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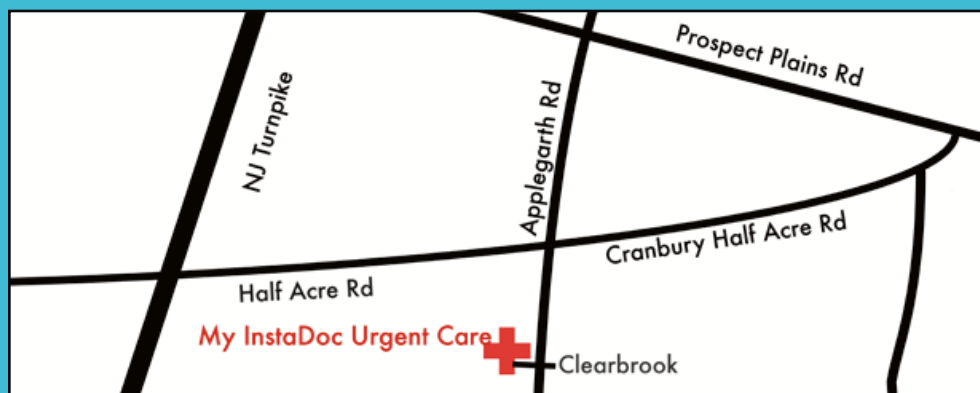
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OUR DEPARTMENTS

Health Articles and Q&A Pages 11

Your questions answered from local physicians
Medical news and information

Doctor Profiles 27

Here you will find physician information, including credentials,
to help you chose a doctor or find out more about a doctor you
go to now.

Kids' Health 29

Information, news and expert advice to raising healthy
children from pregnancy to 18

The Strong Lean Body 31

Tips on how to reach and maintain a healthy fitness level

I Am Beautiful 32

Everything from tips to trends
Where to go in NJ for specialty services

The Healthy Palate 34

Recipes to enjoy and local dining options for eating out

The Healthy Mind & Soul 36

Inspirational stories and advice on achieving mental
balance and clarity

As We Age 38

Articles and physician information just for seniors



ASK THE DOCTOR • THE MILLSTONE TIMES

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

Tips on Surviving the Holidays as Separated Parents

By Joely Phenes

The holidays can be an especially hard time for families of divorce. The time of year can be very stressful for parents in terms of planning. If you are a divorced or separated parent, here are some tips on surviving the holidays:

Split the holidays up: If you and your ex-spouse live close-by, you can try splitting the holidays up. For example, have the kids spend Christmas Eve with one parent and Christmas Day with the other. However, if you live far apart, it can be difficult to transport the kids back and forth. Instead, you can take turns hosting the major holidays like Thanksgiving and Christmas.

Spend the holidays together: If the two of you are on good enough terms, you may want to spend the holidays together. Although this is probably not your ideal situation, the kids will be happy to be with both parents. However, if this creates arguments and negativity, this may not be the best option.

FaceTime: Sadly, not all parents live close enough to their children to see them during the holidays. Thankfully technology allows you to spend time with people who may be hundreds of miles away. FaceTiming your loved ones certainly does not replace seeing them in person, but it is a good substitute.

Traditions: Just because your family is not the same as it always was does not mean you have to give up old traditions. You can still decorate your Christmas tree together, play some games of dreidel, or do whatever you have always been doing. But if your current situation doesn't allow for these traditions, don't force them. Try and come up with new traditions; they will help you and your children get used to the new family situation and feel optimistic about future holidays. ■



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ASTHMA ON THE RISE

Every day nine Americans die from asthma, according to the Asthma and Allergy Foundation of America.

Asthma is a chronic lung disease that inflames and narrows the airways, causing recurring periods of coughing, shortness of breath, chest pain and wheezing. Other staggering numbers reported by the AAFA include:

- Asthma affects approximately 25 million Americans;
- Seven million of those affected are children;
- Asthma accounts for 1.75 million emergency room visits annually in the U.S., more than one-quarter of all visits; and
- The total annual costs of the disease are estimated at \$18 billion.

Researchers and lung specialists are trying to address and reverse these substantial numbers. Genetics and the predisposition to environmental allergens are potential causes of asthma — a chronic disease that can only be controlled, not cured.

With the advancement in medical technology, many people who have asthma are able to manage the disease with few or no symptoms.

Stress Factors

Allergens aren't the only culprit of asthma, which also can be brought on by body stress caused by panic, fear, anger, frustration or even laughing.

The fact is that only you know what your body feels like before or during an asthma attack.

Recognizing the signs and talking through them with your physician can help keep you prepared for adequately handling these incidents.

Steps to Take

Asthma experts from the AAFA offer the following tips:

- Have honest, detailed dialogue with your doctor to stay on top of the disease;
- Install and regularly change air filters to help clean the air in your home;
- Cover your mattresses and pillows with dust covers and use hypoallergenic bed clothing to reduce exposure to dust mites;
- If your condition is getting worse, get checked for viral respiratory infections and other potentially serious medical conditions; and
- Avoid using some medications, including aspirin, eye drops and non-steroidal anti-inflammatory drugs. ■



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Kavita R. Peshori, MD, PhD | Fellowship Trained Women's Imager



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

Atlantic Medical Imaging (AMI) has been providing the most advanced diagnostic imaging services for 50 years. AMI offers a full range of breast imaging services including digital mammography, breast ultrasound, breast MRI and breast biopsy. Our technology is state-of-the-art, and we are committed to providing our staff with the tools they need to provide excellent patient care.

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

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Atlantic Medical Imaging's Brick Women's Center location is a Breast Imaging Center of Excellence as designated by the American College of Radiology (ACR).

By awarding facilities the status of a Breast Imaging Center of Excellence, the ACR recognizes breast imaging centers that have earned accreditation in all of the ACR's voluntary, breast-imaging accreditation programs.

The breast imaging services at Atlantic Medical Imaging are fully accredited in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy. Peer-review evaluations, conducted in each breast imaging modality by board certified physicians and medical physicists who are experts in the field, have determined that Atlantic Medical Imaging has achieved high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures, and quality assurance programs.



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MAMMOGRAPHY FACTS & QUESTIONS

When should I start having a mammogram?

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

Why can't I have an ultrasound?

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

Will this break my implants?

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

Why do I need compression?

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

When will my doctor get the report?

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

How often do people get called back for extra views?

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

Why do you need my previous films?

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



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INDOOR AIR QUALITY

As Americans, we are taking huge steps toward improving the world around us. We are working in our communities to improve our roads, parks and wildlife.

We are shopping local, eating healthy and conserving water to make a positive impact on the world around us.

We also are shifting our focus on health to the inside of our homes. Smart interior design can make a world of difference on our everyday health and wellness. Where we shop for our products, what types of materials we use and how we clean our homes all play a role.

Consider the Facts

Some of research on our indoor air quality is alarming. Consider these facts from the Environmental Protection Agency:

- Indoor air pollution is among the top five environmental dangers;
- The quality of indoor air can be up to 100 times more polluted than the worst outside air; and
- Allergies, asthma, lung cancer and heart problems have all been linked to poor indoor air quality.

Design with VOCs in Mind

Volatile organic compounds (VOCs) are present in furniture components such as adhesives, finishes and sealers.

They also are emitted from various flooring and cleaning materials — and we take them into our bodies without even noticing.

When choosing your materials for a new home or a remodeling project, it's up to you to choose low- or no-VOC options.

More companies have turned their attention to eliminating VOCs from their products, so be sure to conduct some research before settling on home materials.

Inquire about VOC levels within your fabrics, bedding, upholstered furniture and case goods.

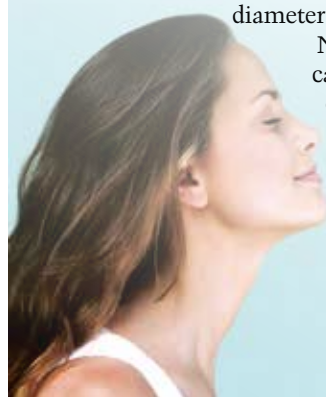
The more work you put in on the front end, the healthier you can make the indoor air for you and your family.

Add Houseplants

Houseplants offer multiple benefits for both indoor air quality and overall health. According to recent NASA research, plants are able to effectively remove environmental airborne toxins, helping reduce stress, increase work performance and reduce symptoms of ill health.

The NASA study concluded that in an 1,800-square-foot house, occupants should incorporate 15 to 18 houseplants in 6- to 8-inch diameter containers to improve air quality.

Not only are indoor plants soothing, calming and healthful, they are beautiful elements that can help enhance your home's interior design. ■



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QUESTION:

I find myself having trouble hearing on occasion, isn't that normal?

