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Monmouth County & Princeton Area ASK THE DOCTOR
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CDC recommends only two HPV shots for younger adolescents

Fewer shots offer more incentive to prevent HPV cancers

CDC recommended this month that 11- to 12-year-olds receive two doses of HPV vaccine at least six months apart rather than the previously recommended three doses to protect against cancers caused by human papillomavirus (HPV) infections. Teens and young adults who start the series later, at ages 15 through 26 years, will continue to need three doses of HPV vaccine to protect against cancer-causing HPV infection.

"Safe, effective, and long-lasting protection against HPV cancers with two visits instead of three means more Americans will be protected from cancer," said CDC Director Tom Frieden, M.D., M.P.H. "This recommendation will make it simpler for parents to get their children protected in time."

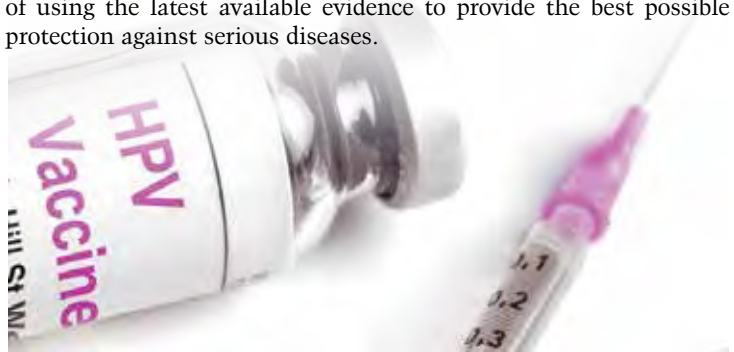
The Advisory Committee on Immunization Practices (ACIP) voted today to recommend a 2-dose HPV vaccine schedule for young adolescents. ACIP is a panel of experts that advises the CDC on vaccine recommendations in the United States. CDC Director Frieden approved the committee's recommendations shortly after the vote. ACIP recommendations approved by the CDC Director become agency guidelines on the date published in the Morbidity and Mortality Weekly Report (MMWR).

CDC and ACIP made this recommendation after a thorough review of studies over several meetings. CDC and ACIP reviewed data from clinical trials showing two doses of HPV vaccine in younger adolescents (aged 9-14 years) produced an immune response similar or higher than the response in young adults (aged 16-26 years) who received three doses.

Generally, preteens receive HPV vaccine at the same time as whooping cough and meningitis vaccines. Two doses of HPV vaccine given at least six months apart at ages 11 and 12 years will provide safe, effective, and long-lasting protection against HPV cancers. Adolescents ages 13-14 are also able to receive HPV vaccination on the new 2-dose schedule.

CDC will provide guidance to parents, healthcare professionals, and insurers on the change in recommendation. On October 7, 2016, the U.S. Food and Drug Administration (FDA) approved adding a 2-dose schedule for 9-valent HPV vaccine (Gardasil® 9) for adolescents ages 9 through 14 years. CDC encourages clinicians to begin implementing the 2-dose schedule in their practice to protect their preteen patients from HPV cancers.

ACIP, CDC, FDA and partners monitor vaccines in use in the U.S. year-round. These updated recommendations are an example of using the latest available evidence to provide the best possible protection against serious diseases.



Complete Family Foot & Ankle Care

QUESTION:

How can diabetes change the shape of my feet and what is Charcot's Foot?

ANSWER:

Nerve damage from diabetes can lead to changes in the shape of your feet. The damaged nerves cannot send messages to your foot muscles about movement. Your foot muscles become weak and imbalanced. The bones of your feet and toes may shift. Nerve damage from diabetes also causes Charcot's foot, a problem in which the joints and soft tissue in your foot are destroyed. In the early stages of Charcot's foot, your joints are stiff and collect fluid. The problem can quickly worsen. Your bones can slip out of place, making your foot look deformed. You might not sense pain, so you may keep walking on your foot, making the problem worse. Without knowing it,

you could injure and damage the joints or break a bone in your foot.

