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JANUARY/FEBRUARY 2016

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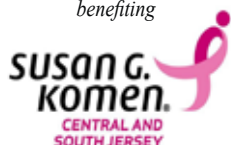
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ASK THE DOCTOR • THE MILLSTONE TIMES

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New Study Challenges Theory That Birth Order Determines Personality

Adult traits may not be preordained by place in the family hierarchy, researchers say. Forget what you have heard about birth order determining your adult personality, a new study suggests.

According to HealthDay News' October 2015 study, Birth order does not influence any of the "big five" personality traits -- extroversion, emotional stability, agreeableness, conscientiousness or openness to experience, said lead researcher Julia Rohrer, a graduate student at the University of Leipzig in Germany. She and her colleagues reviewed data on more than 20,000 adults from the United States, Great Britain and Germany to arrive at their conclusions.

Firstborns did score higher in intelligence, but Rohrer said she believes this stems more from social interactions within a family than from birth order. "A firstborn can 'tutor' their younger siblings, explaining how the world works and so on," Rohrer said. "Teaching other people has high cognitive demands -- the children need to recall their own knowledge, structure it and think of a good way to explain it -- which could be a boost to intelligence for some firstborns."

Longstanding psychological theory holds that firstborns are privileged but also burdened with responsibility; middle children are attention-seekers who struggle to find their own identity; and the "baby" becomes spoiled from being showered with affection, Rohrer said.

To test this theory, Rohrer and colleagues reviewed personality and intelligence data on 5,240 Americans, 4,489 Britons, and 10,456 Germans, all gathered by national surveys conducted in each country.

The researchers report they were unable to find any pattern of personality traits based on where a person fell within the family. This finding held whether they lumped all the data together or examined each country separately.

"What is most striking about these findings is that they are in conflict with those of other large studies that have shown that birth order differences in personality definitely exist, even if they are rather modest in magnitude," said Frank Sulloway, an adjunct professor of psychology at the University of California, Berkeley, who specializes in birth order and personality.

Prior research may have mistaken the effect that kids' age has on their personality with some potential effect from the order of their birth, Rohrer said.

For example, Rohrer's own younger sister "often remarks that I act so grown up while she still considers herself immature," she said.

But is that because Rohrer is firstborn, or is it because she's grown out of a similar immaturity she had at that same age?

"We might wrongly confuse age effects with birth order effects," Rohrer said. "The relevant question for detecting a birth order effect would rather be: Will my younger sister be at my level of conscientiousness when she is as old as I am now?"

However, the researchers did find that there are more sibling relationships in which the firstborn is smartest, rather than later-born children.

Rohrer said it's possible that later kids are affected by a lessening of the parent's focus.

"A first-born will enjoy full parental resources, including attention, the second-born will have to share with the firstborn from the start, and it gets even worse for the third-born," she said.

Sulloway believes that the study's reliance on survey data may have diluted the birth order effects that might otherwise have been observed.

The study also did not consider how birth order differences in personality might change with age, he added.

"The nature of these effects in 10-year olds is different from the nature of these effects among people in their 20s, 30s, and 40s," Sulloway said. "Thus, laterborns, who are expected to be more peer-oriented than firstborns, may be less conscientious than firstborns when they are relatively young, but as they become older and as they relate to people in peer relationships, they may actually be more conscientious than laterborns."

But Toni Falbo, a professor of educational psychology at the University of Texas at Austin, said the new study is "extremely well done." He added that "the results are consistent with those found by many, many other researchers."

Will psychologists and others give up the idea that birth order matters, in view of these results? "I don't think so," Falbo said. "Birth order theories make intuitive sense, and since most of us on planet Earth today grew up with siblings, some psychologists and the general public will continue to think that birth order really matters."

The study was published Oct. 19 in the Proceedings of the National Academy of Sciences.

For more on child development, visit the U.S. Centers for Disease Control and Prevention.



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.



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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.

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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.

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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.

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

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The Dangers of Electronic Cigarettes

By Mia Ingui

"They're not real cigarettes. What's the harm?"
"I'm using these to QUIT smoking, obviously."
"Everyone is vaping now, so why not?"

Danger often wears disguises, and this time, it comes disguised as an e-cig. Electronic cigarettes, or e-cigs as they're called, are a new form of "smoking" thought to be significantly safer and less harmful to the body. Yet, studies have proven that actually, they are not all that different from the original thing. They look the same, even light up at the end, and are used the same way, but with an electronic cigarette, one would puff out a cloud of vapor instead of smoke. What is the most dangerous thing about this new form of smoking? No one knows yet. That is what is so risky and concerning about electronic cigarettes. So, are they safe to use? Although there is no real smoke, the high amounts of nicotine within the vapor are addictive and can be harmful later on down the road to the arteries and the heart. The appeal of the drug as being "safer" than smoking real cigarettes is also harmful to the non-smokers and children of our generation, who will think that this type of smoking is not off-limits and not harmful, when meanwhile, it is. Because there are still many unknowns in the picture, like the effects on the body in the future and possible damage from secondhand use of electronic cigarettes, they can be considered just as dangerous as picking up a cigarette.



QUESTION:

I just had my vision screened, I see just fine. Why should I bother going to an eye doctor for a full exam?

ANSWER:

Vision screenings are very limited eye tests that help identify people who are at risk for vision problems. These can be brief vision tests performed by a school nurse, a pediatrician, or other health care providers or even at Motor Vehicles. A vision screening may include tests for blurriness, muscle coordination and/or common eye diseases. It may even indicate that you need to get your eyes thoroughly examined.

A visit to the eye doctor will get you a comprehensive eye examination, where careful testing of all aspects of your vision will occur. Based on the results of your exam, your eye doctor will then recommend a treatment plan for your individual needs. Only an optometrist or ophthalmologist can provide a comprehensive eye exam — family physicians and pediatricians are not fully trained to do this.

During a comprehensive eye exam, your eye doctor will do more than just determine your prescription for eyeglasses or contact lenses. Your eyes will be checked for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health, all of which can threaten your vision in years to come.

You should begin yearly exams for children, as vision is closely linked to the learning process. Children may not actually know what normal vision is, and may not complain of problems. Kids with undetected vision problems often have trouble with their schoolwork. Can they see the board? Can they read the book?

- Refractive error - refers to nearsightedness, farsightedness and astigmatism
- Amblyopia - one eye has a much different prescription than the other
- Strabismus - crossed or turned eyes
- Eye teaming problems - they do not work together efficiently as a team
- Focusing problems
- Eye diseases
- Other diseases - Eye doctors can detect early signs of some conditions and diseases by looking at your eye's blood vessels and retinas

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Dehydration: A Real Concern

Listening to your body is crucial for senior citizens. This especially rings true when you're feeling thirsty or dry-mouthed.

This can be a sign of your body becoming dehydrated, most commonly during hot, humid weather.

Seniors' signaling mechanism for thirst start to weaken as we age, making it harder to stay properly hydrated, according to the Mayo Clinic. If we don't feel that urge to drink water, it may be too late by the time our thirst actually kicks in.

Dehydration is a serious health issue that must be addressed quickly and comprehensively should it occur to you.

Warning Signs

The Mayo Clinic identifies the following as warning signs for dehydration:

- Little or no urine.
- Dry mouth.
- Headache.
- Disorientation.
- Light-Headedness.
- Urine that is darker than usual.
- Fatigue.
- Dry Skin.
- Confusion.

Danger of Dehydration

Real dangers are associated with becoming dehydrated, most notably an increased risk of falls, urinary tract infections, kidney stones, constipation, dental disease and impaired cognitive function.

If you have recently experienced any of the above symptoms, it is important to talk with your physician. Together, you can put together a plan of action for avoiding future dehydration-related issues.

Ways to Avoid It

Staving off dehydration requires you to bring a bottle of water with you wherever you go – whether you're taking in an afternoon baseball game or raking leaves in the yard. Drink from it often to keep your body properly hydrated.

The Mayo Clinic also recommends drinking a glass of water or juice while you enjoy a meal or snack. This will combine with the natural liquids in your food to keep your body up to speed.

If you're taking a bike ride or going for a walk, be sure to take along a water or sports drink. Your body needs to be replenished during exercise as it releases sweat.