ANSWER:

Common yes, acceptable no. 32 million (32,000,000!!) Americans are walking around with untreated hearing loss. Depending on the degree, your hearing loss can affect the sounds we take for granted. It is not just about straining to have a conversation in a noisy restaurant. Are you struggling with talking with loved ones, watching TV, or even phone conversations? More importantly, there is the danger of not hearing alarms, emergency sirens, honking horns or even a doorbell ringing.

Needing hearing aids does not mean the one Grandpa used to wear; obvious, large and making embarrassing whistling or beeping noises. Those only amplified sounds, new features now automatically adapt to changing listening environments. They are able to focus on essential sounds in noisy surroundings. The result: conversations across the table at crowded restaurants are easier thanks to Beltone First™, available exclusively at Beltone hearing care centers. Beltone First's CrossLink Directionality™ monitors changing surroundings to help focus on conversations without losing important background sounds. Ear-to-Ear Synchronization™ provides smooth transitions when going from quiet surroundings to noisy ones, so there's less need to adjust the hearing instruments. Smart Gain Pro™ and Sound Cleaner Pro™ automatically identify changes in listening environments and remove superfluous noise.

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IMPORTANT VITAMINS THAT CAN HELP REDUCE STRESS THIS WINTER

Winter is supposed to be the most wonderful time of the year, but the harsh weather and the pressures from work or school can cause tremendous stress during the holiday season. Don't let winter bring you down! There are a few important vitamins that, when added into your diet, can reduce the effects of stress significantly.

Vitamin C

Vitamin C is essential to fighting stress because it reduces the level of a hormone called cortisol. Cortisol is commonly known as "the stress hormone" because it releases energy in response to dangerous or stressful situations. Although at times cortisol can be beneficial, it also causes increased stress and anxiety. You can counter this stress by eating fruits rich in vitamin C such as oranges, cranberries, mangos, strawberries, and watermelon.

Vitamin B-1

Vitamin B-1, or thiamine, can help with stress because it improves body's ability to respond to stressful situations and strengthens the immune system. Vitamin B-1 helps with the production of ATP (adenosine triphosphate) which is an important carrier of energy. It can be found in fortified cereals, bran, wheat germ, and pork.

Vitamin B-5

Nicknamed "the anti-stress vitamin", vitamin B-5, or pantothenic acid, is essential to this list because it assists our bodies in the production of hormones that fight stress. Like vitamin C, it can also help lower levels of cortisol. Vitamin B-5 can be found in foods like mushrooms, trout, liver, bran, and sunflower seeds. ■



National Diabetes Month Is This Month And The NDEP And The American Diabetes Association's New Jersey Office Are Committed To Help And Educate

National Diabetes Month is observed every November to draw attention to diabetes and its effects on millions of Americans. The National Diabetes Education Program's (NDEP) 2015 theme Diabetes Education and Support: Everyone Has a Role. What's Yours? highlights the need for ongoing diabetes education and support among people with diabetes and those who care for them.

If you have just been diagnosed with diabetes, or you have been living with diabetes for a while, diabetes education and support are important to help you stay healthy.

Diabetes education is needed throughout your lifetime, not just at diagnosis. Learning to manage your diabetes from the start can help you have fewer health problems from diabetes later.

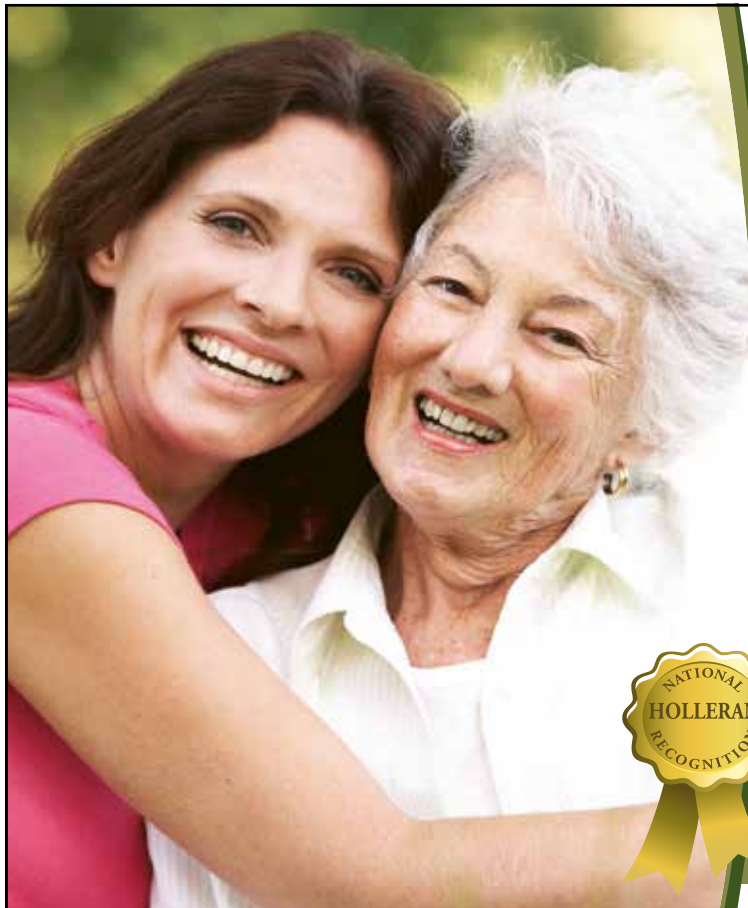
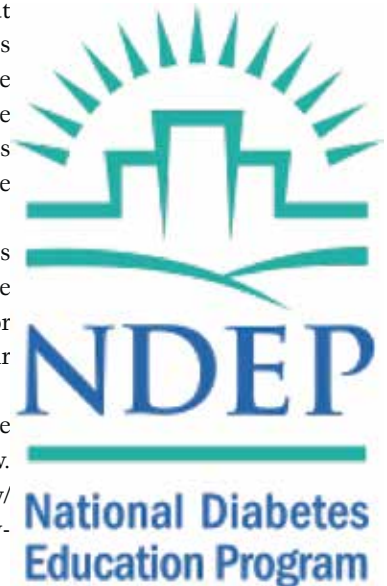
Having a network of support can help you better cope with the day-to-day demands of living with diabetes.

New Jerseyans are increasingly feeling the effects of diabetes as thousands of people suffer from the disease, and many others may have diabetes and not know it! It is estimated that one out of

every three children born after 2000 in the United States will be directly affected by diabetes. That is why the American Diabetes Association's New Jersey office is so committed to educating the public about how to stop diabetes and support those living with the disease.

The American Diabetes Association's New Jersey office provides great local programs for people living with diabetes, their friends and family.

To learn about the available programs at: <http://www.diabetes.org/in-my-community/local-offices/bridgewater-new-jersey>.




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International Diabetes Research Knowledge Portal Opens to Public

Researchers funded by the National Institutes of Health and the Foundation for the NIH (FNIH) have expanded a recently launched online library, called a knowledge portal, which allows open-access searching of human genetic and clinical information on type 2 diabetes. Individual data will remain confidential. The portal External Web Site Policy includes information from several major international networks, collected from decades of research.

A product of the Accelerating Medicines Partnership (AMP) for type 2 diabetes, the portal is aimed at advancing type 2 diabetes research and treatment, and will include data from over 100,000 genetic samples obtained from clinical consortia supported by the NIH and FNIH. AMP is an innovative project of government, industry and nonprofit organizations working together to speed research in type 2 diabetes, Alzheimer's disease, rheumatoid arthritis and lupus.

"Through AMP, we have an unprecedented opportunity to advance international research in type 2 diabetes," said NIH Director Francis S. Collins, M.D., Ph.D. "Our hope is that this portal – and this partnership – will lead to better disease targets and a shorter, less expensive drug development process, enabling companies to get safe and effective medications to patients who need them faster."

The portal collects data from human genetic samples, since the animal and cellular models that are typically used in diabetes drug development before human testing do not always replicate human behavior. The portal provides a way to identify the most promising therapeutic targets for diabetes from troves of potentially relevant human data.

"The knowledge portal will allow us to translate differences in an individual's genome into an understanding of how those differences affect a person's risk of developing type 2 diabetes. By harnessing the power of international data sets, we can also better account for differences in race, ethnicity and locality," said Philip Smith, Ph.D., of the NIH's National Institute of Diabetes and Digestive and Kidney Diseases. Smith is co-chair of AMP's Type 2 Diabetes Steering Committee.

The knowledge portal makes genetic and clinical information searchable in myriad ways, while keeping individual data confidential, to help researchers identify and describe the effects of genes on disease. Searches can include genes, gene variants and genetic regions, and can be cross-referenced with associations between glucose and insulin measurements and other criteria. The data can be sorted to include relevant genetic studies and the kind of data collected, and allows researchers to test biological hypotheses, and conduct many other analyses.

The portal is publicly searchable and can be used as a tool to learn about genetics and health. However, only approved researchers will be able to access detailed data, while the general public can access aggregate results. Creators of the research engine are eager to expand the network to include more national and international research networks. The international source samples of genetic and clinical data will be housed in their home networks to ensure use of each sample complies with each country's health information confidentiality rules.