The symptoms of Charcot's foot appear quickly and include:

- warm, red skin
- swelling
- pain

A doctor may first treat Charcot's foot by placing your foot in a cast and asking you to walk only with crutches or use a wheelchair. You may need surgery to correct the placement of the bones. Remember, it is always best to see a Podiatrist who has experience with Diabetic patients.



Dr. Sanjay Gandhi, DPM



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How to be an Optimist

By Jordan Tinitigan

There are two types of people in this world. There are the optimists, who see the glass half full, and the pessimists, who see the glass half empty. Most people try to be an optimist, even though they feel like they carry the weight of the world on their shoulders. Sometimes it is tough, but here are some tips and tricks to stay optimistic. First, instead of letting bad experiences get to you, think about how you can benefit or grow from it. Doing this will help you think "on the brighter side of things," and clear your head from the fog. Another tip is to surround yourself with optimistic people. Instead of constantly being around with Debby Downers, hang out with the people who see the glass half full. Their optimism and joyfulness could be contagious, and rub off on you as well. Finally, write down good things that happen throughout your day. Whether it be a promotion or a simple compliment, writing them down and reflecting before bed can help your mindset become more hopeful.



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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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QUESTION:

When my feet are unhappy so is the rest of me.
How Can I Make My Feet Happier?

Dr. Holli Alster



As with anything else in life, if you show them some love you will feel them smile. How do you show your feet you love them?

The #1 reason for most foot problems is poorly fitting or poor choice of shoes. Too loose, too tight, no arch support, no cushion, too wide or too narrow and high heels can throw your foot into spasm, change your gait and throw off your posture. They may be cute and send a fashion

statement but you **may be causing real damage to your tootsies**. These fashionable feats may be causing:

- Osteoarthritis often referred to as the "wear and tear" arthritis.
- Hammer toes; an abnormal bend in a toe due to arthritic changes or muscle imbalance.
- Plantar fasciitis is an inflammation at the point where the ligament inserts at the heel bone.
- Bunion deformities cause a painful range of motion at the metatarso-phalangeal joints, possible overlapping of the first and second toes.
- Blisters
- ingrown toenails
- corns and calluses

- stress fractures
- heel spurs
- athlete's foot
- fungal toenails
- plantar warts
- bursitis

Once your feet become inflamed or fatigued, the rest of your body will bear the effects. Show those feet a little support with shoes that fit and keep them happy.

If your feet need some TLC, bring them in for an evaluation to stop the problems before they progress.

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

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Even Thin People Can Be Fat on the Inside

By Jordan Tinitigan

Thin people are often stereotyped as people who eat very little, exercise a lot, and they don't feel insecure about their bodies. All of these are completely wrong. However, physically thin people may be fat on the inside. Some people are just naturally thin, especially when it comes to younger people. They could eat normally and never exercise, but still maintain a "perfect" figure. Due to a fast metabolism, a person can eat as much as they want and gain little-to-no weight at all, essentially allowing them to eat as much junk as they please. Likewise, someone who does work hard to maintain his or her figure could still enjoy junk food and be as lazy as a stereotypical "fat" person. Fat or thin, a person's eating habits and interests are not always connected to their weight.



QUESTION:

How can a dentist help with my snoring?

Dr. John M. Young, Jr.



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.

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MEN'S HEALTH: Overwhelmed by Too Many Health Tips? Cheat Sheet for Men's Cancer Screenings and Good Health

If you're like many men, you get a lot of health tips from your wife, mom, coworkers, and friends. Some of them are scientific, while others are just general healthy living tips that someone read in a magazine or heard on a talk show: exercise, get more sleep, get a flu shot, get a colonoscopy, don't smoke, watch your cholesterol, wear sunscreen, check your blood pressure...the list goes on.

While there are many things you can do to stay healthy, focusing on cancer screenings (checking your body for a disease before you have symptoms) is extremely important.

Every year, more than 300,000 men in the United States lose their lives to cancer. The most common kinds of cancer among men in the U.S. are skin cancer, prostate cancer, lung cancer, and colorectal (colon) cancer.