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Looking For A Medical Professional?

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By Mia Ingui

The Division of Consumer Affairs developed an online resource with profiles of physicians across the state. The profiles provide information about practitioners' credentials and education and also about disciplinary actions, hospital restrictions (for physicians and podiatrists) and malpractice payments.

The profiles contain certain mandatory information. Licensees are required to verify the accuracy of the information and supply any missing information. In addition, physicians, podiatrists and optometrists are given the opportunity to provide optional information in their profiles, such as teaching faculty appointments and insurance plans accepted. These profiles are very accurate and include physician's medical school info, year first licensed, location of practice, internship info, malpractice payments including date and dollar amount of the judgement, settlement and/or arbitration.

The profiles also includes New Jersey disciplinary actions taken against the practitioner within the last ten years and any current restrictions/limitations against the practitioner's New Jersey licenses, as well as any convictions of crimes of the first through fourth degree within the last ten years.



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Matcha Tea: The Newest Wellness Trend

By Joely Phenex

This Japanese green tea powder has been on the scene for several years, and is finally going mainstream and the trendiest thing in warm drinks and cafes for 2016.

Match is a Japanese green tea that's in powder form and is whisked into hot water or milk. It is becoming a trendy new staple in pretty much any coffee shop you go to, and more and more brands are making at-home versions of the lightly caffeinated beverage as well. One serving of matcha tea is the nutritional equivalent of 10 cups of regularly brewed green tea.

When you drink matcha you ingest the entire leaf and receive 100% of the nutrients of the leaf. Matcha powdered green tea also has 137 times more antioxidants than regularly brewed green tea. One cup of matcha = 10 cups of regularly brewed green tea in terms of nutritional content and is also packed with antioxidants including the powerful EGCG. Match tea also detoxifies effectively and naturally and is proven to calm the mind and relax the body. It is rich in fiber, vitamins and chlorophyll and also provides vitamin C, selenium, chromium, zinc and magnesium. This wellness trend is also proven to enhance moods, aid in concentration and lower blood sugar and cholesterol. Matcha tea is an easy and simple way to add powerful health benefits to your everyday diet. Lets hope to see more of this fabulous wellness trend in restaurants here in Monmouth County soon.

What Increases My Risk of Cancer?

By Mia Ingui

Doctors typically can pin the cause of an illness, such as a common cold or a stomach bug easily, but trying to uncover a cause of cancer is not as easy of a feat. There are risk factors that influence the development of cancer, but most risk factors are not direct causes of cancer. Some factors that could lead to the development of cancer are...

1. Old age: At an older age, the body has a lesser tolerance for fighting off other diseases, making the body more susceptible to things such as high-blood pressure, failing organs, lung disease, diabetes, etc. These, in conjunction with the possible contraction of cancer, make old age the most dangerous risk factor of cancer.
2. Smoking or other uses of tobacco (lung cancer): The number one cause of lung cancer in the United States, smoking is linked to 90% of all cases of lung cancer. 70 types of carcinogens in tobacco smoke are known to cause cancer when inhaled, guaranteeing the development of cancer in the body with each cigarette smoked.
3. A family history of cancer: If another member of the family had or currently has cancer, your risk is much greater than others without a history of cancer. Genetically, it may have been passed on. Consider being tested in order to detect it early.
4. Multiple instances of sun damage to the skin (skin cancer): Ultraviolet radiation from the sun (UV rays) is the number one cause of skin cancer. Not protecting skin from the sun raises the risk for developing melanoma.



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What Is Depression?

By Mia Ingui

It can affect anyone, at any time or place, no matter what his or her circumstance. That is the most terrifying part of a mental disorder such as depression. It is a common word in our language, used often to describe our moods. Yet, it is never used appropriately. Feeling depressed and going through a depression are actually two different things. Really understanding depression is difficult if you have never experienced it, but here are some answers to questions regarding depression.

Q: What exactly is depression?

A: Depression is typically defined as intense feelings of sadness, loneliness, or helplessness that last for days, even weeks or months. If your feelings of sadness are affecting your ability to function normally and last for longer than just a few moments, you may be experiencing a clinical depression, which is a medical condition that can be treated.

Q: How do I know if I have depression?

A: There is actually a manual to help treat depression, describing the symptoms in all of their severities. Usually one would be diagnosed with depression if they are experiencing five or more of these symptoms:

- A depressed mood during most of the day, particularly in the morning
- Fatigue or loss of energy almost every day
- Feelings of worthlessness or guilt almost every day
- Impaired concentration, indecisiveness
- Insomnia (an inability to sleep) or hypersomnia (excessive sleeping) almost every day
- Diminished interest or pleasure in almost all activities nearly every day
- Recurring thoughts of death or suicide
- A sense of restlessness
- Significant weight loss or weight gain

Q: How do I seek help for my depression?

A: Talk to your doctor or someone close to you. Admitting that you may have depression is the first step to treating it.





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Guide to Family New Year's Resolutions

By Joely Phenex

Every year everyone seems to make New Year's resolutions, but very few people actually keep them. This year, try something a little different. We have some suggestions for family New Year's resolutions, and some tips for keeping them up throughout the year:

Eat healthy

Maintaining healthy eating habits can be tough when you're doing it alone. Try eating healthy as a family this year! This doesn't have to be a drastic change; try eating healthier substitutes for food you are already accustomed to. For example, make your sandwiches on whole wheat bread instead of white, or instead of having ice cream for dessert, have strawberries with some whipped cream on top. If the whole family participates, the house will be full of healthy food and there will be much less temptation to slip out of the habit.

Spend more time as a family

No matter how busy our schedules are, it is important to make time for our families. Once a week, set aside some time to spend as a family. During the warmer months, you can go explore small towns such as Allentown, Princeton, or Cranbury, or walk around the beautiful Grounds for Sculpture in Hamilton Township. When it gets cold, go out to a movie you all want to see or stay home for a family game night. Life can be crazy sometimes, but family time should always be a priority. Spend the new year having new experiences and making lifelong memories with your loved ones.



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DOES THE WEATHER AFFECT YOUR MOOD?

By Mia Ingui

*6:00 am, the sound of you alarm clock
blaring. It's that time again!*

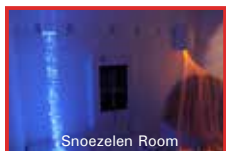
You groggily wake up, and tell yourself that it's okay, you've slept a good amount, and you're ready to take on your day. But, you soon hear the patter of raindrops on your roof, and just like that, you're no longer as excited as before. What is it about the weather that affects your mood? This is an age-old question that has finally been answered. One out of every four people feel that the weather negatively or positively affects their mood. The extremity of how your mood changes varies from person to person, ranging from feeling down to a very real depressive disorder, SAD. Seasonal Affective Disorder (SAD) is a kind of depressive disorder where depressive episodes are related to the changing of the seasons. The "winter blues," now has a clinical name. Women are actually up to three times more susceptible to SAD than men, as studies have shown. There are many other ways that weather affects our mood, as research in the topic has shown. Higher temperatures can relieve people of their sad spirits, and extreme heat and rain have shown to bring out the worst in people. What is the best way to fight off these moody feelings? Keep yourself in good health. Maintaining a healthy diet and exercise routine, as well as getting enough sleep, are key to balancing your mood swings. So next time the weather has got you down, just remember, it'll change by tomorrow.



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JANUARY IS CERVICAL HEALTH AWARENESS MONTH

Monmouth County's Ask The Doctor Magazine wants you to know that there's a lot you can do to prevent cervical cancer. HPV (human papillomavirus) is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

The HPV vaccine (shot) can prevent HPV.

Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, we encourage:

Women to start getting regular Pap tests at age 21

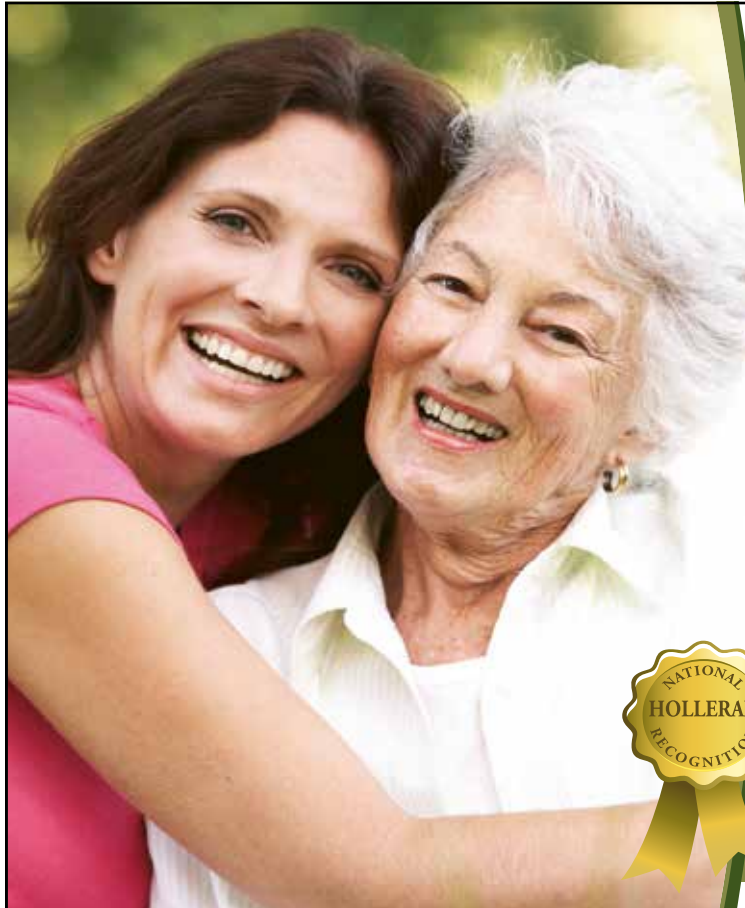
Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy. Speak to your private physician and ask questions.

Cami Gunther, owner/publisher of *Monmouth County's Ask The Doctor* magazine says, "Nearly 75 percent of women will come into contact with the HPV virus in their lifetime. A preventative vaccine could be just the thing to ease your mind and keep you healthy."



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Seaweed, The addictive wellness snack and beauty go-to of 2016

By Mia Ingui

It seems that everyone is talking about this underwater plant and its nutritional benefit as well as its skin-care benefits. Seaweeds are amongst the most nutrient-dense plants on the planet, and they are an extremely rich source of minerals.

As for snaking, they are a healthier alternative to chips. They are most definitely addictive to snack on and you can find them packaged like crackers in the supermarket isles in a variety of flavors and seasonings. They satisfy a salty craving while providing a lot of health benefits and nutrients such as vitamin C and A, calcium, iodine, potassium and non-animal sources of B-12.

As a beauty go-to, there is no doubt that everything from seaweed baths to sushi wraps will make you glow inside and out.

Seaweed helps acne, hair loss or feeling sluggish; seaweed is packed with an unusually high concentration of vitamins, minerals, amino acids and antioxidants. This algae has got a lot to give when it comes to our skin. Seaweed is used in many products for cleansing, toning, moisturizing and anti-aging. And for good reason, as Crème de la Mer, a high-end anti-aging line says:

"The ocean's plants are able to survive extreme conditions and often adapt to changing environments, giving them potent

powers to be harnessed for renewing the look of skin. It's this resilience and restorative ability that make seaweed and marine extracts so valuable in skin-care terms."

Seaweed is used in facial serums, eye creams, night creams and is an ingredient recommended to look for when purchasing an anti-aging product. Seaweed extracts are also proven to combat pigmentation problems and help protect the skin's membranes. Seaweed helps in keeping the skin youthful. It guards the skin against the harmful effects of environmental pollutants and helps to slow down the skin's aging process. Scientific research has proven that seaweed extracts contain anti-aging properties and are a useful ingredient in the manufacturing of skin care cosmetics. Seaweed also contains anti-inflammatory properties that are useful in treating skin rashes and wounds. Seaweed wraps detoxify and cleanse the skin by expelling toxins out of the pores. Seaweed is also great for your hair. The high mineral content of seaweed aids in maintaining healthy hair. It helps in strengthening the roots and shafts of hair follicles and make them thick and lustrous. Seaweed has been proven valuable to our hair and you can find it in many shampoos and hair creams.

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TIPS FOR DEALING WITH WINTER ALLERGIES

In order to fight winter allergies, it is important to know where they come from. The three primary causes of winter allergies are dust mites, mold, and pet dander. Dust mites are microscopic bugs, mold is a fungus that forms in damp, humid places, and pet dander is a mix of dead skin cells and hair. Particles can spread through the air and trigger allergy symptoms. Here are some tips to deal with winter allergies:



Get your heating system cleaned: Dust mites thrive in humid environments, so they often collect in heating systems and spread through the air. Hiring a professional to inspect and clean your furnace usually costs about \$60-90 and will be well worth the money if you suffer from indoor allergies.

Clean your floors: Vacuum or mop your floors to get rid of any dust mites or pet dander.

Survey your home for mold: Check all around your house for any mold that may have built up, and clean it as soon as possible. Mold is commonly found in basements and bathrooms or on firewood.

Be prepared: You never know when your allergies are going to start to acting up. If you tend to get a runny noses, keep a small pack of tissues with you at all times, and if you have a cough, always have a water bottle ready. We take these items for granted at home, but in a public setting they may not always be available, so it is important to be prepared.



QUESTION:

What can I do to minimize the effect of Diabetes on my feet?

Dr. Holli Alster



This is an excellent question for Diabetics but relates to everyone. Preventative medical treatment can save you a world of pain and problems. People with diabetes can develop many different foot problems. Even ordinary problems can get worse and lead to very serious complications.

Diabetic nerve damage can be painful, but it can also lessen your ability to feel pain, heat, and cold. Not feeling a foot injury may allow the skin to break down and become infected because you are not feeling the sensations warning of further issues.

Nerve damage can cause changes in the shape of your feet and toes. Rather than forcing deformed feet and toes into regular shoes, special therapeutic shoes can be ordered.

Diabetics callus more often and build up quicker because of the high pressure areas under the feet. Left untreated, they get very thick, break down, and turn into ulcers (open sores). Let your health care provider cut your calluses. Sterile equipment is important as is the proper technique to avoid unnecessary complications. Gentle use of a pumice stone may slow down the growth. Chemical agents to remove calluses and corns can burn your skin.

Foot ulcers are quite common for diabetics. Something as simple as a poorly fitting shoe can cause massive long term complications. Your physician should be notified of the first signs of ulcers. Treatment will vary based on the location

and severity. Bone infection needs to be ruled out and healing needs to be monitored.

Poor circulation caused by diabetes happens because the blood vessels in the foot and leg narrow and harden. This can make your foot less able to fight infection and to heal. Smoking will accelerate it.

Family Foot & Ankle Center of Central Jersey provides comprehensive care for infants, children, teenagers, adults, and seniors. For more information on diabetes problems and other foot or ankle problems, feel free to contact:

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Dry Needling has been used widely in the athletic community for over 10 years. Professional athletes use dry needling to treat a variety of sport-related conditions from injury to general recovery after intense workouts. In our office, we have noticed great outcomes with patients suffering from headaches and chronic neck or lower back pain. This technique gives patients another option to resolve stubborn pain. It has been a tremendous addition to my skill set and our practice overall. Patients have seen outstanding results even after just a few treatments. In conjunction with your physical therapy treatment, Dry Needling can get you back on track!



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QUESTION:

How can a dentist help with my snoring?

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

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

I have been practicing orthodontics for adults and youth for 20 years in Monmouth County, currently in Colts Neck at the Colts Neck Center for Orthodontics and Invisalign. My involvement with sleep apnea is a personal one. My incessant snoring was an issue with my wife, so I had a sleep study done and found out that I had severe sleep apnea. I tried the standard

CPAP (Continuous Positive Airway Pressure) mask, only to find it annoying and difficult to sleep with. I tried numerous devices and dental appliances, but they were all uncomfortable and ineffective.

While working with doctors from Stanford

Sleep apnea can increase the risk of high blood pressure, heart attack, stroke, obesity, diabetes, heart failure, and arrhythmias.