"Type 2 diabetes is among our country's and the world's greatest and most costly health problems. In the United States alone, the disease affects more than 29 million people, with an additional 79 million more at high risk," said NIDDK Director Dr. Griffin P. Rodgers. "We need more targeted drug therapies to treat type 2 diabetes. While multiple drugs are available to stabilize the disease, people still progress to complications including heart and kidney diseases."



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Could I have PCOS?

Polycystic Ovary Syndrome (PCOS) is the most common reproductive endocrine disorder in women, affecting approximately 4-12% of reproductive age women. It is found in both normal weight and overweight/obese women. There is some evidence of a genetic predisposition to developing PCOS, as first-degree relatives of PCOS women are at a significant risk.

PCOS is thought to be caused by alterations in ovarian hormone production which creates an increase in male hormones. These hormones disrupt the feedback system to the brain and also result in insulin resistance. The menstrual cycle of a woman with PCOS is often anovulatory, meaning an egg is not released each month. Therefore, PCOS is a common cause of female infertility.

PCOS symptoms include a history of irregular menstruation, varying degrees of male pattern hair growth (hirsutism), and acne. Menstrual changes can range from irregular, infrequent, to even absent menstrual bleeding. As the time between periods increases so does the risk for developing uterine cancer. Therefore, women with irregular cycles should consult their gynecologist so they may be properly evaluated for these potential conditions.

There is also evidence that PCOS is associated with several long-term health risks, including the development of diabetes, dyslipidemia, and cardiovascular disease. Therefore, it is recommended that women with PCOS be screened at regular intervals for these disorders, so that early intervention can be implemented.

Women with PCOS can have a difficult time conceiving. Using fertility medications can improve their chances of ovulation and achieving a pregnancy. When abnormal hair growth is the primary concern, oral contraceptives may be effective, while the addition of anti-androgen medications directly inhibit hair growth. In the case of insulin resistance, the use of metformin may be indicated to help restore normal glucose parameters.

PCOS can affect many facets of a woman's health. It is important that patients be educated about the implications of this condition, and that proper evaluation and care is implemented by their provider.

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QUESTION:

If it is so much more convenient to order eyeglasses online and may even save me money, why not?

ANSWER:

Shopping online offers a plethora of choices and conveniences; you never have to leave your home or your pajamas. It is a great place to deposit your hard earned dollars for so many things, and a real problem when ordering others. Think carefully about the possible outcomes of your choice.

There is no scarcity of websites to buy anything your heart desires, and that includes eyewear. Purchasing non-prescription eyewear such as sunglasses has its own pitfalls, especially if you end up with a shady company that sells questionable merchandise. Second quality, damages (when things fall off of a truck they can get hurt!) or knock-offs are rampant.

Take those potential hazards and add to that a recent study where researchers discovered that nearly half of all glasses (44.8 percent) ordered online either contained an inaccurate prescription or didn't meet safety standards designed to protect the eyes. Researchers had 10 individuals order two pairs of glasses, including pairs for both adults and children, from each of 10 of the most popular online optical vendors. In all 200 pairs were ordered, with frame styles chosen in the midrange options for each vendor, in varying frame materials, lens styles and prescriptions. Only 154 pairs of the orders were received. The study then analyzed lenses, including measurement of sphere power, cylinder power and axis, add power (if specified), separation of distance of optical centers and center thickness. The odds are not good.

When you visit a local eye care professional, you know of

their reputation, their training is displayed on their walls, and they may even be your neighbor. Who is at the other end of the computer? What are their qualifications? Will they prompt you to choose the lenses that are best for your particular prescription and lifestyle? How do you know the frames will look good on your face? Even in the best of circumstances, you may pick the perfect frame and all of the correct options; but what about the accuracy of the glasses?

An essential piece of the eyewear puzzle is your pupil distance (PD), which determines where to place the center of each lens in your frames. It customizes the optics to your eyes, ensuring that your glasses provide the best possible vision results. Most online retailers highly recommend that your optometrist provide this critical measurement to ensure accuracy. The NJ State Board of Optometry says that the person fabricating your glasses should be responsible for taking that measurement. In many cases, it can only accurately be made once the frame is selected and properly fitted to your face.

Your new glasses may look great and work great but are so uncomfortable. Are they too large, too heavy, or don't sit on the bridge of your nose the right way, they will slip or give you a headache? Are they too small, they may pinch and become extremely uncomfortable on your ears and nose and cause similar vision problems?

Then, of course, you have your standard online buying issues of returns, shipping costs, warranty, maintenance, pricing, insurance....An experienced, well-staffed optometrist has a big advantage in hands-on service in walking you through the various factors in finding the right eyeglasses.

I invite you to visit my office for an exam to discuss your eye care health and the same for your family. We take most medical insurances and have a wonderful selection of frames should you need glasses. Let our professionals walk you through the process of choosing the right frames and lenses to fit you and your lifestyle. ■

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QUESTION:

What happens to your spine during a chiropractic adjustment?

ANSWER:

"Stemming from various causes like continuous bad posture, poor lifting/bending mechanics, and even congenital spinal issues, the vertebrae that make up your spine can be jarred and dragged from their normal, ideal alignment. This can cause pain, tightness, and discomfort. It's the chiropractor's job to pop those joints back into place. Spinal misalignments are biomechanical instabilities (often just millimeters off) that can cause long term and large scale injuries if left untreated.

Adjustments differ by age and condition and are very individualized. More often than not, when a spinal joint subluxes out of position, it gets stuck and loses its range of motion as well as irritates the spinal nerves. The chiropractic adjustment resets the joint back into its normal position, which allows the joint to be re-lubricated and nourished. When the

Dr. Peter Bufano,
Board Certified Spine Specialist



nerves and tissues receive all of that fresh oxygen and blood, the brain triggers the release of endorphins, which eases pain instantaneously and gives you that feel good rush. When this happens gas in the joint is released, which causes a popping noise called a cavitation. The cracking sound during an adjustment isn't actually your bones snapping! Think about when you crack open a can of soda. The gas and liquid are separate until the pressure in the can is lowered and the gas comes out of the solution and pops. Same thing - sorta - in the spine. The adjustment lowers the inter-joint pressure and...POP! Many people are scared of an adjustment but rest assured, a well trained chiropractor will never put you in a situation to hurt you. And if it helps, your bones aren't cracking when you get adjusted!" ■



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CONSIDER THE CHIROPRACTOR

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

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

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

What Does a Visit Cost?

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

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

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

More than Pain Relief

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

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

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

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



QUESTION:

I have a big bump on the joint under my big toe that is very painful. What is it?

It sounds like you have a bunion. The affected joint is the metatarsophalangeal joint (MTPJ). A bunion is caused when the bone or tissue at the joint moves out of place for some reason. This forces the toe to bend toward the other toes, producing a painful

lump of bone on the foot. Because the MTPJ carries a lot of the body's weight, bunions can cause extreme pain if left untreated.

This is a symptom of faulty foot development and is usually caused by the way we walk, our inherited foot type, or our shoes. It tends to run in families; you may have inherited your feet from someone prone to bunions. Other possible causes of bunions are foot injuries, neuromuscular disorders, or congenital deformities. If you have flat feet or low arches, you are prone to developing these problems, as are arthritic patients and those with inflammatory joint disease.

You can try a few things on your own that may alleviate the pain; apply a commercial, non-medicated bunion pad around the bony lump, wear shoes with a wide and deep toe box and avoid high-heeled shoes. If discomfort persists, you need to see your foot and ankle specialist for medical attention.

Dr. Holli Alster



A podiatrist has several options of treatment; anti-inflammatory drugs and cortisone injections to ease the pain and inflammation, Physical Therapy to provide relief of the inflammation and pain, orthotics to control foot function, which may reduce symptoms and prevent worsening of the deformity. Surgery may become necessary to remove the bony enlargement, restore the normal alignment of the toe joint, and relieve pain.

As a Fellow of the American College of Foot and Ankle Surgeons and the American Society of Podiatric Surgeons, I am Board Certified in Foot and Rearfoot and Ankle Reconstructive Surgery. I have been practicing podiatric surgery in Central Jersey for the last 10 years, serving all your foot and ankle concerns. If you have any further questions, feel free to contact me. ■

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REPORT FOOD COMPLAINTS

When in doubt, throw it out. Those are important words to live by when it comes to how we choose and consume our foods.

The United States Department of Agriculture urges to you practice common sense and makes it easy to report an issue with food in your home, the store or a restaurant.

If you think an illness may be related to food you have consumed, see a physician. Your doctor will be able to tell if you are suffering from food poisoning or even something more serious.

Separate government agencies are in charge of protecting different segments of the food supply, so make sure you're contacting the appropriate public health organization for your specific issues.

