the ACOG:

Vitamin D This vitamin helps bones and teeth grow and can be found in liver, milk, eggs, carrots, spinach, broccoli, potatoes and yellow fruits.

Vitamin E Present in vegetable oil, wheat germ, nuts and fortified spinach, Vitamin E boosts the body's ability to form and use red blood cells and muscles.

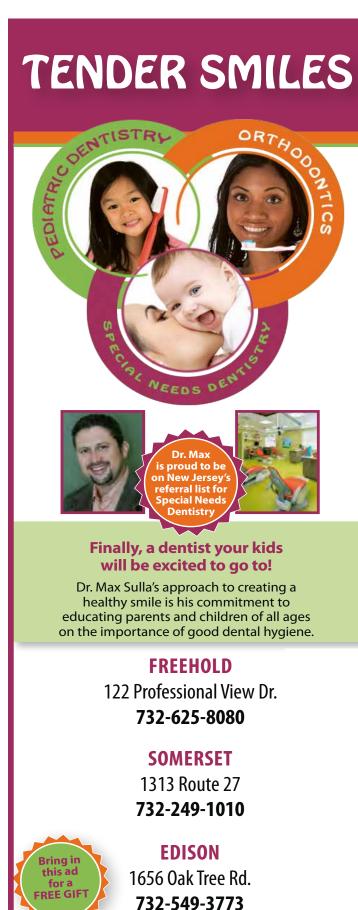
Vitamin C An antioxidant that protects tissues from damage and helps the body absorb iron, Vitamin C is found in citrus fruits, bell peppers, green beans, strawberries and tomatoes.

B1 Whole grain, fortified cereals, eggs, rice, pasta and pork all provide a healthy dose of B1, which raises energy levels and regulates the nervous system.

Folic Acid Crucial to supporting the placenta and preventing neural tube defects, you can find folic acid in oranges, orange juice, strawberries, green leafy vegetables, beets, peas, pasta and nuts.

Iron Iron helps in the production of hemoglobin and prevents low birth weight. It is contained within beef, pork, dried beans, spinach, oatmeal and grains fortified with iron.





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# **QUESTION:**

# How can I help my child handle stress and anxiety?



# ANSWER:

Adults often think that young children don't experience stress. While they do not have the life situations that stress adults, all children experience stress, anxiety, and worries. For example, children in preschool may experience stress and anxiety about being separated from their parents. In older grades, children may begin to experience stress over getting good grades, performing in competitive sports, or making friends. There are also life events that can trigger stress such as divorce, separation, moving, having new baby in the family, overpacked schedules, illness of a family member, exposure to world news events, or even seeing a scary movie.

Children respond differently to stress and anxiety depending on their age. There are usually signs to let you know that your child is having a difficult time. Pay careful attention to changes in behavior, eating, and sleep patterns. Additionally, some children may have headaches or stomachaches and may want to skip school. Other tell-tale signs of stress and anxiety are changes in mood, bed wetting, and new or increased nervous habits such as nail biting.

Most people don't realize that stress and anxiety can be contagious. Since you are your child's first teacher, it is particularly important for you to be a good role model. If you have successful strategies for managing your own stress and anxiety, then you will be in a better position to support your child. In addition, there are many specific things you can do to help your child learn to manage stress and anxiety.

- Encourage your child to face fears, instead of running away from them. Use positive reinforcement to reward brave efforts.
- Tell your child that it is okay to be imperfect. Show him/her how to focus on the positives.
- Schedule relaxing activities, including a 30-45 minute wind-down bedtime routine.
- Encourage your child to express anxiety. Be a good listener and support discussions about feelings.
- Help your child to problem solve by discussing options and potential outcomes together.
- Practice relaxation exercises with your child.
- Never give up! Consistency and repetition are key elements in learning to cope with stress and anxiety.

Don't be surprised if your child continues to have difficulty managing challenging situations, even with numerous supports in place. Many children and families need additional assistance coping with everyday life. For more information about stress and anxiety in children, teens, and families contact Dr. Suzette J. Sularski at Advanced Perspectives, LLC.

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# **JUVENILE ARTHRITIS**

A painful disorder with no cure, juvenile arthritis is made even more painful by the fact that it puts children in great discomfort.

The goal of treatment is to relieve inflammation, control pain and improve your child's quality of life, according to the Arthritis Foundation. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.

### What Is It?

The most common type of the disorder is juvenile idiopathic arthritis. To receive a diagnosis, a child should be younger than 16 and have initial swelling in one or more joints for at least six weeks, according to the foundation. No known cause has been identified for most forms of juvenile arthritis; some research points toward a genetic predisposition.

### Accurate Diagnosis

The first and most critical step in treating your child's arthritis is obtaining an accurate, comprehensive diagnosis. Your child's pediatrician will likely recommend that you visit a pediatric rheumatologist, who will complete a careful exam and collect a full health history.

Along with the physical exam, your child's doctors will likely perform laboratory work, X-rays, blood work and other diagnostic tests. Depending on the age and maturity level of your child, this can be an emotionally challenging process.

### **Emotional Impact**

Parents and children alike will experience many emotions when dealing with juvenile arthritis. Sadness, guilt or anger are a few of the feelings that can accompany a diagnosis. The foundation prompts parents to keep relationships and schedules as consistent as possible, even if they feel the urge to shut down and keep to themselves.

Also, keep everyone equally involved in and informed about your child's diagnosis. Siblings especially may feel less attention from you, so it is important to maximize their involvement in communicating with and treating your child with juvenile arthritis.

# What Dads Really Do

Think of everything Dad does around the house. What value would you put on his efforts? It can be downright impossible to calculate.

The consumer insurance website Insure.com does this for us every year. It affixes a value to the typical fatherly chore by calculated wages using Labor Department pay-scale statistics.

Last year, the Father's Day Index put Dad's chore value at \$24,103, which is an increase from 2013's \$23,344 value.

How are these numbers calculated? Home repairs, for example, are figured using wage information for maintenance and repair professionals. Removing spiders from the house correlates wage-wise to an exterminator's salary, and so on.

### More Childcare & Housework

One reason for the recent increase in Dad's worth around the home is the increasing need for him to pick up the slack on housework and childcare.

A Pew Research Center study released in 2013 found that fathers are devoting more hours than ever to child care and housework — nearly 20, in fact, compared to 6.5 hours in 1965.

Conversely, mothers are spending more weekly hours working than they were in 1965 and have become the primary breadwinners in four of 10 American families, according to Pew.

### Dad's Favorite Chores

Insure.com asked a group of dedicated dads to rank their favorite chores around the house. Here's what they came up with:

Barbecuing/cooking: 22 5%

Helping with homework: 17% Driving: 14%

Coaching a team: 9%

Assembly of toys, bookshelves, etc.: 9%

Fixing broken things around the house: 6%

Mowing the lawn, landscaping, snow removal: 5%

Doing family finances: 5% Car maintenance; 4%

Being a scout leader: 3%

Pest removal (spiders, gross bugs): 3%

Fixing plumbing: 2% Moving furniture: 2%



ASK THE DOCTOR MAY/JUNE 2015

### 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 lack of calcium in the diet can lead to health problems in children — both now and later in life. For this reason, it is important for parents to ensure their child is getting enough calcium in their daily diet.