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.

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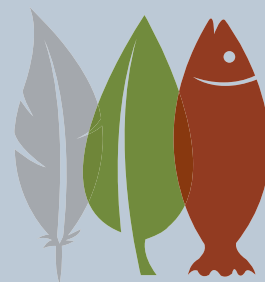
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Healthy Friendships Are Ageless

By Susan Heckler

Are you a good friend? Are you happy with the people you have surrounded yourself with? Have you ever questioned what drew you to bring certain people into your life or why people incorporate you into theirs?

Others do judge us by who we hang with, but it should also cause some introspection on our behalf. Why do we choose them as friends and is the relationship a healthy one for you?

Feathered birds and like minds might be the company you keep, but how do you feel after spending the day with them. What qualities do they bring out in you? Do you feel guilty from the association?

A friendship, like any relationship, requires work, compatibility as well as trust, support and respect. Other than physical attraction, it is very much like an intimate relationship.

Let's see how you rate as a friend:

A good friend:

- ✓ Is very supportive of things that you do and encourages you to try new things
- ✓ Likes to listen when you have something on your mind
- ✓ Respects your boundaries
- ✓ May sometimes need your shoulder to cry on but are ready to return the favor
- ✓ Great friends will nurture your relationship yet still encourage you to meet people and try new things without them
- ✓ Is liked very well by my other friends
- ✓ Offers constructive help when you have a problem
- ✓ Doesn't insist on getting their own way in everything
- ✓ Feels free to ask you for small favors, lets you know your efforts are appreciated, and will return the favor
- ✓ Does not get jealous or possessive with my other friends
- ✓ Tries to be tactful and spare your feelings, even when they're telling you they disapprove of your choices
- ✓ Almost always answer your calls, show up, and makes time for you
- ✓ Argues with the intent of coming to a compromise in their friendship, which may mean that they agree to disagree sometimes
- ✓ Is trustworthy, which means that you feel comfortable sharing your feelings or the details of your life because you know your friend won't gossip behind your back or throw it back in your face

IN SEARCH OF SELFIE

By Susan Heckler

Ido it, you do it, we all do it. Let's face it...selfies are fun. A selfie is a self-generated self-portrait. The word "selfie" was added to the Oxford Dictionaries in August 2013, it was actually their Word of the Year and defined as "a photograph that one has taken of oneself, typically one taken with a smartphone or webcam and uploaded to a social media website." People have been tagging themselves for a dozen years. You can be in it alone or share it with people you choose. You can share it with those you don't choose if you know someone with the penchant to photobomb.

One of the best things about selfies is the ease of sharing. You are looking and feeling good and want the world to know...post it on Twitter. You and your friends are out having a great time, tell your Facebook friends. A picture is worth how many words these days?

Taking the selfie has its own meaning, but what you do with it takes it further. A little bit of narcissism does not necessarily mean the moral decline of civilization. The Digital Generation is having fun and found a new way to memorialize it. The newness doesn't seem to be wearing off; new equipment like Selfie Sticks just makes it that much better.

Many prefer a selfie to a candid. You take your own photo and can delete away until you are happy with it. A candid, taken by someone else, may not be your best pose or side. Do you fish-face or formal pose? It is an expression of personality mixed with your image. Many of these photos display people just living life.

The question is, does it reflect who you are or who you want the world to think you are? The answer is... it doesn't matter. It is your photo and should reflect what you feel is the side you are most proud of and want to share. If it makes you feel happy that your Facebook followers or fellow tweeters see you doing somewhat somewhere with someone wearing something...its all good.

Cultivating an online image is fine, just remember what you can delete from your phone isn't delete-able once you put it out there on the web.

If the Pope can selfie, so can I! For me, I'm just jealous because my arms are too short for a good angle and I am too embarrassed to buy a stick.



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Beauty Buys We Can't Wait To Try In 2016

Maybelline New York has some new makeup products that we recommend you scoop up in 2016. These Vivid Matte Liquid lipsticks are going to be the hot new Lip-Must-Haves for 2016.

Deborah Lippmann's new Dirty Little Secret lacquer is the newest trend in nails. The gold-flecked polish has a sheer, holographic shimmer and will be released alongside the Gel Lab Pro Base and Top Coat in spring 2016.

Kérastase's new Crème de la Crème blow-dry cream has a Thermo-protective cream shields and styles strands during heat styling for volume down. Hair is smoothed and controlled with movement. And good news! It was just launched so you don't have to wait until next year to get your hands on it.



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I AM BEAUTIFUL

Six Tips for Successful Dieting

It might seem overwhelming to take on such a large goal, but you can have the health and body that you desire by making small changes that add up over time.



Here are six dos and don'ts that anyone can use to get healthy.

Don't: Follow fad diets

Every year there seems to be a new diet. One year everyone is cutting out meat, the next they're eating only meat.

Some of these diets might work for some people, but that doesn't mean that they'll work for you. Anyone can create a diet and share it with the world and get followers.

People are so eager to find that magic diet that helps them shed pounds that they'll try anything. Don't be one of those people who live life according to fad diets.

Do: Increase water intake

Most people don't drink nearly as much water as they should. The entire functioning of the human body requires an adequate supply of water, including the digestive system. Drinking water before meals will also help you to eat less because it will make you feel full.

Before you sit down to your meals, drink a glass of water. If you think you're hungry for a snack, drink a glass of water because you might just be thirsty.

Don't: Forget to move

Improving your eating habits is only one part of creating a better body. You have to move your body as well.

Exercise is important for building muscle mass, which helps your body to burn off fat. As well as you might eat, you still need to be active. Find a sport or other workout that you enjoy.

Walking is a wonderful activity that you can do almost daily. Take the stairs whenever you can and you'll burn more calories than if you just took the elevator.

Do: Practice everything in moderation

Successful dieting does not mean you should feel like you're missing out on everything delicious and fun. It's important to learn proper portion control.

Instead of eating five pieces of chocolate, eat just one. Instead of gobbling your meal in 10 minutes, take the time to really savor every bite.

This will also aid your digestive system because you will chew your food much better than if you weren't paying attention.

Don't: Use the word dieting

The word dieting usually has negative connotations. Instead of saying that you're dieting, say that you are creating a new, healthy lifestyle. Worded it in a different way makes it sound much more positive.

Diets are often looked at as temporary and unsuccessful. Healthy lifestyles appear to be, and are, more successful and long-running. Good habits take time to stick, so don't be impatient with yourself if you don't succeed on the first try.

Do: Find equally motivated goal buddies

One of the most important parts of succeeding in any goal you set in life is to surround yourself with people who are motivated to achieve similar things.

If your goal is to get fit and healthy, you want to surround yourself with people who are in the process of doing the same or have already succeeded. If you have a group of friends who prefer to eat every time they get together, you might want to hang out with them less often — or trying to change the group's habits. Hopefully as you begin to make progress, they will become inspired by you and begin making changes as well.

It takes time to make new habits and lifestyle changes stick. Don't put too much pressure on yourself to get it right the first time. Things that you want the most are worth working hard for.



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There is nothing you can't find in the App Store. That includes killer workout applications that could help you get fit, firm and healthy. Gym applications are one of our favorite app categories in the App Store. Whether you want to use your phone to track your daily workout or just want to learn new exercises, there is an app for you out there.

Here are 8 top gym applications that help you stay on the right track with your fitness routine:

1. **Body Fitness:** a free application that covers over 320 exercises with pictures included. It allows you to create your own custom workouts.
2. **Gym Hero:** lets you track your workout routines. It is compatible with Facebook, Twitter, and Runkeeper.
3. **Workout Trainer:** this tool helps you get in a better shape fast. It provides you with thousands of free and premium workout programs. You get reminders too.
4. **GymGoal:** one of the best fitness applications for iPhone that lets you keep track of your measurements and comes with a large workout database.
5. **Gym Buddy:** Gym Buddy allows you to keep track of you daily workouts easily.
6. **JEFIT:** whether you are interested in fitness in general or are a body builder, this app has you covered. It offers you a workout routine planner and a smart logging system. It has a detailed exercise database as well.
7. **Easy Gym Log:** lets you quickly log your weights and cardio workout at your gym.
8. **Runkeeper Go:** prescribes PERSONALIZED SLIM-DOWN SCHEDULE

MAXIMIZE WEIGHT LOSS WITH THESE TIPS

By Mia Ingui

1. More reps means more results

When it comes to resistance training, there is the difference between lifting a heavy weight a few times versus a lighter weight a lot of times. While both approaches are important, research and studies hint at the fact that resistance-training programs that focus on muscular endurance contribute more to weight loss. With that said, the researchers emphasize that while this means you'll be lifting lighter weights, you should also be performing the exercise many more times to get the desired results.