Meat, Poultry and Processed Egg Products

For complaints surrounding meat, poultry and egg products, call the toll-free USDA Meat and Poultry Hotline at 888-MPHotline (888-674-6854) or report the complaint online. The USDA website features a link to its Electronic Consumer Compliant Form.

Here is what the USDA needs from you in order to investigate a problem with meat, poultry or egg products, according to usda.gov.:

- The original container or packaging;
- Any foreign object discovered in the product; and
- Any uneaten portion of the food (refrigerate or freeze it).

Restaurant Issues

For issues you experience in a restaurant, call the health department in your community.

Restaurants must remain compliant with health department codes, so be sure to ask to see any verifiable certifications if you're concerned about a dining establishment. Most restaurants will likely post these types of documents in their building. It also may be available through a local government website.

Non-Meat Products

Issues with foods such as cereals, fish, produce, fruit juice, pastas or cheses are handled by the Food and Drug Administration.

Check your phone book or look online to find an FDA office in your area. The FDA's Center for Food Safety and Applied Nutrition can be reached at 888-723-3366.

Both the USDA and the FDA require specific information when taking your report. According to usda.gov, this information can include:

- Name, address and phone number;
- Brand name, product name and manufacturer of the product;
- Size and package type;
- Can or package codes and dates;
- Establishment number usually found in the circle or shield near the "USDA passed and inspected" phrase; and
- Name and location of the store, as well as the purchase date.



HEALTH NEWS: Over-the-counter sleep medicine is linked to dementia

By Joely Phenex

Researchers have discovered a significant link between high use of anticholinergic drugs - including popular non-prescription sleep aids and the antihistamine Benadryl (diphenhydramine) - and increased risk of developing dementia and Alzheimer's disease in older people.

Anticholinergics are a class of drug that blocks the action of the neurotransmitter acetylcholine in the brain and body.

Although the link between raised risk of dementia and anticholinergics has been found before, the new study uses more rigorous methods - including over seven years of follow-up - to establish the strength of the link. By accessing pharmacy records, the researchers were also able to include non-prescription use of anticholinergics in their data. Other side effects, including drowsiness, constipation, retaining urine and dry mouth and eyes.

Research was done by a professor in the University of Washington School of Pharmacy in Seattle, reported their findings in JAMA Internal Medicine in January 2015.

"Older adults should be aware that many medications - including some available without a prescription, such as over-the-counter sleep aids - have strong anticholinergic effects," says the professor named Shelly Grey.

Prof. Gray urges people not to stop their therapy based on the findings of this study - they should talk to their health care provider, and also tell them about all their over-the-counter drug use.

"Health care providers should regularly review their older patients' drug regimens - including over-the-counter medications - to look for chances to use fewer anticholinergic medications at lower doses," she says.

If providers need to prescribe anticholinergics to their patients because they offer the best treatment, then "they should use the lowest effective dose, monitor the therapy regularly to ensure it's working, and stop the therapy if it's ineffective," she adds.

It is also the first study to show a dose-response effect, note the authors. That is, the higher the cumulative amount of drug taken, the higher the risk of developing dementia.

And another first for the study, is that it also shows that dementia risk linked to anticholinergics may persist long after people stop taking the drugs.

For their study, Prof. Gray and colleagues tracked nearly 3,500 men and women aged 65 and over with no dementia symptoms at the start of the study. The participants were part of the Adult Changes in Thought (ACT) study in Group Health, an integrated health care delivery system in Seattle.

To assess how much exposure the participants had to anticholinergic drugs, the researchers used computer records from the pharmacies that dispensed them.

From the pharmacy data they added up all the standard daily doses and worked out the cumulative anticholinergic exposure for each participant over the past 10 years. This was updated as participants were followed up for an average of 7 years.

Over the period of the study, nearly 800 participants developed dementia.

Some of the ACT participants have agreed to have their brains autopsied after they die. This might reveal if taking anticholinergic medications is more likely to result in brain changes that are characteristic of people who develop Alzheimer's disease. ■



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Routinely eating vegetables can be a challenge for many people. Whether it's an issue of time or taste, any excuse should be outweighed by the health benefits.

Vegetables are packed with the vitamins and minerals your body needs to stay strong. Most of them also are low in calories, meaning they can sustain your appetite and boost your energy levels — all without the worry of adding extra weight.

Preparation

Busy schedules mean limited free time for preparation and cooking. The great thing about vegetables is that many of them can be consumed raw for a delicious treat.

Even if you only have 30 minutes or less to cook each night, that is ample time for boiling a shallow pan of water and adding vegetables to a steam tray. You'll have beautifully steamed vegetables before you pay the bills or help your child finish her homework.

Also, by choosing to steam your vegetables, you retain more of their important nutrients than would have been kept through boiling.

Add a Garden

If time isn't an issue, why not invest some money and work into building your own garden? It will require an initial investment, but you'll be rewarded with bright, vibrant vegetables that you can bring in from the garden to your plate in a matter of minutes.

A garden lets you decide the types of vegetables your family will eat. Depending on how much you decide to plant, you may not need another trip to the produce aisle of your grocery store until the cold weather months.

Mix Up Salad

Salad doesn't have to be made up of lettuce, cheese and dressing. Get creative. Think of your salad as an art project, and choose the most colorful options possible.

The more color you add to your salad, the better it is for you. Start by slicing up a red or yellow pepper. Keep the red coming with some colorful cabbage, radishes or cherry tomatoes. Before you know it, you'll be digging into your rainbow of a salad, all while knowing that you're also enhancing your overall health and wellness. ■





QUESTION:

How can a dentist help with my snoring?

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

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

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

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

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

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

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

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

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



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EAT MORE CEREAL, LIVE LONGER?

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

These cereals can be great tools in the fight against certain cancers, inflammation and obesity. So spoons up to a healthier you.

Reduced Risks

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

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

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

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

Choose the Right Cereal

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

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

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

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



Give YOURSELF A LIFT this Christmas Newest Non Surgical Technology

By Dr. Frankel

As time goes on a very disturbing force takes hold of our face, GRAVITY. As the supporting tissue under the skin and dermal layer called the SMAS (superficial muscular aponeurotic system) begins to weaken, the structures above begin to lean and sag. It is similar to a foundation of a house weakening. Your body has an amazing rebuilding tool when stimulated called collagen. The weakened collagen is a result of natural aging, sun exposure, toxins, smoking and environmental factors.

One of the most common complaints patients have is development of "JOWLS". In general JOWLS are small pockets of skin that are hanging along the jaw line. The appearance of Jowls is a sure sign of weakened structure of skin layers underneath especially the SMAS area. In the past a surgical facelift would be the only option for truly improving these troubling Jowls.

Today the only FDA Cleared device to LIFT the face and improve the appearance of Jowls is ULTHERAPY. It is safe and without any downtime. A lunchtime Lift which is performed in

one treatment. ULTHERAPY is targeted MICRO FOCUSED Ultrasound that can reach depths that only in the past were reached by surgery. Since it is ultrasound we can actually visualize targeted tissues without cutting the skin, and no other technology can do this. The non-surgical alternative to face lift is Ultherapy. Although Ultherapy vary, there is no downtime and lower cost is a better option for many people. ■



***For more information contact
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QUESTION:

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

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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

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



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Yes, Your body is telling you something?

Long ring fingers mean you are more likely to develop osteoarthritis.



True: A 2014 study in the journal *Rheumatology* found that among more than 14,500 adults, those whose ring fingers were longer than their index fingers were at increased risk for severe knee osteoarthritis. This common trait may be linked to hormonal influences on the growth of the bone, cartilage and soft tissue.



Cracks at the corners of the mouth are a sign of a B-Vitamin Deficiency

True: We see nutritional deficiencies first in those tissues that turn over the quickest, such as the tongue and lips. Studies show that cracks or sores that

appear at the corners of the mouth (a.k.a. cheilitis) may be a sign that your body isn't getting enough B vitamins especially with diets that include substantial amounts of refined and processed food, sugar or alcohol.

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What Is In An AH... CHOO?

By Mia Inguia

If you just sneezed, something was probably irritating or tickling the inside of your nose. Sneezing, also called sternutation, is your body's way of removing an irritation from your nose. When the inside of your nose gets a tickle, a message is sent to a special part of your brain called the sneeze center. The sneeze center then sends a message to all the muscles that have to work together to create the amazingly complicated process that we call the sneeze. Some of the muscles involved are the abdominal (belly) muscles, the chest muscles, the diaphragm (the large muscle beneath your lungs that makes you breathe), the muscles that control your vocal cords, and muscles in the back of your throat.

Don't forget the eyelid muscles! Did you know that you always close your eyes when you sneeze? It is the job of the sneeze center to make all these muscles work together, in just the right order, to send that irritation flying out of your nose. And fly it does — sneezing can send tiny particles speeding out of your nose at up to 100 miles per hour!