### How Much Calcium Do Children Need?

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

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

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.

### Why Children Need Calcium

First and foremost, children need calcium to build strong bones. Bone development is crucial from infancy through the teen years. After that, calcium in necessary for maintaining strong bones. If children do not build healthy bones while they are young, it places them at a greater risk of fractures and osteoporosis later in life.

Young children who do not get enough calcium are also at risk of developing rickets, a bone-softening disease that can cause poor growth, bowed legs and muscle pain and weakness.

Calcium is also important for strong teeth, muscles, blood vessels, hormone and enzyme secretion and a healthy nervous system.

### 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 Tofu

Salmon Cottage cheese

Spinach Kale Ice Cream Pudding

Children should avoid sodas, too much sugar, caffeine and excessive sodium in their diets because these things can interfere with the absorption of calcium in the body.

In most cases, children get enough calcium through a balanced, healthy diet. However, if your child is unable to eat dairy or is on a restricted diet, it may be necessary to add a calcium supplement to his diet.

Talk to a doctor before giving your child a calcium supplement because too much calcium in the diet through supplementation can cause health problems.

Watching your child's diet and including foods rich in calcium are the best ways to ensure he is getting what he needs to build strong bones and grow up healthy.



# Can I Protect My Child from Developing Swimmer's Ear?

By Brianna Siciliano

he weather is heating up, the sun is shining, and the bathing suits are out. Swimming season is here! Unfortunately, there can be a downside to swimming: ear infections. It is common for children who spend a lot of time in the water to develop swimmer's ear (medically known as otitis external), in which water sits in the ear canal and leads to irritation—and infection—of the child's outer ear. The difference between swimmer's ear and middle ear infections (medically known as otitis media) is that middle ear infections occur behind the eardrum, happening when bacteria and fluids from the child's nose and throat collect there. This happens after a child has a cold or flu during the winter. To summarize, middle ear infections occur in the winter because of a cold or flu, while swimmer's ear infections occur after water block up in the ears while swimming.

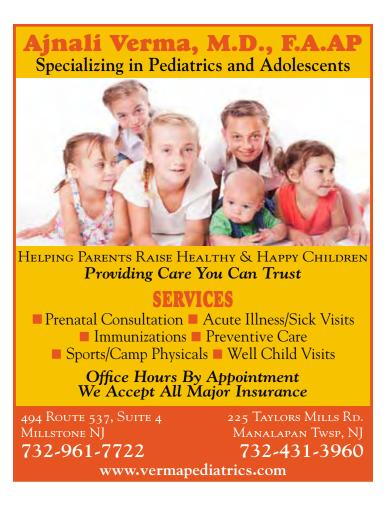
There are ways to prevent outer ear infections, including:

- having your child tip head to the side and let the water drain out of ear once above water
- having your child wear removable earplugs to keep ears dry
- having your daughter wear a bathing cap that cover ears and hair

Do NOT clean your child's ears with cotton swabs, or put any other objects like bobby pins in your child's ears, if your child has swimmer's ear. Doing this can scratch the skin of the ears and allow bacterias or fungus to enter the ear. Ear wax is good for ears, often protecting ears from developing swimmer's ear.

If you suspect your child has developed swimmer's ear, have a doctor examine your child to confirm the diagnosis. Once diagnosed, your child will be most likely be prescribed antibiotic ear-drops for treatment. Keep your child out of the water until the infection has cleared (which usually takes around four to seven days).







ASK THE DOCTOR MAY/JUNE 2015

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# **Amazing Natural Oils for Skincare**

By Brianna Siciliano

aking up in the morning with skin free from blemishes and irritation automatically puts one in a good mood. One thinks to oneself: Today is going to be a great day...I feel confident in my skin. It is possible to embrace and enjoy your beautiful complexion every day. To start the journey towards achieving perfection skin, invest in natural oils. There are numerous benefits that come from the use of natural oils, including: managing (and possibly eliminating) acne breakouts, adding moisture to dry skin, reducing the appearance of scars, and benefitting skin that may suffer from different conditions (like eczema, psoriasis, etcetera).

Aloe Vera gels and sprays are known for their incredible, fast-working treatments for sunburn, but most people do not know that the plant is also available in oil form. Aloe Vera Oils are great remedies for eczema, psoriasis, dandruff, and other types of skin irritation. It can always be useful to have aloe vera around, both in gel and oil forms. If you are prone to eczema suffering, Evening Primrose Oil is something you should definitely look into. The fatty acids that make up evening primrose are known to soothe inflammation and itching. There is no better relief than feeling your urges to scratch your eczema vanish into thin air. If your skin is prone to acne, Calendula Oils and Grape Seed Oils are two natural products to try. Calendula oils reduce redness, reduce swelling, and are anti-inflammatory. Products with calendula oils are also beneficial when trying to minimize bags under the eyes. Grape seed oils are fabulous because the oils are instantly healing and are anti-inflammatory. Once absorbed into the skin, grape seed oils deliver antioxidants into various cell tissues to eliminate acne and clear up your complexion. A natural oil that is known for it's anti-aging properties is Geranium Oil. Geranium oil is made of antioxidants that tighten loose skin and lessen the amount of wrinkles created.

There are natural oils to help with headaches, joint pains, hair loss, stretch marks, and many more conditions that we are bound to come across as we live our lives. Before applying a large amount of oil onto your skin, take a small patch test and make sure your skin does not have a bad reaction to the oil.



### APPLY EYELINER LIKE A PRO

Smoky eyes, blended lines and bold richness. Applying the perfect eyeliner can be a challenge best performed by a professional with extensive training.

But a few simple tips can have you up to speed on some of their most common application practices, leading to a stunning, perfectly accentuated look. The artists who create custom appearances for the models, actresses and other high-profile personalities have great tricks and tools at their disposal, but so can

you. Half of the battle is knowing what type of eyeliner fits you best, using the right tools and designing unique looks.

### Know Your Goal

How you apply your eyeliner depends on your environment and what you're trying to achieve. Different types and applications can give off a range of looks, from the conservative office appearance to an evening-ready makeover.

The difference between varying looks can be as small as a subtle change in application. Find a look you like in a magazine or movie and try to replicate it. Take video of yourself or make notes to jolt your memory the next time you try to pull off the look.

### **Preparation**

Preparation is key to maximizing your eyeliners' staying power. Sometimes, eye shadow can affect your eyeliner's look as much as the eyeliner itself. Preparing both the eye and the eyelid can help keep the liner from smearing into your other makeup.

Eyeshadow primer helps adhere the makeup and forms a neutral color for easy application of other makeups. Using this approach will help keep the liner where you intend it to stay, especially when you're using liquid and gel eyeliners.

### The Right Eveliner Tools

From blending tools made of rubber or soft foam to a selection of brushes, the professionals have an array of quality tools at their disposal. Most of these applicators can be found at your local beauty shop, but learning about them can offer the biggest challenge.

Quiz your local makeup artists or find tutorial videos online to learn the most effective trade secrets. Doing a little research can go a long way in choosing from the hundreds of available lining brushes on the market.