2. High Intensity training spurs fat loss

Occasionally upping the ante in workouts can help spur fat loss. In particular, studies and research has honed in on the effectiveness of high-intensity interval training (HIIT). While HIIT is often associated with cardio training, strength and resistance work can be thrown into the mix for a great workout. The idea is to push yourself at a high intensity for a short period of time and then take a break. This type of structure is often utilized in boot camps that include exercises such as squats, burpees and mountain climbers, allowing you to work the various energy systems in a single workout.

3. Decrease body fat with compound exercises.

By choosing "compound" exercises, you target multiple muscle groups all at once. For instance, exercises like body-weight squats have been proven to decrease body fat significantly and increase lean body mass. Done with a barbell or dumbbells, you work both the upper and lower body, getting more bang for your buck.

4. Increase your protein intake.

Research has revealed that resistance training is more effective in prompting weight and fat loss over simply cutting calories alone. Along with that, swapping some of your carbs for protein magnifies these results further. Studies suggest that taking in protein right after resistance training can help improve body composition and enhance recovery.



DOCTOR SPOTLIGHT

WAYNE A. ALDREDGE, DMD

Holmdel Periodontics & Implant Dentistry Periodontist



Wayne Aldredge, DMD, principal practitioner at Holmdel Periodontics & Implant Dentistry, Holmdel, is the new president of the American Academy of Periodontology (AAP), the country's premier professional organization for periodontists. He is the first Academy president from New Jersey and he is accepting new patients at his Holmdel office.

"I'm honored to lead the most vibrant dental specialty profession in the world," Dr. Aldredge said.

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It's also the time for local residents to see a national health care leader right here at home, for treatment of sore or receding gums, loose or missing teeth, bone loss and more.

20 years of professional dentistry experience has led to Dr. Aldredge's national status, including time practicing as an Army captain at West Point. He graduated from UMD (now RDM), obtained a post-graduate degree in periodontology at SUNY Stony Brook, and is certified by the American Board of Periodontology. He received his undergraduate degree in Biology at Stockton State College.

Dr. Aldredge shares his expertise as a clinical assistant professor at SUNY Stony Brook's Department of Periodontics and Dental Implantology, a member of the Dental Hygiene Advisory Committee and guest lecturer at Middlesex County College, and an attending faculty member at Newark Beth Israel Hospital. He opened his current office, Holmdel Periodontics & Implant Dentistry, in 2009, having previously practiced in Hazlet. He lives in Holmdel with his wife and two sons, and is proud to offer the very best treatment to his friends and neighbors. He invites you to call for a consultation.

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Dr. Steven Linker, OD Monmouth Vision Associates



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

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

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

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Dr. Peter Bufano, Board Certified Spine Specialist Old Bridge Chiropractor | Old Bridge Spine and Wellness



Dr. Pete graduated from Monmouth University and received his B.S. in Biochemistry in 1994. Dr. Bufano attended New York Chiropractic College in Seneca Falls, New York and received his Doctorate in Chiropractic in 1998. Dr. Bufano is Board Certified in New Jersey, specializing in musculoskeletal diagnosis and treatments. Dr. Bufano continues his post graduate studies in sports medicine, whiplash, mild traumatic brain injuries, as well as, Neurology.

Dr. Bufano is a graduate of the Spine Research Institute in San Diego, where he studied whiplash and traumatic brain injuries. He attended Nuemann College in PA, where he earned his certification in Neurodiagnostic electrophysiological evaluations. In 2000, Dr. Bufano earned his certification in sport medicine through NYCC in Long Island. Dr. Bufano is a current member of the Association of New Jersey Chiropractors.

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Creamy Corn & Potato Chowder

Serves 4

INGREDIENTS

- 1/2 teaspoon olive oil
- 1/3 cup chopped scallions
- 1 garlic clove, chopped
- 3 1/2 cups fresh corn kernels, cut from the cob (from 5-6 medium)
- 1 (6 oz) russet potato, peeled and diced
- 5 cups 1% milk
- 1 chicken bouillon cube
- 2 tablespoons chopped fresh cilantro, divided
- 1/4 cup low fat sour cream
- salt and fresh pepper, to taste
- 3 oz (6 tbsp) crumbled queso fresco (or cotija cheese)



DIRECTIONS

Heat a medium heavy pot or Dutch oven on medium heat. Add oil and sauté scallions and garlic for 1 minute. Add the corn, potatoes, milk, bouillon, and 1 tablespoon of cilantro in a large pot and bring to a boil. Reduce heat to medium-low, cover and simmer for approximately 30 to 35 minutes or until the corn is tender, stirring occasionally.

Remove from heat and reserve 6 tablespoons of the corn kernels for topping. Add sour cream to the soup and purée in the blender in two batches, careful not to burn yourself; return to the pot.

Adjust salt and pepper, to taste and heat over low heat 2-3 minutes, stirring occasionally.

Pour into 4 bowls and garnish each bowl with 1 tablespoon each of corn kernels and cheese. Top with fresh cilantro.

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Easy Chicken Francese

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.

FOR THE CHICKEN

- 1 pound boneless skinless chicken breast
- 1 cup flour

FOR THE SAUCE

- 1 lemon, sliced
- 1/2 cup lemon juice
- 1 tbsp. butter
- 1 cup white wine
- 2 cups chicken stock
- Flour, for thickening



DIRECTIONS

Coat the chicken in flour, and pan fry in butter. After they cook, take them out of the pan and set aside. Use the same pan to make the sauce. Melt butter and put the lemon slices in the pan, fry until browned and fragrant. Add chicken stock, white wine, lemon juice, and flour to thicken. Let cook for about 5 minutes, then add the chicken. Serve over pasta if desired.

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FOODS WITH HEALTHY FATS

By Mia Ingui

For all of our lives, through the reading magazines and enduring of health classes, we have learned to steer clear of the "fats" portion of the food pyramid. "They're no good for you!" Well, think again! As it is true that some fats, like transfats and saturated fats that are found in fried and processed foods, don't have many positive affects on your body's health, the best way to improve upon your diet is to incorporate some healthy fats. But, what are healthy fats? What foods can I find them in? Here are some examples of foods that contain the right kinds of fats.

1. Fish: All kinds of naturally fatty fish, such as salmon, trout, herring, and tuna are home to a nutrient known as omega-3 fatty acids. These fats are actually good for you. They help your heart and brain to function more efficiently, even as you age. Incorporating fish regularly into your diet will make a world of difference.

2. Avocado: Avocados are known for their fats and oils. They are used in cooking and in skin and hair products. But what does it do for your body? Avocado first is an aid for your body to absorb other nutrients, and it helps to fight joint pains and keep your heart healthy.

3. Olive Oil: This kind of oil is not only heart healthy as well, but it can be used as a substitute for butters and other fats used when you cook. This easy swap is a great way to cut back on bad fats, and add in some good ones.

Low-fat Mac And Cheese

Tip: This recipe tastes just as good using all low-fat ingredients, so you can feel good about cutting calories and still indulging!

INGREDIENTS

- 1/2 box pasta of choice (farfalle, shells, pipette, etc.)
- 1 cup low fat mozzarella cheese, shredded
- 1 cup low fat cheddar cheese, shredded
- 1 tbsp. flour
- 1 tbsp. butter
- 1 cup skim milk
- 1/2 cup panko breadcrumbs
- Salt and pepper, to taste

DIRECTIONS

Preheat the oven to 400 degrees.

Add the pasta to a pot of boiling salted water. Let cook until al dente, about 7-12 minutes.