Massachusetts Institute of Technology (MIT) researcher Lydia Bourouiba and her colleagues are studying what really happens when a person sneezes. They're using high-speed imaging to film the cloud of droplets that a sneeze creates. Then, the Bourouiba Research Group uses math to analyze what's going on with all those droplets. They hope to learn more about how illnesses spread.

Most anything that can irritate the inside of your nose can start a sneeze. Common causes include dust, cold air, or pepper. When

you catch a cold in your nose, a virus has made a temporary home there and is causing lots of swelling and irritation. Some people have allergies, and they sneeze when they are exposed to certain things, such as animal dander (which comes from the skin of many common pets) or pollen (which comes from some plants).

Do you know anyone who sneezes when they step outside into the sunshine? About 1 out of every 3 people sneezes when exposed to bright light. They are called photic sneezers (photic means light). If you are a photic sneezer, you got it from one of your parents because it is an inherited trait. You could say that it runs in your family. Most people have some sensitivity to light that can trigger a sneeze.

One rational explanation for the exaggerated attention paid toward sneezing comes from the 6th century, when the Black Plague killed half the population of Europe. Sneezing was a symptom of the disease and was viewed as a sign of impending death. People thus began to say "bless you" in hopes that the sneezer would not succumb to the infection, or, some say, as a final blessing. ■





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NIH-funded researchers identify safe level to treat low blood sugar in newborns

Researchers funded by the National Institutes of Health have shown that treating hypoglycemia, or low blood glucose, in newborns according to current recommendations is safe and appears to prevent brain damage.



Glucose levels that are too low — or too high — may lead to brain injury in newborns and possibly result in severe intellectual and developmental disabilities. Until now, the threshold for blood sugar had only been an estimate, never having been verified by a research study in people. According to the latest study, infants treated for hypoglycemia at the recommended threshold level were no more likely to experience neurological problems by two years of age than those in a comparable group who did not need treatment.

"These findings are extremely reassuring," said Tonse Raju, M.D., chief of the Pregnancy and Perinatology Research Branch at NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development, which funded co-funded the study. "There is now firm evidence that physicians can provide an essential treatment to prevent brain damage without concern that there might be any unforeseen increase in risk to the newborn." Of the infants who were treated, the authors found that those who later developed high blood glucose levels were more likely to have a neurosensory impairment at age 2 than were

other infants in the study. In addition, infants whose glucose levels fluctuated widely during the first 48 hours of birth also were more likely to be impaired. In general, the more time an infant's blood glucose levels were fluctuating-- very high or very low-- the more likely the infant was to experience neurosensory impairment.

"It may be that it's not only important to keep blood glucose levels from dropping too low, but also to keep them from swinging too high, too fast," said Dr. Harding of the Liggins Institute.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov. ■



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DOCTOR SPOTLIGHT



Dr. Brent Kaiser

Joely Phenex

Through his various facilities, Dr. Brent Kaiser dedicates his time to helping his patients feel the very best they can. Kaiser Therapy Offices, located in Shrewsbury, NJ, offer a number of diversified services ranging from physical therapy to acupuncture.

One facility that can be found here is the Kaiser Medispa which offers signature day spa services like massages and facials as well as more advanced services like Botox and body contouring.

Along with the medical spa, Kaiser Therapy Offices also house the Kaiser Fit Club. Here you can find a personal training facility, small group sessions, and large classes. Classes offered include TRX core workouts, BARRE classes and rip cord resistance training among others.

Kaiser Fit Club is perfect for experienced athletes and beginners alike. Beginners can start wherever they want to, and there are plenty of friendly staff members to guide those who do not know where to begin.

"Many clients start with a personal training session or small group session and graduate to a group class when they feel more confident and comfortable," says Dr. Kaiser.

Acupuncture is another unique service offered by Kaiser's practice. Acupuncture is a form of traditional Chinese therapy that involves inserting small needles into specific points in one's skin to relieve pain. Many people are turned off from acupunctural therapy because of the needles, but the benefits of acupuncture are extensive.

According to Dr. Kaiser, "stress reduction, pain management, fertility, weight loss, smoking cessation" and "overall body balance" are some of the most important benefits of acupuncture.

If you live in the Monmouth County Area and are interested in one of Dr. Kaiser's many services, you can call (732) 758- 8200 or visit www.kaisertherapy.com for more information.

William, F. Ziegler, D.O.

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Dr. William Ziegler is a Board Certified Specialist in Reproductive Endocrinology and Infertility. He started the first egg donor program based in Monmouth and Ocean Counties. He holds a clinical assistant professorship at the Rutgers- Robert Wood Johnson Medical School, and is teaching faculty at both Monmouth Medical Center and

Jersey Shore University Medical Center. He works with both teaching institutions to organize continuing medical education programs to all medical professionals. Dr. Ziegler completed a fellowship specializing in reproductive medicine and surgery at the University of Vermont in Burlington after completing a residency in obstetrics and gynecology at the Medical Center of Delaware in Newark, Delaware. He is a member of the American Society for Reproductive Medicine, the Society for Reproductive Surgeons, a fellow of the American College of Obstetricians and Gynecologists, and a diplomat of the American Board of Obstetrics and Gynecology. Originally from New Jersey, Dr. Ziegler decided to return home and serve the communities of Monmouth and Ocean County. Dr. Ziegler is dedicated to providing his patients with the highest quality medical treatment in caring and compassionate environment.

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

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POST-PREGNANCY WEIGHT LOSS

You've put in a long nine months and watched your body expand. You've been poked and prodded, weighed and measured — all for the benefit of the newest member of your family.

But it's all worth it once your little bundle of joy makes his or her arrival in to the world.

When it's time to focus on you again, it can be difficult getting started. Your body can naturally lose about 10 to 12 pounds during the labor experience. But what about the remaining weight you picked up to support the development and growth of your baby? This weight — specifically the last 10 pounds — can be a thorn in your side for months to come.

Fortunately, with some smart eating and exercise decisions, you can be on your way to your pre-pregnancy weight in no time. The most important thing to consider is your physician's advice on returning to regular exercise and dieting. Follow medical recommendations at all times to let your body heal correctly after childbirth.

Kitchen and Grocery Store Strategies

Exercise will be crucially important to your weight-loss goals, but you may not be cleared to work out for a few weeks after labor. Get a head start by devoting your diet to healthy options in the kitchen and grocery store.

Even if you work out daily, what you eat plays a huge role in whether or not your body will burn enough fat to help you reach your objectives. Commit yourself to spending some time in the kitchen, between spending time with your new baby, of course. If people offer to bring you lunch or dinners, ask them politely to make them as healthy as possible.

Send your significant other to the grocery store for some fresh produce and meats. Experts recommend spending the majority of your shopping time on the perimeter of grocery stores — where the produce and frozen vegetables are usually located. More time here and less time in the middle of the store where sugary snacks and sodas live can be a key to choosing healthy foods for your diet.

Avoid Processed Foods

Foods in their natural form will be your best bet for fueling your body with healthful options. These include meats, vegetables, eggs and fruits that haven't been processed to make them last longer on the shelves of your grocery store.

Use these fresh ingredients to challenge yourself in the kitchen. Learn new recipes. Incorporate new fruits and vegetables into your diet.

The more variety you give yourself, the more likely you will be to stick to healthy options, helping your body shed weight and gain more energy for exercising. ■



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

Warning Signs of a Hearing Problem with my Child

By Joely Phenex

About two to three out of every thousand children in the United States are born with mild to severe hearing loss. Hearing loss can cause serious problems with a child's language development so early treatment can be very beneficial. Unfortunately, symptoms can be hard to spot early on. Although most states test newborns, hearing loss is usually discovered around two years old.

The following symptoms are early indicators of hearing loss in children:

Symptoms in babies:

- Does not act in response to his/her name
- Is not startled or frightened by loud noises
- Does not use or imitate simple words
- Does not respond to music

Symptoms in toddlers:

- Unclear or delayed speech
- Unable to follow directions (this is often mistaken for deliberately ignoring directions)
- Turns up television, music, or video game volume too loud
- Shows no interest in stories
- Has trouble forming simple sentences

If your child exhibits one or more of these symptoms, it is important to remain calm and take the right steps. You should speak with your pediatrician and ask about scheduling an appointment with a pediatric audiologist. Audiologists specialize in the diagnosis and treatment of auditory disorders. He/she will conduct a hearing evaluation to determine if your child's hearing is, in fact, impaired.

There are a number of ways to approach a hearing problem once identified. Hearing aids and cochlear implants amplify sounds to make them easier to hear. Children with hearing impairments can also be offered special education in an environment more suited to their needs.

Hearing impairment is a serious issue, but, if caught early, will be much more manageable. ■



Too Much Cola 'Raises Cancer Risk' Due to Caramel Color

By Mia Inqui

The chemical process during the manufacture of the caramel coloring used in soft drinks such as cola produces a carcinogen that could be raising the risk of cancer. Matching laboratory tests conducted by Consumer Reports on 11 different soft drinks showed with an analysis of average consumption by Americans, the researchers found that one can a day could be enough to expose them to potentially cancer-causing levels of the chemical known as 4-MEI (short for 4-methylimidazole).