# Common Ingredients Found In Weight-Loss Dietary Supplements

Figuring out whether these ingredients really help you lose weight safely is complicated. Most products contain more than one ingredient, and ingredients can work differently when they're mixed together.

According to the U.S. Department of Health & Human Services and the Office Of Dietary Supplements, these 3 ingredients are not proven to be safe or help with weight loss.

### **Chromium**

Chromium is a mineral that you need to regulate your blood sugar levels. It's claimed to increase muscle mass and fat loss and decrease appetite and food intake.

### Does it work?

Chromium might help you lose a very small amount of weight and body fat.

### Is it safe?

Chromium in food and supplements is safe at recommended amounts, which range from 20 to 35 micrograms a day for adults. In larger amounts, chromium can cause watery stools, headache, weakness, nausea, vomiting, constipation, dizziness, and hives.

### Garcinia cambogia

Garcinia cambogia is a tree that grows throughout Asia, Africa, and the Polynesian islands. Hydroxycitric acid in the fruit is claimed to decrease the number of new fat cells your body makes, suppress

your appetite and reduce the amount of food you eat, and limit the amount of weight you gain.

### Does it work?

Garcinia cambogia has little to no effect on weight loss.

#### Is it safe?

Garcinia cambogia seems to be fairly safe. But it can cause headache, nausea, and symptoms in the upper respiratory tract, stomach, and intestines. A few people who were taking weight-loss supplements containing Garcinia cambogia developed liver damage. But experts don't know whether this ingredient or the combination of ingredients in the weight-loss supplements was responsible.

### Hoodia

Hoodia is a plant that grows in southern Africa, where it's used as an appetite suppressant.

### Does it work?

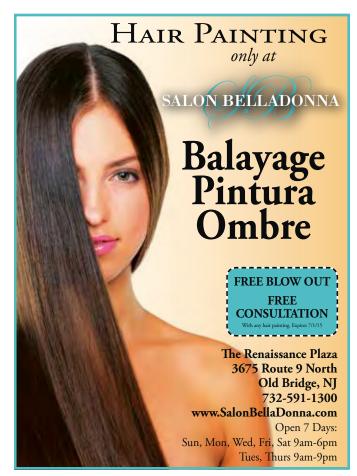
There hasn't been a lot of research on Hoodia, but it probably won't help you eat less or lose weight. In the past, analyses showed that some "hoodia" supplements contained very little hoodia or none at all. It's not known whether this is true for hoodia supplements sold today.

### Is it safe?

Hoodia might not be safe. It can cause rapid heart rate, increased blood pressure, headache, dizziness, nausea, and vomiting. ■

ASK THE DOCTOR MAY/JUNE 2015





BRACES ARE BEAUTIFUL
Over the years, the reputation of braces has evolved from clunky and embarrassing to downright trendy. From the Hollywood starlets boasting their braces on the red carpet to the millions of American adults sporting them for a straighter smile, braces are in.

In fact, more than one million of the four million people wearing braces in the United States are adults, according to

In fact, more than one million of the four million people wearing braces in the United States are adults, according to the Journal of Clinical Orthodontics.

Adults are opting for braces for many reasons, among which is the perceived power of a perfect smile. Some say not having straight teeth holds them back from landing a new job, getting a promotion, fitting in at school or asking someone out on a date, according to the American Association of Orthodontists. Others see it as a way to improve their self-estem and overall health.

The Journal of Clinical Orthodontists also reports that adults are willing to shell out serious money to improve their health and smile – \$4,800 is the average cost of an adult set of braces. And with today's dental technology, more options than ever before are available for enhancing those pearly whites.

Some of these options are:

#### Ceramic Braces

Ceramics are similar to traditional braces, but feature tooth-colored brackets instead of metal. This change in color helps them blend into the tooth for a subtle look, while still having the power to correct even serious orthodontic issues.

#### Clear and Custom Mouthpieces

This option is comprised of a series of clear, custom aligners that you wear over the course of a treatment. The mouthpieces are made out of thin plastic and offer a discreet option. Clear aligners need to be removed during meals and are worn at least 20 to 22 hours per day.

#### **Lingual Braces**

The most inconspicuous option for people who want to keep their braces hidden, lingual braces use brackets on the back of your teeth – the lingual side. Once placed, they stay put until your orthodontist removes them.



# Get Moving in May for **National Physical Fitness** and Sports Month

ay 1st marks the start of the annual National Physical Fitness and Sports Month , led by the President's Council on Fitness Sports and Nutrition. The month highlights the importance of healthy lifestyles, being physically active, and participating in your favorite sports.

May is the ideal time to get outside, be active, and enjoy nice weather. Warm weather motivates people to get moving. The sunny days entice kids to venture outdoors for free play, sports, and a healthy dose of physical activity.

While it's great to see our youth outside and active when the weather is nice, they need physical education and activity year-round. Studies have shown that active kids do better! When children are active, they perform better academically, have better attendance, and behavior improves.

Let's Move! Active Schools – part of First Lady Michelle Obama's Let's Move! initiative - is working to bring physical education and activity back to our nation's schools. The President's Council is proud to announce that over 15,000 schools have joined the Let's Move! Active Schools movement!

How can you help? Work with your child's school to become a part of the Let's Move! Active Schools movement and sign up at www. myactiveschool.letsmoveschools.org/loginregister

To the 15,000+ Let's Move! Active Schools, we challenge you to join the First Lady's #GimmeFive challenge. Post five things your school is doing to help students eat better, be more active, and lead a healthier life. Let's show everyone how active schools across the country are getting students moving, not just during National Physical Fitness and Sports Month, but all year long!



(across from Brave New World)

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# **Jogging = Longer Life?**

Pounding the pavement. Stretching out the heart muscle. Working in a quick run. However you refer to jogging, researchers are united on one simple principle - it works.

egular jogging increases the life expectancy of men by 6.2 years and women by 5.6 years, according to a long-running study from the Copenhagen City Heart study. One to two-and-a-half hours of jogging per week at a slow or average pace delivers optimum benefits for longevity, the study said.

## Study Details

The first data for the Copenhagen City Heart study was collected between 1976 and 1978, the second from 1981 to 1983, the third from 1991 to 1994 and the fourth from 2001 to 2003. Ages of the study participants ranged from 20 to 93.

For the sub-study portion of the research, the mortality of 1,116 male joggers and 762 female joggers was compared to the non-joggers in the main study population. All participants were asked to answer questions about the amount of time they spent jogging each week and to rate their own perceptions of pace. This helped researchers reach their recommendation for the ideal frequency of jogging.

#### The Results

Results show that in the follow-up period of the study involving a maximum of 35 years, 10,158 deaths were registered among the non-joggers and 122 deaths among the joggers. Analysis showed that risk of death was reduced by 44 percent for male joggers and 44 percent for female joggers.

Furthermore the data showed jogging produced an age-adjusted survival benefit of 6.2 years in men and 5.6 vears in women.

## **Keep It Simple**

Investigators found that more than one to two-and-ahalf hours a week of jogging - especially if performed at a higher-than-average pace, could actually work against joggers and produce some negative health effects. A slow or average pace helped keep the cardiovascular impact at optimal levels.