Meanwhile, shred a cup of mozzarella and cheddar cheese (Tip: if you desire, buy pre-shredded cheese to save time) set aside. In a saucepan, melt the butter and mix in the flour to make a roux. Pour in the milk and the cheeses. Add salt and pepper as this melts.

When the pasta is finished, pour into a baking dish, and pour the cheese sauce on top. Top with the panko breadcrumb, and bake at 400 for 15-20 minutes.

Serve and enjoy.





Coach's Corner

By Jill Garaffa

WHAT IS LIFE COACHING?

Dear Jill,

I've been reading your Coach's Corner column for the past year and have really been inspired by your responses to your reader's questions. Thank you for some great insights! Can you share a bit more about what "Life Coaching" actually is and how you work with people?

Signed,
Curious About Coaching

Dear Curious,

Thank you for your letter! I'm so grateful to hear the column has made a difference for you.

Life Coaching works similar to how a personal trainer works. In the same way a personal trainer can bring you to your full potential with your physical body, a life coach helps bring out your full potential in all areas of your life.

Whether your goals are focused around your career, health, relationships or finances, my role is to help you clarify what you want, support you with identifying and overcoming obstacles that might be getting in your way and provide the structure and accountability needed to help you gain momentum to take your life to the next level.

If you imagine a new building being constructed, there is usually scaffolding surrounding the structure to support the building as it is being constructed. Life Coaching is like that scaffolding: There is a life that you want for yourself and imagine in your mind, and, while your life right now is good, it's not quite where you would like it to be, or there are some things that are not working ideally. You may feel stuck, or the opposite: you may have so many ideas that you don't know where to start. A Life Coach can help you get to the place you want to be in your life. The results of hiring a coach include having more confidence, clarity and power in areas of your life that matter to you.

I coach most clients over the phone, which provides a convenient way to connect. Sessions average about 45 minutes and are done once per week, with spot calls, email & text support in-between sessions as needed. Packages range from 3 months to 6 months.

Coaching is frequently misunderstood to be like hiring a consultant or counselor. Unlike those two professions, life coaching does not offer professional advice nor does it offer you answers for your specific circumstances. Instead, a life coach supports you by offering objective feedback and asking thought provoking questions so you can find your own answers. I also will challenge and encourage you to stretch beyond your comfort zone. People that are the best candidates for coaching are people that are already successful in their life, are intelligent, insightful and are motivated to take their life to the next level. That includes anyone from students to professionals.

Coaching is a wonderful investment and excellent tool to support you with growing to your highest potential. For more information or to schedule a trial session, email me at jill@seedsofchange coaching.com.

Wishing you clarity, peace & power!
Jill

Jill Garaffa, OTR/L, PCC, ELI-MP is a Licensed Occupational Therapist and Professional Certified Life Coach providing Health & Wellness Coaching for individuals and organizations. For more information, please visit www.seedsofchange coaching.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@seedsofchange coaching.com or visit www.seedsofchange coaching.com and click "contact us" to be featured in a future column.

Wake Up Call

Feeling tired? Add these proven tips to your routine for an energy makeover.

Add Aroma

Get your energy back on with scents like peppermint or jasmine. These both increase alertness. Chose to use body washes that have jasmine and add peppermint to your tea!

Be Positive And Laugh

People who experience more happy events and laugh more in their day tend to be less fatigued. Call a friend and chat about 3 things you are thankful for!

Improve Your Meals

The ideal meal consists of a mix of healthy protein, carbs and healthy fats. Try using this mix for breakfast, lunch and dinner. A healthier meal satisfies you and stabilizes your blood sugar so you are more awake!

If you are feeling sleepy all the time and these do not help you, you may be dehydrated, vitamin deficient or have a hormone imbalance. It is best to speak to your health provider about your symptoms and take the necessary blood tests to determine your fatigue.



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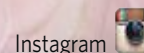
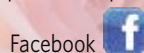
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COMMON EYE PROBLEMS

Sustaining an eye injury can be a scary experience, especially if blurring or vision obstruction occurs. Knowing what to do for different injuries can make the difference between a full recovery and lasting repercussions.

One plan of action is consistent across all types of eye injuries: Do not touch, rub or apply pressure to the eye, as you can cause further damage. Avoid applying ointment or medication to the eye before having it looked at by an ophthalmologist, who specializes in the anatomy, physiology and diseases of the eye.

The American Academy of Ophthalmology offers a full range of tips for addressing and dealing with specific eye injuries. Of course, consult with your physician before taking any action yourself.

Here are some of the most common eye injuries and steps you can take to avoid causing further harm to yourself.

Cut to the Eye

If you suffer from a laceration to your eye, gently place a shield over it. If you don't have a shield, use the bottom of a paper cup taped to the bones surrounding the eye until you get medical attention.

Remember to never rinse with water or try to remove an object stuck in your eye. Also avoid using aspirin or anti-inflammatory drugs that can thin the blood and increase bleeding.

Foreign Materials

If you get a particle or foreign material in your eye, the main thing to avoid is rubbing your eye. Especially if you're not sure what the material is, you could cause scratching or a laceration of the eyeball.

Instead, lift the upper eyelid over the lashes of your lower lid or try blinking several times. Your natural tears should be able to flush out the foreign object without you having to touch your eye.

Eye injuries are serious. If you feel a pain that is out of the ordinary or notice any visual disturbances after an injury, go the emergency room.



What Vitamins Should I Give My Kids?

By Mia Ingui

Introducing vitamins into your child's daily health routine is an easy and simple way to provide them with tons of nutrients. There are certain nutrients that are essential for kid's development and growth, and so it is important that they are incorporated in their diet and in a supplement they take. Nowadays, our children aren't always eating a healthy, balanced diet, and so they aren't getting all of the nutrients they need each day. This is why adding a supplement to your child's daily routine can immensely enhance their overall health. Many vitamins are specifically for kids, and they contain the most important nutrients for kids, such as vitamins A, B, C, D, calcium and iron. Vitamins that include all of these are the most effective one for your kids, and here's why:



Vitamin A promotes natural growth and development, and healthy skin and eyes.

Vitamin B helps metabolism and a healthy nervous system.

Vitamin C promotes healthy muscles and skin.

Vitamin D aids bone growth, tooth formation, and helps the body absorb calcium.

Calcium helps to build strong bones.

Iron builds muscles and promotes healthy red blood cells.

Wait until your child is at least the age of four before giving them a multivitamin, and try to incorporate as many of these healthy nutrients into their daily diet. If your child takes their vitamins daily and maintains a balanced diet, they will be on the road to lifetime of great health.

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How Cutting Sugar Can Enhance Kids' Health

By Mia Ingui

In a new study conducted by the National Institutes of Health, cutting foods with added sugars for kids' diets significantly improved their health, in just 10 days. Despite losing little in terms of weight, the kids were no longer taking in, "empty calories," as they are called, which are calories that are specifically found in sugary foods that have little to no dietary value. Americans typically consume sugar as about 15% of their daily diets, but children consume much more, about 27%. This is primarily due to children's consumption of beverages that are very high in added sugars. Children who cut back on their sugar intake during the 10 days saw improvements in their cholesterol levels, blood pressure, and lowered their risk of developing a metabolic disease like Type 2 diabetes, and this significant change happened in just 10 days! Most diets take days upon weeks upon months to start showing signs of improvement, but how rapidly the health of these children improved is a sign that sugar must be a huge source of malnutrition. There have been many movements recently to ban sodas and sugary drinks from stores and from our children's diet, like the ban on extra large sodas in New York last year. This study has now confirmed that by starting movements and raising awareness for the unhealthy affects of sugar on our children's bodies, it reduces their risk for disease and obesity.

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The Power of Flossing

Brushing twice a day is recommended by all of the major dental organizations, but if you're not flossing, you are missing out on an opportunity to optimize your oral healthcare.



The American Dental Association urges people to floss at least once a day to help remove plaque from the areas between the teeth where the toothbrush simply cannot reach.

Flossing is important because it helps prevent gum disease and cavities. And according to the ADA, it doesn't matter if you floss before or after brushing — as long as you're doing it. A 2015 poll by MouthHealthy.org found that 53 percent of its readers said they brush before, while 47 percent said after.