The potential carcinogen is formed during the manufacture of the familiar caramel color that is added to many widely-consumed beverages. This chemical is not needed for taste and it used for beverage color only.

Testing on 110 samples of soda brands carried out by the Consumer Reports researchers, led by a team at the Johns Hopkins Center for a Livable Future in Baltimore, MD, found that drinks contained levels ranging from 9.5 mcg per liter (mcg/L) to 963 mcg/L.

They add: "Routine consumption of certain beverages can result in 4-MEI exposures greater than 29 mcg a day" - the level that triggers a new case of cancer in every 100,000 people consuming the drink, toxicity that was established by previous studies in mice and rats conducted by the U.S. National Toxicology Program.

Lead author of the study, Tyler Smith, a program officer with the Johns Hopkins Center for a Livable Future, says 4-MEI levels can "vary substantially across samples, even for the same type of beverage." Smith explains:

In the lab sampling, Malta Goya had the highest 4-MEI concentration while Coca-Cola produced the lowest value.

California listed 4-MEI as a carcinogen in 2011, under the Safe Drinking Water and Toxic Enforcement Act of 1986 - better known as Proposition 65. The authors say their results suggest that "federal regulation of 4-MEI in caramel color may be appropriate."

To estimate consumers' exposure to the potential carcinogen, the researchers took the laboratory readings and analyzed soft drink consumption using data from the National Health and Nutrition Examination Survey (NHANES).

They found the proportion of the population consuming each type of soft drink varied, with "colas being the most popular and root beer and pepper colas being the least popular." ■

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PICK A PERSONAL TRAINER

Hiring a personal trainer can be a worthwhile investment. A knowledgeable, motivational trainer can get you in shape and teach you safe ways of working out that can benefit you for the rest of your life.

There are many factors to consider when trying to find the perfect personal trainer for your specific goals. Personality type, rates and credentials are all important in helping you work with the right trainer.

Consider asking the three questions below to prospective personal trainers, along with any others you find pertinent to your search process.

Are You Certified?

The National Commission for Certifying Agencies has decades of experience accrediting health and training professionals, so asking if yours is credentialed should be a critical part of your decision.

NCCA-certified trainers are knowledgeable and skilled to provide you with a safe and effective workout. Don't be afraid to ask to see a copy of a personal trainer's certification to ensure that it is current. You also can call a certification agency to verify a trainer's status.

In addition to a certification, a college degree in exercise science or a related field is an added bonus. More credentials should show you the trainer is committed to improving his expertise.

How Experienced Are You?

How many years of experience a personal trainer has working with clients is important to know. Does he or she have a background in the particular area you're looking to jump into?

If you have a medical condition, you should ask if the trainer has experience working with similar issues and how he or she would help you either overcome or compensate for the issue. These types of questions will give you a sense of how qualified a trainer is to help you reach your individual goals.

Can I have some References?

A trainer can tell you all about her abilities and credentials, but hearing from past and present clients can make or break your decision. Ask the personal trainer for names, phone numbers and even testimonials of other clients.

Once the trainer checks with his clients for approval, give these connections a call to ask about the professionalism and personality of your prospective trainer. Also inquire about punctuality, skill level and results. By doing your homework, you can ensure that you're making the right investment with your time and money. ■



SPA ETIQUETTE

By Joely Phenex

If you've never been to the spa, you probably don't know exactly how everything works, so it's normal to have some anxieties before your first visit. Don't let those anxieties get in the way of your relaxation. Here are some spa etiquette tips that will help guide you through your first spa experience.

1. Be punctual

Try to arrive at least 20-30 minutes early so you have enough time to fill out paperwork as needed, change into your robe, and enjoy any amenities available like saunas or hot tubs. For basic day spas without amenities, first-timers should arrive about 10-15 minutes early in order to fill out any necessary paperwork.

2. Shower first

Masseuses appreciate it when their clients shower prior to their massage treatments. This should be pretty self-explanatory.

3. Spa attire

Usually before a full body massage, they will have you change out of your clothes and into a robe. If this makes you uncomfortable, it is totally okay to leave your undergarments on. Also, you can request a masseuse of the same-sex if that makes you feel better. Remember that as the customer, your comfort comes first.

4. Tipping

The standard tipping rate at a spa is 15-20% depending on the level of service, but you should ask ahead of time if gratuity is included in the bill. If you have more than one service done, tipping might get confusing. If you need help, tell the spa owner or receptionist what percent you want to tip and they can add it to the bill and distribute the tips for you.

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QUICK KETTLEBELL WORK -OUT

By Mia Ingui

The Kettlebell is a versatile fitness tool that can help almost anyone reach his or her fitness goals. Kettlebell workouts, if designed properly, can burn fat, build muscle, and improve athletic performance.

If you're keen on getting in shape fast with one simple piece of equipment, try this quick kettlebell workout, which pack a lot of punch in a short amount of time. This workout can be tailored to any fitness level—simply pace yourself as fast or as slow as needed, and choose your weights accordingly.

For this workout, we'll use three kettlebell exercises: the sumo deadlift, goblet squat and swing.

1. Evens and Odds Descending Set Workout

If you thought learning to count by even and odd numbers in elementary school was hard, wait until you try this workout. Purely a numbers game, "Evens and Odds" uses a trick called "descending sets." You'll do your hardest set first and the sets get gradually easier, allowing you to keep going even when you feel tired. So rather than stopping to rest between sets, the workout becomes one long set—this helps you build more muscle and burn more fat overall.

Grab a kettlebell that's about a quarter of your bodyweight (so if you weigh 140 pounds, use a 16 kg kettlebell—about 35 pounds), and perform the following:

- 10 deadlifts, 10 goblet squats, 10 swings
- 8 deadlifts, 8 goblet squats, 8 swings
- 6 deadlifts, 6 goblet squats, 6 swings
- 4 deadlifts, 4 goblet squats, 4 swings
- 2 deadlifts, 2 goblet squats, 2 swings

Rest 2 minutes, and then perform:

- 9 deadlifts, 9 goblet squats, 9 swings
- 7 deadlifts, 7 goblet squats, 7 swings
- 5 deadlifts, 5 goblet squats, 5 swings
- 3 deadlifts, 3 goblet squats, 3 swings
- 1 deadlift, 1 goblet squat, 1 swing

For your first workout, start with one round, and record your time. When you're able to finish the workout faster, increase the weight of the kettlebell or add another round.



WORKING FROM HOME

Technology has catalyzed an explosion of work-from-home opportunities for today's workers.

From freelance professionals running their own businesses to workers performing outsourced tasks, more people than ever before are working from the comfort of their own homes.

While not having to leave the house is a convenience in many ways, it also can present challenges to maintaining a healthy diet and exercise routine. The key is to create and follow a routine, just as you would if you were leaving your home for the office.

Watch Your Diet

From-home working means you're literally steps away from the chips, cookies and soda in the pantry. Avoid these sugary, non-nutritious snacks at all costs. Choose a room as far away from your kitchen or pantry as possible to avoid temptations, and spend the majority of your workday there.

Challenge yourself to indulge in vegetables and fruits, especially at snack time. The vitamins and nutrients in these healthy options will give you the energy you need to pull off that big project or put in extra hours for a busy week. And they are much more beneficial to your diet than sugary sodas or caffeine-loaded coffee.

Stick to Scheduled Breaks

Take breaks consistently around the same time every day. Build in a couple of short breaks a couple of hours before and after your lunch, and choose healthy snack options while you're away from the computer.

Re-energize your body with a walk around the yard, some push-ups or sit-ups. Or simply head outside for some fresh air. Check the mail or let the dog out for a couple of minutes — anything to help you mentally and physically get away from work.

Make Time for Exercise

It can be difficult to find time for your body while you're working from home. You have to make it a priority. People who exercise regularly feel more energy and can stay mentally sharp for longer than people who don't. These benefits will help you get more work done and feel energized to put in long, strong workdays.

Set alarms on your phone for a certain time in the morning and afternoon each day. When your alarm goes off, spend the next 15 minutes exercising. Work out with free weights or sweat to a dance video. Take a jog or a walk around the neighborhood. These 30 minutes of exercise per day can make a positive impact on how you feel and work. ■



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READING ROOM

You do not need to be a bookworm to enjoy reading an old-fashioned, printed book to help you get back on track with a healthy lifestyle

Intuitive Eating: A Revolutionary Program That Works

By Evelyn Tribole

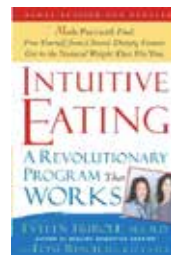
We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body.

Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be.