ASK THE DOCTOR MAY/JUNE 2015

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## A FAMILY EFFORT

After the excitement and motivation of a new workout or dieting plan fade, where are you supposed to look for a spark? Your children need exercise as much as you do, so why not involve them in your routine?

ccording to the national fitness program Let's Move, children should get a total of 60 minutes of physical activity each day, and adults need at least 30.

Exercise has never been more important to protecting children from incurring preventive illnesses later in life.

Childhood obesity rates have tripled since the 1980s, according to the Centers for Disease Control and Prevention. At this rate, one-third of children born in 2000 or later will suffer from diabetes in their lifetime.

Below are some easy ways to create family-friendly exercise habits.

#### Music

Firing up the music is a great way to keep your family in shape. Research has shown that music benefits our health in a variety of ways.

This can include our ability to cope with pain, as well as overall physical and mental well-being. Whether you're using music to motivate your family during a workout or simply dancing along, you can reap the rewards of rocking out.

One study reported by the National Institutes of Health even found that playing soft music and dimming the lights during meals can help people slow down while eating, ultimately consuming less food.

#### Ioin a Center

Particularly if you live in a cold-weather area, it can be challenging to find ample year-round physical activity. If you're fortunate enough to live near a city with a large recreation center, your problem could be solved.

Paying for a membership can unlock a portal of activities for your family, from swimming and dancing to basketball and karate classes. You and yours can enjoy the convenience of taking part in the activity of your choice, all without having to worry about battling the outdoor elements. Be on the lookout for special sign-up deals announced during slower seasons, such as in the middle of winter or summer.





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# START A HEALTHY HABIT

With Father's Day coming up, it is the perfect time to make a mid-year resolution to start a healthy habit.

Even just one habit change can have you on your way to a longer, healthier life. With your family members depending on you, is there a better gift you can give to yourself and yours?

"But I'm healthy and not overweight," you may be saying to yourself as you read this. Good for you, but chances are there is a father, brother or friend in your life who isn't in such good shape.

Become a motivation for them by bringing them out on a hike or bike ride with you. Invite them over for a healthy meal to celebrate Father's Day, and encourage them to make healthy changes.

Obesity is on the rise, and it's a major risk factor for heart disease and stroke, diabetes and some types of cancer. The time is now to make a change.

#### Add Some Exercise

It does not take much exercise to get you feeling stronger and more in shape. You can find little ways to add physical activity throughout your day.

Do you have an extra 20 minutes during your workday to take a brisk walk around the building? Can you walk to your work lunch this afternoon instead of driving or taking a cab?

Maybe you'll be attending your grandchild's baseball game this weekend. Park far away from the diamond and walk instead of parking alongside the field. You'll see changes in your weight and physical abilities just by consistently making these slight adjustments

to your activity levels.

#### Portion Control

Especially when eating out, the portion sizes we are consuming can oftentimes be too large for what is recommended for a healthy diet.

Remember that there is nothing wrong with taking half of your meal home for tomorrow's lunch or dinner. And sharing is caring. If you're concerned about the portion on your plate being too big, offer some of it up to your friends or family members. You don't have to eat everything on your plate.



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#### OVERCOMING EMOTIONAL EATING

Dear Jill,

I am very successful in most areas of life except my physical body. I have a successful career, a nice home, lots of friends, my family & kids are great, but I can't seem to get a grip on overeating. I'm carrying around an extra 30lb that is making me miserable. It is partly my lifestyle—I don't have time to grocery shop or cook, so, I eat out a lot. I also overeat when I am upset, particularly when I'm stressed out, sad, anxious or annoyed.

How do I change my relationship with food so I can finally shed these extra pounds?

Signed, Chunky Monkey

Dear Chunky Monkey,

I want to acknowledge your awareness of your own situation. The fact that you've already identified two specific causes for carrying extra weight tells me you are very in tune to yourself. Having a busy lifestyle can make it seem like there's no time to shop or cook. Also, using food for comfort is quite common. Even the most grounded & balanced individuals occasionally indulge in a bowl of ice cream, down a few pieces of chocolate or throw caution to the wind with making healthy food choices when overly stressed.

First, to answer your question: changing your relationship to food begins with changing your relationship to *yourself* and the people (and situations) in your life. Overeating is a symptom, not a cause. First question for you: When was the last time you put yourself first on your priority list? It may feel counterintuitive to do this with a busy schedule & multiple commitments, but it is critical. When it comes to self care, putting yourself first will allow you to better serve your family & career.

Next, begin to identify for yourself "what exactly are my triggers?" In other words, when do you notice that you overeat? Who or what sets you off and has you look to food for comfort? It is usually a person, place or situation. What conversations are you having in your head (resentments, fears, rationalizations, etc) that you are avoiding in real life and then using food for comfort? Also, when is your body tired & needing rest and you ignore the signals and keep pushing because you overcommitted yourself?

Learning to distinguish your true needs & wants can be a life changing discovery process. Overcoming emotional eating starts with the questions "what in my life is working for me?" and "what is not working for me?" Most people do not realize their own boundaries until they've been stepped on. Our emotions are our body's internal warning signals that something isn't right. It's an opportunity to begin examining our core values & beliefs. Our patterns of thinking lead to how we feel and ultimately, lead to the actions we take in our life, like standing up for our self, putting our self care as a priority or remaining last on our list.

Learning how to bridge the gap between where you are now and where you would like to be is something a life coach can help you sort out, detail by detail.

Wishing you clarity, focus & power!

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

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



# TAME THAT TEMPER

When is the last time you had a timeout? Just because the days of terrible twos and kindergarten are long gone doesn't mean a timeout can't help you keep your temper under control.

In fact, taking a few minutes to calm down and diffuse a situation can help you reduce stress that can be harmful to your physical and mental health.

The next time you get peeved by someone cutting you off in traffic or a home repair that drains your bank account by a few hundred dollars, send yourself to the corner. And don't reemerge until you're feeling calm and collected.

#### Self-Control

The Mayo Clinic recommends that people find a calming force in their lives that can help them better handle stressful situations,

which are a natural part of life. This can range from actions that you take or people with whom you surround yourself.

Techniques such as making a concerted effort to think before you speak can help you work through issues in your head before projecting onto others, for example. Or allow yourself to vent to others, but only after you've had a chance to calm down and express your concerns in a clear manner.



These types of actions can be particularly important if you are in a position of leadership in your company or are a parent.

Set a positive example for your employees and children to create a culture of collaboration and constructive communications.

#### **Exercise**

Physical activity has been proven to reduce stress levels that can cause you to become angry, according to the Mayo Clinic.

If you're feeling stressed or angry — or even if you're not — a brisk walk or jog can help you keep your cool. It also can serve the

same purpose as a timeout, giving you the time you need to consider alternative ways of handling a stressful situation.

You can find clarity during exercise. A half-hour jog can open your eyes to what is going on around you, helping you realize that other people are probably having problems, too. ■

## **SPA DAY**

There is no need to feel guilty about announcing these words: "Honey, I'm headed to the spa." In fact, having a spa day is one of the best ways to alleviate the stress and anxiety that come with daily life.

Allowing yourself the opportunity to relax – and get pampered in the process – is key to improving your overall health.