The key is finding the time to floss. Bring some floss with you to work to take care of it during your lunch break. Wake up a few minutes early or stay awake a few minutes later to give your teeth some extra attention. With just a little effort, you can make a big difference in the present and future health of your teeth.

Don't Forget the Kids

As an adult, it's up to us to be great role models. Proper dental care is a behavior we can easily pass on to our children by teaching them the importance of taking care of their mouths. You should be flossing your child's teeth as soon as you see two teeth touching.

The ADA recommends parents flossing their children's teeth until they are about 10 years old. By this age, children have the dexterity to effectively floss by themselves.

Encourage your children to floss by reassuring them that the experience is not a painful one. Flossing should be done in a firm yet gentle manner. If you're feeling pain while you're flossing, you're not doing it correctly.

How to Floss

The ADA has found that only about half of Americans floss their teeth. Considering the ease of flossing, this number should be much higher. The process is simple and straightforward, as these tips from the ADA point out:

- Break off about 18 inches of floss and wind it around the middle fingers of each hand.
- Guide the floss between your teeth using a gentle rubbing motion.
- When the floss reaches the gum line, curve it into a C shape against one tooth; gently slide it into the space between the gum and the tooth.
- Bring the floss back toward the contact point between the teeth and move the floss up or down the other side.
- Hold the floss tightly against the tooth; gently rub the side of the tooth, moving the floss away from the gum with up-and-down motions.

Slowed Walking in Seniors May Signal Alzheimer's Danger

Study found higher levels of beta amyloid in brains of those who didn't move as fast as their peers.

Seniors who walk more slowly may have higher amounts of a protein linked to Alzheimer's in their brains, a small, new study suggests.

Researchers found a modest association between higher levels of amyloid plaques -- dense deposits of a protein known as beta amyloid -- and slower walking speeds among older adults.

"These results suggest that subtle walking disturbances, in addition to subjective memory concerns, may signal Alzheimer's disease, even in people who are fully asymptomatic and have a walking pace within the normal range," said study author Natalia del Campo, scientific manager of the Centre of Excellence in Neurodegeneration in Toulouse, France.

"Taking into account physical parameters that are not conventionally looked at in Alzheimer's disease, such as gait speed, may help optimize the early identification of patients at risk," added del Campo, who is also a postdoctoral fellow at the Gerontopole Research Centre in Toulouse.

The study was published online Dec. 2, 2015 in the journal *Neurology*.

More than 5 million Americans have Alzheimer's, an incurable, fatal disease that destroys memory, language, thinking and reasoning skills, according to the Alzheimer's Association. Increasingly, clinical research is focusing on spotting early signs of the disease that may go unconsidered prior to diagnosis.

The cross-sectional study, which allowed researchers to look at participants at one specific point in time, only establishes an association between brain amyloid levels and walking speed, but not a cause-and-effect relationship between the two, del Campo noted.

The research team analyzed 128 people (average age 76) who did not have a formal diagnosis of dementia but were considered at high risk because of memory problems. Brain scans measured amyloid plaque levels in their brains, with 48 percent registering a level often associated with dementia.

Additionally, participants underwent thinking and memory skills testing, with 46 percent classified as having mild cognitive impairment, a condition that can lead to Alzheimer's. Walking speed was measured using a standard test timing how fast participants walked 13 feet at their usual pace, and all but two tested within normal range.

The researchers found an association between slower walking speed and amyloid buildup in several areas of the brain, including a region known as the putamen, which is involved in motor function. Amyloid levels accounted for up to 9 percent of the difference in walking speed between faster and slower walkers, according to the study.

One expert said the findings make sense.

"The way you walk is influenced by systems of the brain that set the pace, so when this part of the brain isn't working properly, it may have an impact on gait or speed," said Dr. Joseph Masdeu, director of neuroimaging and the Nantz National Alzheimer Center at Houston Methodist Neurological Institute in Texas. "So, I'm not surprised by these findings."

But Masdeu, who wasn't involved in the study, cautioned that older adults who happen to walk more slowly than others shouldn't panic.

"You absolutely cannot tell somebody who is beginning to have difficulties walking that they have more amyloid in their brain," he said. "This is just a small contributor and many other systems can affect it, and many are age-related."

Masdeu and del Campo noted that several possible explanations exist for the observed link between brain amyloid levels and walking speed.

"It is possible that amyloid accumulation and slow gait speed co-occur as the result of a common lifestyle factor such as a deficient diet through childhood or adulthood, low physical activity or smoking," del Campo said. "It may also be explained by . . . diabetes or [high blood pressure]. We know that these are risk factors for dementia and poor motor function."

Dr. Eric Reiman, a spokesman for the American Federation for Aging Research, agreed with del Campo and Masdeu that more research is needed.

"This interesting study provides additional support for the idea that slower walking speed may be associated with the early stages of Alzheimer's disease," said Reiman, who is also executive director of Banner Alzheimer's Institute in Phoenix. "As the authors note, there are a number of factors that contribute to reduced walking speed in older adults."

"Additional studies are needed to clarify the extent to which slower walking speed could be used to help in the early detection and tracking of Alzheimer's, the prediction of subsequent clinical decline and the evaluation of investigational disease-modifying treatments," he added.

More information visit www.BrightFocusFoundation.com for more information on brain amyloid plaques.



A Look at Advance Directives

Deciding to create advance directives can be one of the most important – and complicated – decisions one can make.

Advance health care directives offer you a way to give consent for certain situations for which you may or may not want medical treatment. This can be a touchy subject for many people, but they can be extremely useful documents that outline and facilitate your wishes should the circumstance arise.

Timing of Advance Directives

The best time to create an advance directive, obviously, is before you need one. If you become ill or are near the end of your life, it may be too late to cognitively make your own decisions about what medical care you may want in certain situations.

Along those lines, if you make an advance directive early in your adulthood, you are allowed and even encouraged to review and update your documents if you are diagnosed with any type of serious illness.

Life-Sustaining Treatment

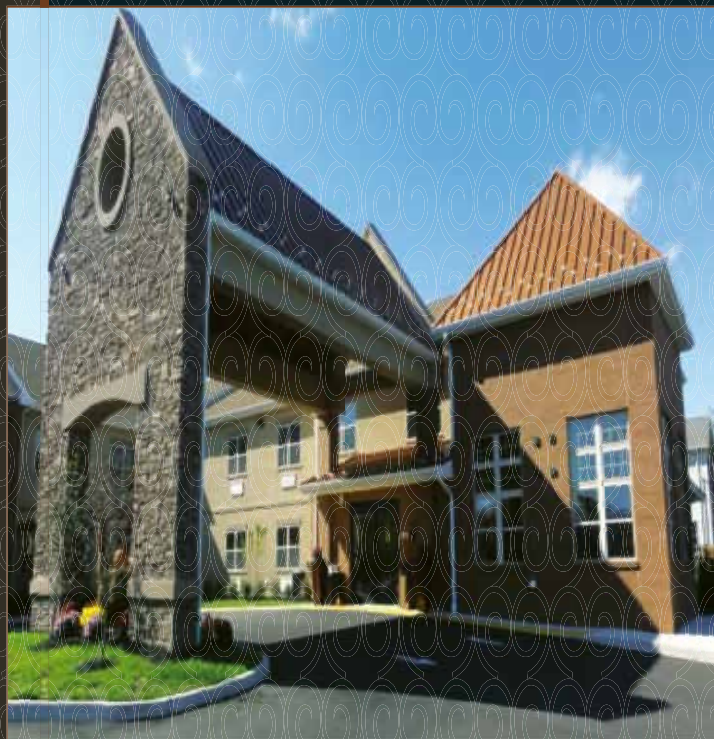
The American Cancer Society defines life-sustaining treatment as anything mechanical or artificial that sustains, restores or substitutes for a vital body function. It can include:

- Cardiopulmonary resuscitation (CPR).
- Artificial respiration (mouth-to-mouth breathing, manual ventilation or a ventilator).
- Medicine to help with blood pressure and heart function.
- Artificial nutrition or hydration.
- Dialysis.
- Certain surgical procedures such as amputation, feeding tube placement or tumor removal).