Learn:

- How to reject diet mentality forever
- How our three Eating Personalities define our eating difficulties
- How to feel your feelings without using food
- How to honor hunger and feel fullness
- How to follow the ten principles of Intuitive Eating, step-by-step
- How to achieve a new and safe relationship with food and, ultimately, your body

With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder. ■



Apple-Berry Pie

Tip: Make this pie recipe easy and accessible by using store-bought pie crust!
This can be used for the top crust as well as the bottom.

FILLING:

- 2 pounds of apples (Fugi, Gala, etc.)
- 8 ounces thawed frozen mixed berries
(blueberries, strawberries, raspberries)
- 1 cup granulated sugar
- 1/4 cup all purpose flour
- 1 tsp. vanilla extract
- 2 tbsp. unsalted butter, cut into small pieces
- Pinch of salt
- 1 large egg, lightly beaten



DIRECTIONS

Preheat the oven to 350 degrees.

Take out the two store-bought pie crusts and set them aside. Then, make the filling. Peel the apples and slice to about 1/4 inch thick, then toss with the berries, granulated sugar, flour, vanilla, butter and salt in a large bowl.

Pour the filling into the bottom pie crust, then place the other crust on the top. Cut small slits in the top of the crust, dust with sugar if desired.

Bake until golden brown, about 50-55 minutes.

Tortellini in a Light Broth

INGREDIENTS

- 2 carrots, chopped
- 2 stalks of celery
- 1 small onion, sliced
- 2 peeled canned tomatoes
- Beef shank
- Chicken stock
- Water
- Salt and pepper
- 2 bags of tortellini



DIRECTIONS

Fill up the a large soup pot halfway with an equal combination of beef stock and water.

Combine all of the ingredients above into the soup pot. Let simmer for about 2 hours on the stove.

After, add the two packages of tortellini. Simmer over medium until al dente, about 7 minutes.

Ladle into bowls and serve.

VOLUNTEER FOR YOUR HEALTH

Helping others is one of the best ways to help ourselves in terms of mental and physical health. It gives us feelings of satisfaction to donate time and money to our favorite causes.

There is the camaraderie of working with others toward a common goal, the feeling of commitment toward an important cause and the positive relationships that come from volunteer work — all enough reason to sign up today with an organization making a difference in your community.

The Corporation for National and Community Service reports the following five benefits to volunteering:

- Solving problems;
- Strengthening communities;
- Improving lives;
- Connecting to others; and
- Transforming our own lives.

Benefit Your Health

The CNCS performs annual research on the state of volunteering in America and recently issued "The Health Benefits of Volunteering: A Review of Recent Research." The study's findings report a strong correlation between volunteering and health, stating that those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

The volunteering sweet spot seems to be about 100 hours per year, according to the CNCS, as volunteers in this range are most likely to exhibit positive health outcomes. Age group comparisons also show that older volunteers are the most likely to receive greater benefits from volunteering.

Start Slowly

You want volunteering to remain an enjoyable experience, so try not to take away too much of your family or work time in doing so. Know how much free time you have during the week and carve out some time for volunteering.

The last thing you want to do is experience burnout that leaves you stressed out and overtired. Especially if you're trying to fit volunteering into a packed schedule of full-time work, kids and extracurricular activities, it's best to start slow with volunteering and gradually invest more time as you can. ■



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Addressing Narcissism

Narcissist: noun. a person who is overly self-involved, and often vain and selfish.

According to Webster, a narcissist at base is characterized as a person who is self absorbed and vain. This is a fine definition, but how does narcissism, considered a type of personality disorder, affect real people in real life who may have real relationships? If someone in your life has the characteristics of a typical narcissist, it may be negatively affecting your life more than you know. Here are signs that someone in your life may be considered a narcissist.

1. They put themselves first. With someone who is narcissistic, you're always going to come second. Their complex is that the world is there to revolve around them, and therefore, you aren't going to be of utmost importance to them, no matter how much they love you.
2. They seem to be inconsiderate of your thoughts and opinions. Again, a narcissist can't agree with anyone else's ideas, because only their own are allowed to be the most important to them.
3. They have wide and fast mood swings. One minute, they can be happy and adoring, but the next, they remember who's supposed to be the most important person to them, and they switch off.
4. They crave attention and admiration, but not just from you. Although you may love and adore this person in your life, that love will never be enough for them unfortunately. A narcissist needs validation from everyone around them that they are important and special.
5. "It's all about me" You may begin to feel neglected. No matter what is happening to you, a narcissist will make you feel as if it is of no importance.
6. They are self centered, but also altruistic. Because narcissists feel that their opinions are more meaningful than others, they often will try to convince you to follow their rules and take heed of your desires.

If this sounds like someone who is close to you in your life, it is important to identify it in order to understand what is really going on. If someone in your life is demoralizing you and leaving you feeling unhappy, narcissism may be the cause. Being in a relationship with a narcissist will never satisfy your needs, only the narcissist in the relationship. With this in mind, take steps to move forwards in your life and keep yourself healthy and happy.

Keeping the Stress Away

With the big game or test coming up, now is the perfect time to speak with your child about dealing with stress. All children can experience stress at times.

How you address and recognize the things they may be dealing with can make the difference in helping them cope.

What is Stress?

Stress is a condition that can present symptoms of physical or emotional tension. It can be positive or negative and can impact different people in different ways. Children may be dealing with stress without really knowing what is causing it. That's where parents, siblings, family members and teachers come into the picture.

Be on the lookout for these common reactions to stress, compiled by the Centers for Disease Control and Prevention (CDC):

- Disbelief, shock, and numbness;
- Feeling sad, frustrated, and helpless;
- Fear and anxiety about the future;
- Feeling guilty;
- Anger, tension, and irritability;
- Difficulty concentrating and making decisions;
- Crying;
- Reduced interest in usual activities;
- Wanting to be alone;
- Loss of appetite;
- Sleeping too much or too little;
- Nightmares or bad memories;
- Recurring thoughts of an event;
- Headaches, back pains, and stomach problems;
- Increased heart rate, difficulty breathing; and
- Smoking or use of alcohol or drugs.

Ways to Cope

Communication can be the key to children dealing with stress. Encourage them to share their feelings with you, friends, teachers, doctors or a pastor. Open communication lines can make children feel supported in their feelings and help them realize that there are ways to deal with stress.

The CDC offers these tips — and recommends adults following the same guidelines:

- Eat healthy, well-balanced meals and find time for regular exercise. If you can find friends or family members to exercise with, you can get social benefits out of it, as well.
- Avoid drugs and alcohol because of their long-term impact on stress and the additional problems they can create.
- Take a break if your stress is caused by a national or local event. Don't become obsessed with the news coverage. Talk about the issues with friends and family members instead and find ways you can help.
- Seek professional help from a psychiatrist or physician. The CDC offers these numbers as resources: Disaster Distress Helpline: (800) 985-5990; National Suicide Prevention Lifeline: (800) 273-TALK; Youth Mental Health Line: (888) 568-1112; Child-Help USA: (800) 422-4453. ■



By Jill Garaffa

Dear Jill,

This time of year it is a challenge for me to manage holiday stress. Despite my best intentions, I always spend more money than I can afford and my schedule gets so packed that I'm exhausted. To top it off, I eat more than usual and exercise less with all the parties and events. How do I go through the holidays without stressing out?

Signed,
Hopeful for the Holidays

Dear Hopeful for the Holidays,

While the holidays are generally a joyous and exciting time of year, they can also present some challenges that can leave us feeling exhausted, overcommitted or even sad and anxious.

From a coaching standpoint, I would invite you to begin exploring your beliefs around the holidays. We are taught our beliefs from our families, society and the media. Also, our past experiences play a role in how our beliefs are expressed around the holidays, especially with certain traditions and having expectations that things should be a certain way—usually an idealistic image for which we strive.

For a moment, I invite you to put aside all of the commercialization and previous traditions of the season and ask yourself, "For this year, what would I like this holiday season to be about for my loved ones and myself?" Be honest with yourself in your answer and then plan your holidays around how you want to feel versus an image of what has always been.

There is a cost and payoff to every choice around the holidays. The key to enjoying balance is to understand your own values, energy reserve and what fuels you versus what drains you. Ask yourself questions like "Am I really looking forward to this party or does it feel more like an obligation?"; "Do we really need a real Christmas tree this year—with the extra responsibility of watering it & vacuuming the needles in the carpet or would an artificial tree be easier?"

Some practical ideas to generate some food for thought: One coaching client of mine, after realizing that what mattered most to her was simply enjoying time with her loved ones: she opened up a dialogue and started a new tradition in her family: In the past, she & her family—12 adult members in all—would all purchase gifts for each other, a very time consuming, expensive and stressful experience all of them—that was 144 separate presents. Now, in lieu of a large gift exchange where everyone was spending weeks and hundreds of dollars buying gifts for everyone else, the family chooses one activity to do together, like going to see a Christmas play, and they all commit their time to an afternoon to make new memories and enjoy each other in good health.