#### The Benefits

Spa treatments and massage therapies foster many benefits for both your mental and physical health. Studies from Florida State University and George Mason University have shown that the frequency of visiting a spa may directly correlate with better quality sleep, fewer sick days, reduced absenteeism from work and fewer hospitalizations.

Additionally, the heat from a hot tub, sauna or steam shower can loosen joints and soothe aches from arthritis, fibromyalgia and other issues. Some spas even offer Pilates and yoga, which have been proven to improve flexibility and breathing.



#### Skin Care

Another reason to visit the spa often is to detoxify your skin from built-up waste and bacteria. Mud baths accomplish this by exfoliating and nourishing the skin through natural elements like soil, clay and water. Cleansing your skin is important in the defense against environmental toxins.

Facials also release stress tension from the head and neck, which can prevent headaches. Spas use products such as lotions, scrubs and wraps to increase the physical and mental health benefits of your service.

#### Immune Boost

Massage therapy is effective because it stimulates your lymph flow, which in turn strengthens your body's defense system. Massage can also draw out metabolic waste, excess water, toxins and bacteria from the muscles.

All of these benefits can help you remain healthier and fight off sickness, while also reducing swelling and general soreness. Other boosts from regular massages include improved circulation and posture that can help you feel healthier and more energetic each day.

#### SMILE! IT'S GOOD FOR YOU

If you like to smile, you're in luck. Studies show that you benefit both emotionally and physically.

recent study published in Psychological Science reports that the act of smiling has a positive effect on our happiness and physical health.

This can help the heart recover more quickly after stressful events, altogether boosting our well-being. Researchers deduct that the act of smiling is so powerful because it actually can rewire your brain to make positive patterns more often than it does negative ones.



#### EFFECT ON OTHERS

Another study by Penn State University found that people who smile appear to be more likable and courteous. This can help enhance your beauty in the eyes of others, who will take positively to your natural happiness.

Everyone wants to be the person who walks in and lights up a room. Your level of social engagement also plays a role in improving your overall health, so spread the love and make new friends along the way.

#### Smile More

Smiling is obviously linked to happiness or humor, so what if you're going through a particularly tough time, finding it hard to smile?

Try to think happy thoughts. Do you have a memory or story that makes you smile? Repeat it to yourself during a time when you need a boost. If you have trouble conjuring up positive thoughts, surround yourself with those who can help you.

#### Confident Smiles

Some people are afraid to give off their best smile because they're self-conscious about their teeth or gums. Even a subdued smile can have positive effects on your health, so don't be afraid to give a closed-mouth grin.

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## **DEBT & DEPRESSION**

Many seniors are finding that mounting debt and money issues are causing them to feel depressed, according to a study by the Rutgers School of Social Work.

ebt can range from maxed out credit cards to substantial medical bills and can be extremely difficult for anyone to dig their way out of. The Rutgers study found that the amount of unsecured debt carried is a significant predictor of depression and lower psychological well-being.

#### The Numbers

According to the Rutgers study, 30 percent of survey respondents reported that they have unsecured debt, defined as debt where collateral is not secured against the dollar amount owed

In a similar field of study, the recent Federal Reserve Retirement Confidence Survey found that reported worker savings remain low and that "only a minority appear to be taking basic steps to prepare for retirement."

Fifty-eight percent of workers and 44 percent of retirees reported they were having a problem with their level of debt.

#### **Debt Counseling**

The Rutgers study also found that those with a stronger sense of control over their financial situation and future showed fewer symptoms of depression. Reports of depression were significantly lower in those who were male, educated, married, healthy and employed.

Financial counseling can help people find the financial freedom necessary to remain happy and depression-free. A counselor can look closely at your finances and find ways of improving your spending habits or paying down debt more quickly.

You may have local resources like this available, so perform a simple online search or check your local newspaper advertisements for accredited professionals.

The National Council on Aging has developed financial counseling services for seniors through community-based models. These seminars and tools have been designed to help seniors better save and manage their financial resources to help them enjoy more financial flexibility.





# CUT YOUR FOOD COSTS

Grocery shopping can be a major expense, especially for those living on a fixed income.

rozen and processed foods may be the least expensive in your grocery store aisles, but they are generally not the best options for your health.

You can also scour your local newspaper for coupons and special deals so you're finding the best offers.

Here are three other ways you can save money at the grocery checkout:

#### **Find Discounts**

Many grocery stores offer a special Senior Day every month to help you save money on your final bill. If you aren't sure when or if your favorite store features such a day, call or check the store's website for more information.

Once you find out which store to visit, be sure to get there as early as possible to avoid getting stuck in long lines or battles for parking spots. These are likely on the grocery store's busiest days of the month, so plan accordingly.

#### $More\ Work = Less\ Cost$

If you're willing to put in a little extra work in preparing your meals, you can often find great savings in whole meats or vegetables.

A whole chicken usually costs less than a pack that is cut into pieces by the butcher, while an entire head of lettuce will be cheaper — and last longer — than a bag of salad mix. Making choices like these, although they may cost you a bit more time, can help save some cash at checkout.

#### **Shop Smart**

Before you head out for this week's groceries, plan ahead. On your list should be plenty of fresh fruits and vegetables, as well as grains and foods high in fiber.

Make sure your list is mostly free of red meat, processed foods and snacks. Resist the temptations that line the checkout shelves. Candy and chips will only drive up your final bill, along with your calorie count.



# COFFEE'S JOLT TO YOUR HEALTH

Ah, the morning cup of coffee. It shakes away our sleep and readies us for the day's challenges.

Many health professionals say it also may have many health advantages.

Coffee may provide protection against Parkinson's disease, type 2 diabetes and liver disease. It also appears to improve cognitive function and decrease the risk of depression, according to the Mayo Clinic.

#### Why the Turnaround?

Coffee hasn't always been the apple of the medical community's eye. In fact, it has a long history of being blamed for many negative health issues ranging from stunting growth to causing cancer.

But a closer look at its impact on the body has found an association between coffee consumption and decreased overall mortality. Why the apparent change of tone? Earlier studies sometimes didn't incorporate the fact that known highrisk behaviors, such as smoking and physical inactivity, tended to be more common among heavy coffee drinkers at that time.

#### Possible Risks

The research does, however, appear to bear out some risks. High consumption of unfiltered coffee (boiled or espresso) has been associated with mild elevations in cholesterol levels. What we add to our coffee also can negate the positive impacts of our favorite java. Some coffee drinks contain more than 500 calories, thanks to a few splashes of cream and sugar.

And some studies have found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific genetic mutation that slows the breakdown of caffeine.

#### **Smart Tips**

The Centers for Disease Control and Prevention offers these tips for your trip to the coffee shop:

- If you take milk in your coffee, request that your drink be made with fatfree or low-fat milk.
- Order the smallest size available especially if you add milk and sugar to your drink.
- Avoid sugar-heavy flavored syrups.
- Plain, black coffee is the healthiest option.



## THE FARMERS MARKET

One of the staple small businesses in America is the farmers market. From the California grape to the Georgia peach, produce just tastes better when it's eaten right where it's grown.

As demand for locally grown fruits and vegetables has increased, so too has the number of farmers markets in both rural and urban areas. The U.S. Department of Agriculture announced that the number of direct-sales markets increased 9.6 percent in 2012, with California and New York leading the charge.