To help you manage your cancer screenings, start off with these screenings that are available for some of the cancers that most often affect men. Add to it with your doctor's recommendations for further screenings or tests based on your own health, family history, and age.

Colon cancer Men should start screening at age 50, or earlier if they have a family history of colon or rectal cancer or colon problems that raise their risk. Some screening tests can find growths called polyps, which can then be removed before they turn into cancer. All of the tests used can help find colon and rectal cancer earlier, when treatments are more likely to be successful.

Prostate cancer Starting at age 50, men should talk to their doctor about the pros and cons of prostate screening, and then decide if they want to be tested.

Lung cancer Men ages 55 to 74 who are or were heavy smokers should talk to a doctor about whether a low-dose CT scan to screen for lung cancer is right for them.

Skin cancer Men should be aware of all moles and spots on their skin and report any changes to a doctor right away. A skin exam should be part of regular health check-ups.

QUESTION: Why do I need that crown on my tooth?

ANSWER:

The terms “crown” and “cap” are actually synonymous. There are several reasons why your dentist may recommend the placement of a crown, the most common being fractured teeth or large, broken down fillings. If you fracture your leg, for example, your doctor will likely stabilize it in a cast for several weeks to allow the bone to heal. Teeth differ from bones, however, in that a fractured tooth is unable to repair itself. The crown, therefore, stays on the tooth providing lasting protection for years to come.

Crowns are custom fit to each individual tooth. First the tooth is “prepared”; a process in which old fillings are removed and any necessary room is made for the actual crown material. An “impression” is then made so that your custom crown can be carefully designed and fitted. Once the

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fit, shape and shade are verified the crown is then cemented in place.

Traditionally a tooth must be “temporized” so that the dental laboratory has time to physically construct the restoration, a process that takes 2-3 weeks on average. At Dental Arts Group we are able to provide our patients with same-day crowns using cutting edge CEREC (Chairside Economical Restoration of Esthetic Ceramics) digital technology which skips temporization completely and makes your crown right on premises in a single visit. No goopy impressions, no temporary and your crown is 3D printed right before your eyes!

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Want to ditch the bottle? FIND ECO-FRIENDLY, HEALTHY ALTERNATIVES TO BOTTLED WATER

Staying hydrated is incredibly important. Most Americans are aware of the problems caused by dehydration, and as a result over the years we have developed a new love: bottled water. It's clean, safe and relatively inexpensive — and according to some it tastes better than tap water.

But, unfortunately, there is nothing green or sustainable about bottled water. Americans drink more than 30 billion bottles of water each year. That is a pretty hairy figure.

Even scarier is the fact that all of those bottles create around 1.5 billion tons of waste each year. What is green about that? And there is no evidence that bottled water is safer or healthier than tap water, especially when it is combined with a water filtration system.

So, if you want to live a sustainable lifestyle, what are your options?

1. Buy larger containers of bottled water. If you absolutely must drink bottled water, use five-gallon jugs or larger. That way, you're still reducing the amount of plastic waste you create.
2. Use a reusable water bottle. Reusable bottles are made from a variety of materials, including stainless steel and BPA-free plastic. They are also available in many colors and styles. Attach a water filter to your sink if you're worried about the water quality.
3. Become more educated. What we're doing to our water sources is just as frightening as the amount of waste we create. Pollution is causing many of our water sources — and those that supply water to bottling companies — to become contaminated with bacteria, pollutants and even pharmaceutical residue.

So, become educated and do your part in helping keep our water safe for us and the rest of the planet.

By making these changes you can help become part of the sustainable solution to our waste production problem.



AN END TO OVERDOSING: Some pharmacies in New Jersey will be selling Narcan without a prescription by the end of the year.

The drug Naloxone, which is more commonly known by the brand name Narcan, is a nasal spray or injectable that can counter the effects of a heroin or opiate overdose in as little as two minutes.

What is Narcan™ (naloxone)?