Another coaching client of mine with a smaller family—including several children—now all pool their money together and instead of buying gifts for each other, they donate the money to a charity and then spend the afternoon, bonding together & volunteering for that charity.

One client, concerned about overeating during the holiday season, began creating homemade Christmas ornaments in lieu of baking Christmas cookies. This provides a creative outlet for a new kind of holiday exchange—and saves her the temptations, calories and stress from overeating.

For this year, consider the holiday traditions that serve you and your family and the ones that cause unnecessary stress. This season, choose wisely and honor what works for you.

Wishing you peace, clarity and the joy of the season!
Jill

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

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

TECHNOLOGY DEVICES

If you've ever been in a potentially dangerous situation with no friends or family members around, you understand the importance of being able to signal or call for help.

A number of medical alert products on the market today make that necessity a reality, giving you the flexibility of calling for help both inside and outside the home.

If you're looking into different personal emergency response systems, opt for one that includes a wearable SOS pendent button — usually a necklace or wristband — and a base station that connects to the home phone line.

The convenience of simply pushing a button instead of dialing a phone number is vital, especially in life-and-death situations.

How They Work

Personal emergency response systems work as a 911-like process that involves calling for help and having the necessary professionals dispatched to your home. At the press of a button, you can talk to a trained operator about the situation, your health status and strategies for staying safe until help arrives.

One question to ask the manufacturer of your new device is how far away from home it will be functional. Some are limited only in and around the home. But many are equipped to function many miles away from your home.

Check with your salesperson to discuss various options that may be right for you.

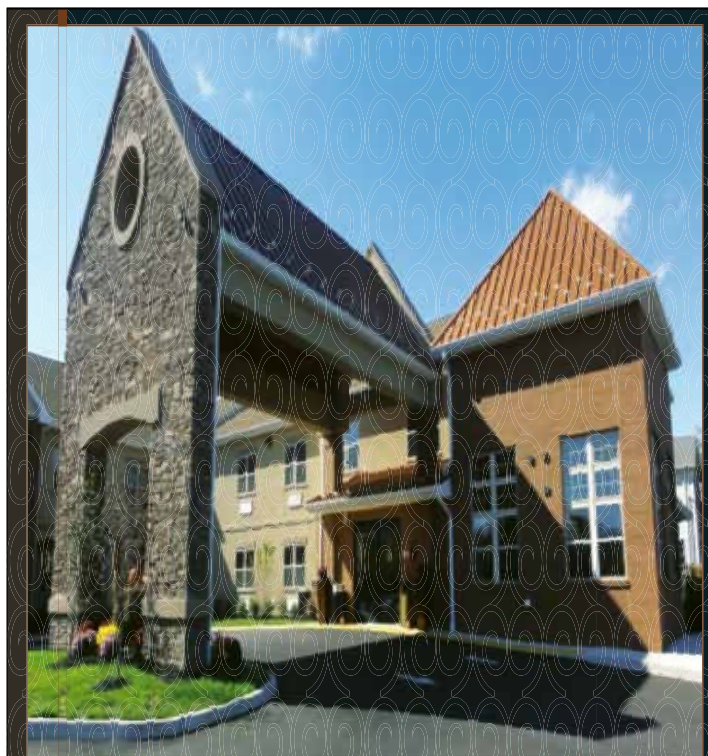
Options

Maybe you're interested in a simple system that works both in and outside the home.

Some options include necklace pendants that allow you to speak and listen directly through them. Tracking capabilities look to become even more advanced in the coming years, relying on GPS technology to enable companies' response systems to keep accurate tabs on your location.

Other options include fall-safe features that automatically summon help if a fall is detected.

Shop around for options that make the most sense for your daily lifestyle and comfort with wearable pieces. Finding one that works for you can make a big difference in your feeling of overall safety and security. ■



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SENIOR NUTRITION

Nutrition is important to all age groups, especially to the elderly. Seniors need specific nutritional regimens to stay in optimal health.

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

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

Add the Right Nutrients

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

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

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

Boost Calcium

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

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

Limit Sodium

Many seniors suffer from hypertension, also known as high blood pressure. Overcoming this condition requires a reduction of sodium in the diet.

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

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

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BE A HEALTHY ROLE MODEL

Vibrant, health-focused seniors can be strong role models to the young people in their lives.

Teaching life lessons and giving advice can go a long way in strengthening your relationships with grandchildren, students and the kids in the neighborhood.

But nothing is more important than the eating, drinking and exercise decisions you make in front of the youth around you. Making healthy decisions is not difficult, especially when you consider how much influence your actions have on the people looking up to you.

With a little planning and some common sense, you can make sure your dietary choices give you the essential vitamins and minerals needed to fuel your body in a healthy way.

For physical activity, a little effort goes a long way in showing youth how remaining active can reap positive benefits.

Staying committed to these healthy choices can help keep those around you in great shape, too.

Save the Snacks

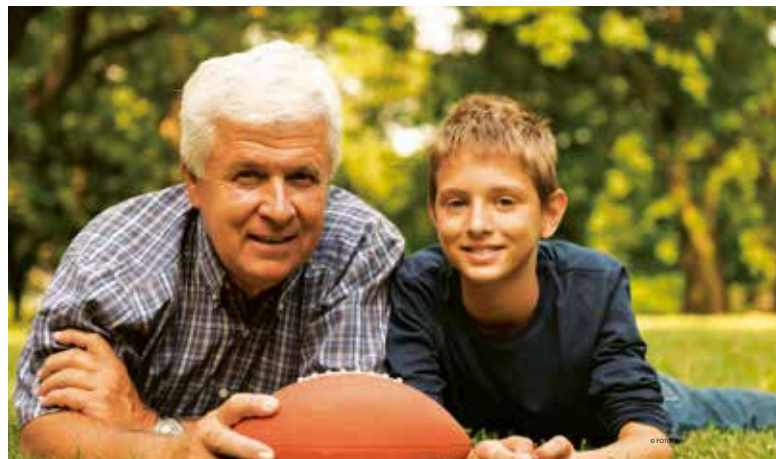
You know the stereotype. At grandma and grandpa's house, vegetables are out and candy is in. "Spoil them and send them home!," the old saying goes. But if you're looking to make a positive effect on the eating habits of your grandchildren, that adage isn't going to work.

Saving desserts and candy for special occasions will help youngsters understand your expectations. Offer plenty of fresh fruits and vegetables — and do so in a fun way. Place carrots, celery and raisins in the form of a funny face on the plate or encourage your grandchildren to make shapes of their own. Anything to make them associate positivity and fun with healthy eating is a plus.

Join in with Games

When it comes to physical activity, you can set a positive example by involving yourself with your grandchildren's games and sports. Offer to play catch in the backyard or learn a new sport. You can be a great role model while also getting in a cardio workout along the way.

The benefits of regular physical activity are both immediate and long lasting. Make an impact on the children around you by showing them how exercise makes you feel better, healthier and ready to take on the day. ■



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Dorota M. Gribbin, M.D.



Dorota M. Gribbin, MD

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

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

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

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RADIOFREQUENCY:

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

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

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

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

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

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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

Orthopedic Services Every Step Of The Way



SKILLED
EXPERTISE
SPECIALIZED
TREATMENT

Brielle Orthopedics provides services in general orthopedics, non-operative spine care, operative spine, physical therapy, and diagnostic procedures for musculoskeletal disorders.

Brielle Orthopedics provides cutting edge, comprehensive orthopedic care to our community with a multidisciplinary team of experts. Our physicians include board-certified and fellowship trained orthopedic surgeons, providing both operative and nonoperative treatments based on the most advanced technology available. We specialize in general orthopedics and surgery of the spine as well as upper and lower extremities, podiatry, and physiatry.

Our team includes specially trained physician assistants and physical therapists, and a dedicated office staff focused on facilitating efficient and friendly customer service for our patients. Our surgical services include minimally invasive surgical techniques, arthroscopic procedures, joint replacements, reconstructive surgery, and fracture care.

Our mission is to prioritize compassionate and personalized care for our patients and families, delivering the highest quality care possible. We have been committed to providing exceptional orthopedic care to the community for over 30 years. Our team of physicians and highly qualified staff will work to ensure superior service for all of our patients, while diagnosing and treating injuries and illnesses in a comfortable and professional atmosphere at our newest office location on the campus of CentraState Medical Center.



Brielle Orthopedics Freehold Office

CentraState Medical Center

Star and Barry Ambulatory Campus

901 W. Main St., Suite 265 • Freehold, N.J. 07728

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*Offers valid for first time CKO guests at listed locations only.
Must present ad & valid ID to redeem. Cannot be combined with any other offer.
Boxing gloves are required for our classes. If you don't have gloves, they are
available for purchase at the gym. Offer expires 1/8/16 CKOFranchising.com