USDA-registered farmers markets topped 7,800 in 2012. In 1994, there were 1,744.

Catalyzing some of this growth has been the USDA's work to make the markets accessible to people of all income levels, including by making many of them eligible to accept payments from the Supplemental Nutrition Assistance Program, formerly known as food stamps.

#### **Popular Options**

Fresh fruits and vegetables drive traffic to farmers markets, but other popular items include meats, artisan cheeses, homemade jellies, crafts and live entertainment. You have probably noticed the steady growth of the farmers market in your area. Many across the nation are adding vendors, taking up larger parking lots and drawing more consumers than in years past.

Some markets are so popular that there are long waiting lists for farmers to even sell their products. From your average American shopper to your top chef, farmers markets draw a wide range of visitors.

#### An Education

Farmers markets empower consumers to become active supporters of their communities. They also can teach you about cooking techniques and the sustainable practices being used by farmers in your area.

Many markets feature instructional seminars and hands-on presentations to educate consumers about unique varieties of produce and how to prepare them at home.

#### Top Markets

So where are most people shelling out cash for the quality products of a farmers market? Where else than the country's top agricultural producing state, California? The USDA reports that the state boasts more than 800 markets, with New York (650) and Massachusetts (300) rounding out the top three.



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The mid-Atlantic, Northeast and Southeast claimed the largest percentage growth in markets, reporting 15.8, 14.4 and 13.1 percent jumps in participation, according to the USDA. ■

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# The Truth About Juicing

uicing first came into popularity in the 1990s as a way to promote the immune system and cleanse the body of harmful toxins.

Juicing proponents claim that juices' nutrients correct imbalances created by unnatural foods. Other advocates recommend juicing as a way to add more plant-derived nutrients to the diet.

This treatment method is frequently used to sustain the body during long fasts or as part of the popular Gerson regimen. But decades after its entry into the dieting nomenclature, juicing's impact on human health is being brought to light by many researchers.

#### Juice vs. Whole Fruit

In a recent study by the Harvard School of Public Health, people who ate at least two servings each week of certain whole fruits — particularly blueberries, grapes, and apples — reduced their risk for type 2 diabetes by as much as 23 percent in comparison to those who ate less than one serving per month.

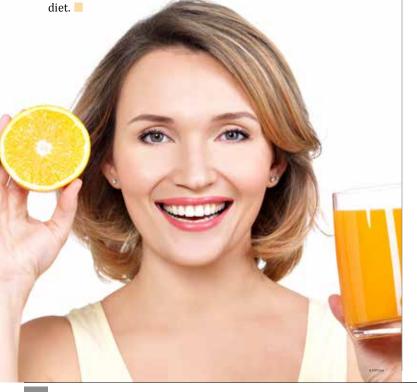
Conversely, those who consumed one or more servings of fruit juice each day increased their risk of developing type 2 diabetes by as much as 21 percent, according to the study. The researchers found that swapping three servings of juice per week for whole fruits would result in a seven percent reduction in diabetes risk.

#### The Squeeze on Juice

Overall, juicing is considered safe when it is used as part of a healthy diet. A diet high in vegetables and fruits has been shown to reduce cancer risk and to improve overall health. But there is no convincing scientific evidence that extracted juices are healthier than whole foods, according to the American Cancer Society.

Some vitamins are destroyed by the heat used to draw out juices from fruits and vegetables. Also, juice extractors remove the critical fiber-containing pulp from the raw food, which results in less fiber intake.

Health professionals recommend eating the pulp from the juiced vegetables and fruits, which helps keep enough fiber in the



# THE ABCS OF FRUITS AND VEGETABLES

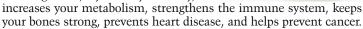
Bv Pam Teel

ature has provided us with the greatest source of nourishment to our bodies, providing that fruits and vegetables are pesticide and GMO free. The next time you pick up a fruit or a vegetable, make note of just how beneficial it really is to your health.

Honeydew – Did you know that honeydew helps speed up wound and muscle healing, supports the immune system, is a good source

for vitamin C, and helps regulate the blood sugar? It is also great for heart health and improving your skin. It lowers blood pressure, contains antioxidants and is low in calories and full of fiber.

Kale – High in iron and vitamin K, it is anti-inflammatory and great for detoxifying the body. It helps aid with digestion, hydrates your body,



Limes – Great for weight loss, good for digestion and constipation relief, stimulate peristaltic motion of the bowls, help with urinary disorders, help with gout, are anti-inflammatory, help with fatigue, heartburn, respiratory disorders, gum and eye health, reduce body odor, have more vitamin C than a lemon, good for peptic ulcers, treatment of scurvy, and help to rejuvenate skin. Pour fresh limejuice into ice cube trays and freeze. Pop cubes into your favorite drink!

Onions – Help to improve immunity, regulate blood sugar, reduce inflammation, heal infections, antibiotic, antiseptic, a remedy for the common cold, cough, fever and sore throat, increases sperm count, reduces pain and inflammation of joints, prevents tooth decay and reduces tooth pain. It was once used to eliminate worms in stomachs of children and to eliminate lice in hair. Onion juice was used with turmeric and applied on the face to help remove dark pigments and patches. It also aids with earaches.

Oranges – Anti-inflammatory, lower high blood pressure, great vitamin C value, disarm free radicals, prevent damage in the aqueous environment both inside and outside of cells, reduce risk of colon cancer, and reduce severity of asthma, colon cancer, osteoarthritis and arthritis. They prevent oxidation of cholesterol polymethoxylate flavones (PMF"S) that have potential to lower cholesterol. Oranges promote a healthy immune system, reduce the risk of death from all causes including heart disease, stroke, and cancer. Oranges provide daily fiber value.



Peanuts – Also known as ground nuts, peanuts are members of the legume family and the best source of protein in the plant kingdom. They contain vitamin B vitamins that increase energy, prevent muscle spasms and cramps, and help increase metabolism. They have a memory enhancing power and help to lower and control

cholesterol levels. Their copper content helps in reducing bad cholesterol. They are a good source of tryptophan, important for the production of serotonin, and are a key chemical involved in mood regulation. Vitamin B3, or niacin content, makes it a brain food boosting memory power. Peanuts help to reduce the risk of heart disease, cardiovascular and coronary heart disease. They have significant amounts of iron, zinc, magnesium, and vitamin D. Surprisingly so, eating one ounce of nuts, or peanut butter a week, can help prevent gallstones by 25 percent. They contain folate to help aid fertility, protect against cardiovascular disease and also helps inhibit tumor growth.

Next time you are in need of a snack, put down that bag of Dorito's and grab a fruit or a vegetable in its place. Your body will be glad you did! ■

# THE DINNER

# Ginger-Honey Glazed Salmon & Roasted Vegetables

4 servings

Get a healthy dose of omega-3 fatty acids from this salmon dish.