Putting Someone in Charge

Sometimes, family members make tough medical decisions for spouses, parents, or adult children who can no longer speak for themselves. Many states have passed laws that say which family members may act on behalf of someone in this situation.

A variety of documents can be considered advanced directives, including power of attorney, living wills, do-not-resuscitate orders and other agreements. Since laws vary state by state on such documents, be sure to check in with your local healthcare agency to find out what your state requires.



Monmouth Care Center

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



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



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

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Multigenerational Living

By the time people reach senior citizen status, they have likely cared for children, making sure they were safe, sound and healthy.

So when the time comes to consider late-in-life living situations, it's no wonder that their adult children are opening their homes to return the favor.

Multigenerational Living: By the Numbers

According to a Pew Research Center analysis, approximately 51 million Americans (16.7 percent of the population) live in a house with at least two adult generations – such as a grandparent and at least one other generation – under one roof.

The Pew analysis also reported a 10.5 percent increase in multigenerational households from 2007 to 2009.

A survey by national home builder PulteGroup found that 32 percent of adult children expect to eventually share their home with a parent.

Why the Growth?

A 2012 MetLife Mature Market Institute Survey put the average annual cost of a private nursing-home room at \$90,520, a semiprivate at \$81,030 and assisted living at \$42,600. Retirement shortcomings, high medical bills and other financial challenges can put these prices out of reach for many seniors.

Eliminate those costs and add the value associated with knowing that an elderly loved one is cared for by family members. That is the primary reason that so many people choose multigenerational living.

Multigenerational Home Plans

In 2011, national builder Lennar introduced its first Next Gen house geared for more than one generation. The company and many others now offer floor plans in hundreds of communities across the United States to meet an uptick in demand.

Space is the main feature of a home built specifically for multigenerational living. Generally, the main home has three or four bedrooms with an attached unit that has its own front entrance, kitchen, bedroom and bathroom.

An adjoining door is usually added so the house does not have to appear as two separate homes. Because, though fostering an accommodating environment is important in a multigenerational home, privacy can be just as paramount.



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Alzheimer's Caregiving Tips

By Mia Ingui

Caring for someone with Alzheimer's disease is not an easy feat, especially if a family member close to your heart has it. It is a difficult disease to understand and cope with. The key to doing so, though, is to be educated on it and understand how it affects those who have it. There are several approaches that will help with the care-giving to someone with Alzheimer's, including good coping skills and support from others. Here are some tips with certain aspects of Alzheimer's.

1. Behavioral and communication tips:

Choose simple words and short sentences and use a gentle, calm tone of voice.

Minimize distractions and noise, such as the television or radio, to help the person focus on what you are saying.

Make eye contact and call the person by name, making sure you have his or her attention before speaking.

Be open to the person's concerns, even if he or she is hard to understand.

2. Activity tips:

Don't expect too much. Simple activities often are best, especially when they use current abilities.

Help the person get started on an activity. Break the activity down into small steps and praise the person for each step he or she completes.

Incorporate activities the person seems to enjoy into your daily routine and try to do them at a similar time each day.

3. Visiting a person with Alzheimer's tips:

Plan the visit for the time of day when the person with Alzheimer's is at his or her best.

Remember not to take it personally if the person doesn't recognize you, is unkind, or responds angrily. He or she is reacting out of confusion. (www.nia.nih.gov/Alzheimers)



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Discussing Aging With Your Parents

By Mia Ingui

There comes a time in every child's life where they reach the age that they now need to take care of their parents. Your parents have been there to provide you with everything that you needed throughout your whole life, and as your parents age, it is important to make sure that they are taken care of as well. Discussing aging with your parents, although difficult at times, is simple, as long as you approach it in a positive way. Bring up conversations about their future, and see if they have given thought to a plan for themselves for retirement, life insurances, and other topics. Resist the urge to jump and begin planning things yourself. You want to let your parents make their own decisions, but with your help as their caring child. Some topics to get started on the conversation are security, independence, peace of mind, their family and friends and their choices. Ask about what is most important to them, and maybe what they can think about later on down the road. When you delve into specifics, begin to mention expenses, like medical expenses and life insurance, their estate plan, and if they feel that they would be happy living on their own or in retirement community, and their wellness, say if they need any in-home or special doctoral care. Although it is tough to see the parents that once took care of you age, it is your responsibility to help the, get through it and for them to live out their wonderful lives.

Emergency Preparedness

Personal emergency readiness should be a priority for all members of the U.S. population, especially older adults and their caregivers.

Some natural disasters, storms or other emergency events allow only for a few minutes of preparation. That is why it is so important to have a plan of action that you have practiced and that you can execute quickly.

How we react in the face of imminent danger can be the difference between safety and serious injury.

Your local emergency management office is a great place to start for safety tips, information on potential dangers in your area and a schedule of upcoming community preparedness events.

Know the Basics

Do you live in a flood zone? How about within a hurricane danger area?

Your emergency preparedness begins with knowing the potential dangers around you so you can put together a full plan.

No matter where you live in the country, there is potential for emergency situations to arise. Learn how to do things like turning off your gas, electricity and water.

Dangerous storms can cause gas leaks or broken water pipes that can add to the hazards around you.

Know Your Neighbors

Your best friend in an emergency situation can be your neighbor, especially if you are out of town when disaster strikes.

Build relationships with your neighbors and get to know them well. Exchange phone numbers with them so you can both be contacted in case of an emergency.

Also share your disaster plan with your neighbors and ask them to explain theirs. You may pick up some good tips that you could incorporate into your own plan.

Know Your Kit

Everyone should have a basic disaster supplies kit handy in case of emergency.

The Federal Emergency Management Agency recommends the following items for your kit: one gallon of water per person, a three-day supply of non-perishable food, battery-powered radio, flashlight, first-aid kit, whistle, dust mask and local maps.

See FEMA's full list at ready.gov.

In addition, many older Americans have special needs related to medications, medical equipment, mobility and support. Plan wisely and accordingly to accommodate all of your most health-critical requirements.



Health, Wellness & Regeneration

Non-Invasive Pain Treatment, No Surgery — No Cortisone

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, xrays, MRI and electro diagnostic studies (EMG/NCV).

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

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

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

PROLOTHERAPY

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

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

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

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Surgery should be the last resort. Most painful conditions are treated conservatively with a non-surgical 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.

Pine Brook Care Center; A Different Kind of Home

Congratulations! You have successfully navigated the maze of how best to care for your aging parent and have come to the decision that they need to be placed in a facility for their own health and quality of life. Now the question is....which one?

For your own convenience, a local facility makes visiting and caring for your parent that much easier. You are always at arm's length to pop in.

The Pine Brook Rehabilitation and Care Center is just down the road in beautiful Englishtown at 104 Pension Road. Both a Nursing Home and Rehabilitation Facility, they offer your parent a wider range of services. Their 132 bed facility offers a nurturing environment where the geriatric population can enjoy life. Their full range of services extends to include the family to enjoy their newly renovated gardens, recreation room, dining room and atriums. Your family is treated like family.

Residents enjoy a home-like atmosphere in private and semi-private suites. Their dining room is restaurant style service and accommodates all dietary needs. There is a beauty parlor and barbershop on site, Wi-Fi in every room, yet the safety and security of their residents is a top priority with state-of-the-art security and monitoring of all.

The recreational activities include a wide range of entertainers, Bingo, pet therapy, exercise, trips and celebrations. The residents engage in social activities, essential to their mood and cognitive well-being.

The Rehabilitation Care Team offerings are Short Term, Post Hospital and Specialty Programs. They have a secure dementia unit, on-site Physical, Occupational and Speech Therapy as well as a new gym that is available 7 days a week. Continuation of treatment for sub-acute patients is state-of-the-art. Wound Care Management, IV Antibiotic Treatment, Respite, Hospice, Long Term Care and Pain Management are just a handful of what Pine Brook offers the community.

Pine Brook works hand-in-hand with local doctors, so your parent's Cardiologist and Pulmonologist can see them without the hassle of getting transportation to and from.

As part of their strong presence in the community, Pine Brook also offers Adult Day Care with transportation, hot lunch, continental breakfast and a nurse/social worker present.

Visit the Center for a tour or give them a call at (732) 446-3600 to see what your parents can be enjoying.



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