#### **INGREDIENTS**

- 1/2 cup orange juice
- 1/4 cup soy sauce
- 2 Tbsp. fresh ginger ,finely chopped
- 2 Tbsp. honey
  - 1 tsp. toasted sesame oil
    - 1 fillet of salmon (2 pounds; preferably wild), skin on, cut into 6 equal pieces
- 2 Tbsp. extra-virgin olive oil



#### **DIRECTIONS**

In a small saucepan, bring orange juice, soy sauce, ginger, honey, and sesame oil to a simmer over high heat. Reduce to medium-low; cook 5 minutes. Pour half of marinade into a shallow dish large enough to hold fish in a single layer; cool 10 minutes. Add fish; coat with marinade. Turn skin side up. Cover with plastic; set aside 10 minutes.

In large frying pan, heat olive oil over medium-high heat. Place fish in pan skin side down; cover and cook until skin is crisp, about 3 minutes. Flip and cook just until opaque throughout, 2 to 3 minutes more.

#### Roasted Vegetables

#### **INGREDIENTS**

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
  - 2 tablespoons balsamic vinegar salt and freshly ground black pepper

#### **DIRECTIONS**

- 1. Preheat oven to 475 degrees F (245 degrees C).
- 2. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
- 3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
- 4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.



# **DINING OUT? Practice Self Control**

The day you start your new diet, your co-workers decide to celebrate a birthday by going out to eat. It happens.

It's as if your new commitment to eat healthier has put out an announcement that you need to be challenged and tempted into fatty foods with no nutritional value.

The good news is you can take some simple steps before, during and after your meal that will help keep you on track.

#### Before Your Meal

Eat a small apple or drink a large cup of water before your meal to help suppress your appetite. The more full you feel before your meal, the less likely you are to order larger potions.

Another way to ensure a smarter lunch is to make a pact with a co-worker to eat a salad. Having someone in your corner will help you stay true to your decisions and feel united in your front against unhealthy eating.

#### **During Your Meal**

The best action you can take during lunch is to stick to your plan. It may be difficult, but don't even look at the main lunch entrees or oversized sandwiches. Stick to the appetizers or salads page and choose something that fits with your goals.

Most restaurants now include calorie counts for each meal in their menus. This helps you map out an entire meal and know exactly what it means for your nutritional plan.

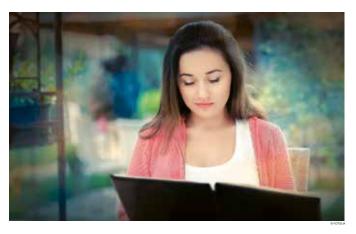
During your meal, take small bites and take part in the conversation around you. There is nothing wrong with leaving food on your plate, and letting your stomach tell your brain it's full can take a few minutes. Relaxing between bites can help the two connect.

#### After Your Meal

If your office is a close enough distance from the restaurant, tell your co-workers you're going to walk back and will meet them in a few minutes. A post-meal walk can eliminate some of those calories you just picked up at lunch.

Once you get back to your workplace, take an extra lap around the building or use the stairs to make it up to your office. Every extra step counts — and research proves it.

According to the American Council on Exercise, an average woman walking three miles per hour for 15 minutes can burn 67 calories. That is equal to one of the rolls you had at lunch or a medium portion salad.





# Fresh & Fruity Detox Water

This delicious detox water has strawberries and kiwis and is the perfect summer drink. You will need 2 liters of water, a couple of strawberries and a couple of kiwis. Just chop your kiwis and strawberries, add to your water and sit in the fridge for a couple of hours to let it seep. The kiwi has vitamins A and E which will help you to rid your body of free radicals and they help to flush toxins from your colon. Strawberries are great for your skin and then contain anti-aging properties and help to fight carcinogens. You can add more or less fruit depending on your taste preferences or add different fruits or a mint sprig for a completely new taste.

Whether you're trying to lose weight or you simply want to look and feel healthier, one of the best ways to rid your body of harmful toxins is to drink water. Just 6 to 8 glasses every day will help to keep you hydrated and keep your vital organs in their best possible health.





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# Ways to Help Your Loved One Transition to Assisted Living

Is your loved one getting ready to move into an assisted living community? That can be a difficult time emotionally, both, for the senior and the family members. How can you help make it easier for your parent or relative so that they actually look forward to the transition into their new home?

Here are some useful tips from the experts at Adult Care Advisors:

Make the new room a familiar setting: We all have our favorite items that remind us of home. Walking into a bare room could make your loved one take an instant dislike to their new home in the assisted living community. Make sure you prepare the room ahead of time to make it seem as much like home as possible.

Help staff deliver more personalized care: Take the time to share your loved one's likes and dislikes as well as routine with the staff at the assisted living community. Having this knowledge ahead of time will allow staff to deliver better, more personalized care and help your senior settle in comfortably.

Work ahead of time with staff on an emotional care plan: Your loved one is likely to experience anxiety and a waning sense of self-esteem when moving into an assisted living community. Trained staff are good at managing those emotional needs but they need to be made aware of your senior's specific needs, so do this before you move your loved one into their new home. A well-thought out plan will work nicely towards helping seniors adapt to the new environment and establish their sense of identity.

*Create a communications calendar:* Your loved one may or may not ask the question, but you can be sure they are wondering how often they will see you and other family members, how often you will call them, if and when can they visit you, and so on. Come up with a calendar and display it where they can see it easily.

**Don't show your own anxiety:** It's easy for your loved one's anxiety to become more intense when they sense that you are anxious too. Even though it is not rational, it is normal to feel somewhat guilty when leaving your loved one for the first time. Remember, you felt like that on your child's first day at kindergarten too! Know that you are doing the right thing and exit with an energetic, enthusiastic smile that will make your loved one feel more relaxed.





# FALLS IN NURSING HOMES

Every year, a typical nursing home with 100 beds reports 100 to 200 resident falls.

his number, reported by the Centers for Disease Control and Prevention, sheds light on the growing need for prompt reporting and diligence among staff members.

Falling can oftentimes be a sign of other health problems a person may be experiencing. Falls can result in disability, functional decline and reduced quality of life, so all falls should be closely investigated.

#### A Major Issue

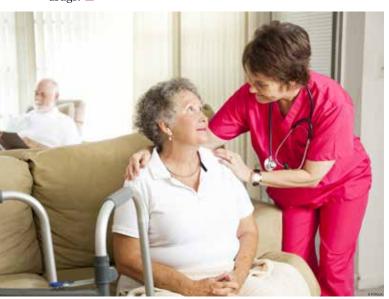
The CDC presents some staggering statistics about nursing home populations and the frequency of falls:

- In 2012, more than 1.4 million people 65 and older lived in nursing homes; this number could rise to about 3 million by 2030.
- About 5 percent of adults 65 and older live in nursing homes, but nursing home residents account for about 20 of deaths from falls in this age group.
- Between half and three-quarters of nursing home residents fall each year twice the rate of falls among older adults living in the community.
- The average is 2.6 falls per person per year.
- About 1,800 people living in nursing homes die from falls each year.

#### Main Causes

The CDC contributes most falls among nursing home residents to muscle weakness and walking problems. Hazards within nursing homes also can be fall factors and include wet floors, poor lighting, incorrect bed height and faulty wheelchairs.

Medications should be double-checked in the instance of a fall, as some can increase the risk of falls and fall-related injuries. Drugs that raise the most concern are those that affect the central nervous system, such as sedatives and anti-anxiety drugs.





Dr. Alexander Goldberg



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

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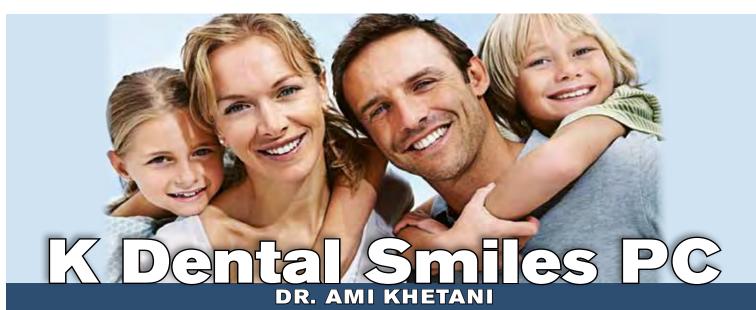












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# SENIOR FOOT CARE

Foot issues can make the difference between a good and bad day. A limp or hobble can cause you to avoid physical activity or even leaving the house.

That's why it's crucial to take the right steps every day in monitoring and caring for your feet.

National Institute on Aging states that the most common foot issues among senior citizens include disease, bad circulation, poorly trimmed toenails and wearing shoes that don't fit well. Not all foot issues are preventable, so be sure to alert your family doctor at the first sign of seriousness or major discomfort. He or she will be able to refer you to a podiatrist, a health care provider who specializes in all things feet.



#### **Good Foot Care**

Foot problems can be the first sign of a more serious medical issue. These can include arthritis, diabetes or circulatory issues that require immediate attention.

Even if you aren't feeling any discomfort in your feet, you may be able to spot potential issues such as cuts or ingrown toenails. Take a little bit of time each morning to give your feet a good assessment, especially if you're feeling any pain.

If you can't get close enough to see your feet, use a hand mirror or ask a willing family member to help you out.

#### The Right Fit

Your shoe size may change as you age, so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.

The National Institute on Aging recommends taking the following actions when shopping for your next pair of shoes:

- Walk in the shoes to make sure they feel right, making sure the heel of the shoe does not slide up and down when you walk. This can cause food discomfort as well as a tripping hazard.
- Avoid shoes with high heels or pointed toes. These can hurt your feet quickly, so stick with shoes that are shaped like your foot.
- Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- Opt for thick soles to cushion your feet when walking on hard surfaces.

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# Tinnitus SoundSupport™ Provides Highly Personalized Tinnitus Relief Throughout the Day

# First Integrated Sound Generation to Offer Soothing Ocean Sounds

By Jennifer Schaal Sampson, AuD

Tinnitus – that ringing, buzzing, whistling or other sound in the ear – can disrupt lives and interfere with the enjoyment of everyday activities. It can be intermittent or constant and may be more severe in the morning or at night. How people experience tinnitus is as individual as they are.

New Tinntitus SoundSupport™ is a next generation relief sound generator that meets the needs of people with tinnitus for highly personalized relief, whatever form their tinnitus may take. Tinnitus SoundSupport is fully integrated into select models of Oticon Alta 2 hearing instruments so that people with tinnitus can benefit from relief sounds personalized to their individual needs and preferences throughout the day.

Research indicates that successful sound relief requires sounds that the people respond to in a positive way. With Tinnitus SoundSupport, users can choose the combination of relief sounds they prefer from soothing ocean sounds to more traditional "white noise" broadband sounds. Tinnitus SoundSupport is the first integrated relief sound generator to offer ocean sounds, a popular category of sounds that have shown great promise in decreasing tinnitus annoyance.

"Both Performance Line hearing solutions and Tinnitus SoundSupport can be personalized to meet individual hearing needs and sound preferences," says Don Schum, PhD, Vice President of Audiology and Professional Relations for Oticon, Inc. "People enjoy improved listening ability and the additional support of integrated relief sounds - combined benefits that help make tinnitus less perceptible and can reduce the stress often associated with tinnitus."

Since the intensity of tinnitus may vary throughout the day, Tinnitus SoundSupport is easily adjusted

accommodate changing needs for sound relief. Users can select the types and levels of sounds that work best for them. SoundSupport provides a selection relief sound choices from three different types of ocean sounds, including soothing and dynamic, broadband sounds that range from bustling to tranquil. For more information, please contact Dr. Jennifer Schaal Sampson at 732.517.1200







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There are many choices out there to aid you in recovering from an illness or injury. Receiving therapy at a rehabilitation hospital can make a difference in how quickly you are able to return home and get back to the quality of life you deserve. Like anyone, you want to get the best care in the most appropriate setting.

Make the right choice

The next step in your recovery is your choice. When seeking rehabilitation for you or your loved one, it's important to know there are different settings from which to choose. Although many hospitals offer rehabilitation services, the quality and amount of these services can vary. The type of setting, the experience and expertise of independent contract physicians and hospital

# Is a Rehabilitation Hospital Right for Me?

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HealthSouth Rehabilitation Hospitals lead the way, consistently outperforming peers with a unique, intensive approach to rehabilitative



care, partnering with every patient to find a treatment plan that works for them. We offer a wide range of comprehensive rehabilitation programs for a wide variety of diagnoses. At HealthSouth, we provide access to independent private practice physicians, specializing in physical medicine and rehabilitation, who work in conjunction with HealthSouth's highly qualified nurses and therapists to provide a coordinated and personalized program of rehabilitative care, using the most advanced technologies possible.

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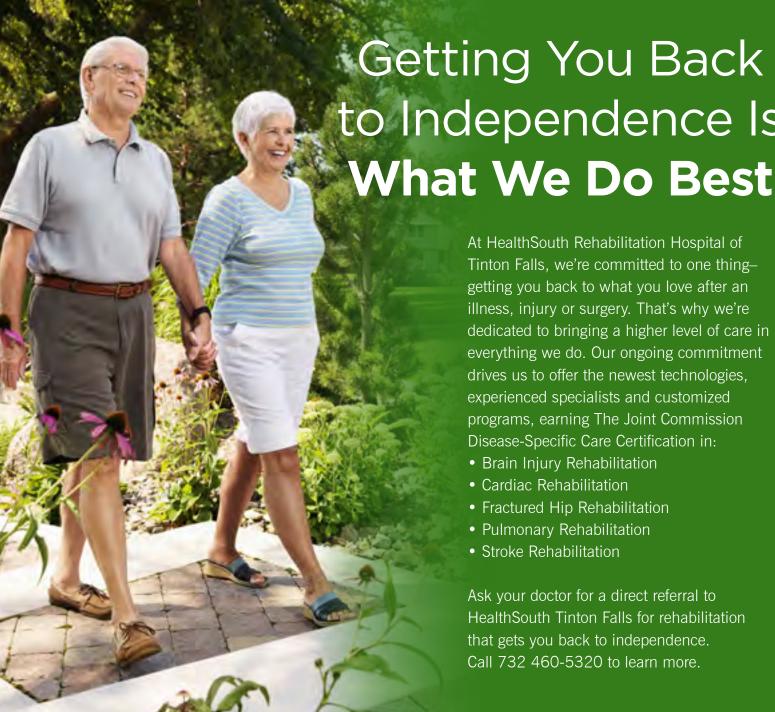
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