Narcan™ (naloxone) is an opiate antidote. Opioids include heroin and prescription pain pills like morphine, codeine, oxycodone, methadone and Vicodin. When a person is overdosing on an opioid, breathing can slow down or stop and it can be very hard to wake them from this state. Narcan™ (naloxone) is a prescription medicine that blocks the effects of opioids and reverses an overdose. It cannot be used to get a person high. If given to a person who has not taken opioids, it will not have any effect on him or her, since there is no opioid overdose.

How does Narcan™ (naloxone) work?

If a person has taken opioids and is then given Narcan™ (naloxone), the opioids will be knocked out of the opiate receptors in the brain. Narcan™ (naloxone) can help even if opioids are taken with alcohol or other drugs. After a dose of Narcan™ (naloxone), the person should begin to breathe more normally and it will become easier to wake them. It is very important to give help to an overdosing person right away. Brain damage can occur within only a few minutes of an opioid overdose as the result of a lack of oxygen to the brain. Narcan™ (naloxone) gives concerned helpers a window of opportunity to save a life by providing extra time to call 911 and carry out rescue breathing and first aid until emergency medical help arrives.

How is Narcan™ (naloxone) given to an overdosing person?

Narcan™ (naloxone) can be given by intramuscular (IM) injection - into the muscle of the arm, thigh or buttocks - or with a nasal spray device (into the nose). In Illinois, Narcan™ (naloxone) is prescribed for use as an IM injection. Nasal spray use is less common, but some large cities in the U.S. use the nasal spray version and it can be prescribed.

How long does Narcan™ (naloxone) take to work?

Narcan™ (naloxone) generally works within about 5 minutes. Repeated doses may be necessary if a person is still showing signs of overdose even after the first dose.

How long does Narcan™ (naloxone) take to wear off?

Narcan™ (naloxone) starts to wear off after about 30 minutes and is mostly gone after about 90 minutes. By this time the body has processed enough of the opioids that the overdosing person is unlikely to stop breathing again. In some cases, such as after taking a massive dose or using long-acting opioids like methadone, the patient might need another Narcan™ (naloxone) dose and longer medical observation. Always watch the person after they receive a Narcan™ (naloxone) dose for signs of continued overdose.



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Cut Back on Your Kid's Sweet Treats

10 tips to decrease added sugars

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

Serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

Sip smarter

Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.

Use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

Choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

Make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy

frozen juice bars (100% juice) instead of high-calorie desserts.

Make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

Encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow school-aged kids to choose what they want in their "new" snack.

Play detective in the cereal aisle

Show kids how to find the amount of total sugars on the Nutrition facts label in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

Make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

If kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

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Understanding Dementia with Second Wind Dreams and Dementia Tour

By Susan Heckler

One in seven Americans over the age of 70 suffers from dementia. About 3.4 million people, or 13.9% of the population age 71 and older, have some form of dementia. As expected, the prevalence of dementia increases dramatically with age, by five percent for those aged 71 to 79 and up to 37.4 percent for those age 90 and older.

Second Wind Dreams is an international, nonprofit organization dedicated to changing the perception of aging through the fulfillment of dreams and the offering of educational programs including its flagship, sensitivity training, the Virtual dementia Tour.

Founded in 1997, its name resulted from a novel of the same name by P.K. Beville, a geriatric specialist who wrote about people who live and work in nursing homes. Since its formation in 1997, Second Wind Dreams has become involved in more than 400 eldercare communities in 40 states, and Canada. It is a 501(c)(3) nonprofit corporation who gets financial support by way of individual contributions, memberships, corporations and eldercare industry associations. Additional revenue is generated because of their Second Wind Dreams' educational program, the Virtual Dementia Tour.

Their mission is pretty simple – their goal is to change the perception of aging through the fulfillment of dreams and the offering of innovative educational opportunities to caregivers and communities. During a Virtual Dementia Tour experience, trained facilitators guide the participants who are outfitted with patented devices that alter their senses. They then try to complete common everyday tasks and exercises. Caregivers can experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care. It is easier for a caregiver to relate to their patient when put into their shoes.

The tour is wonderful for those employed by Nursing Homes, Assisted Living Communities, Hospice, or Home Health Care. Family members may have a better understanding.

Proceeds from the Virtual Dementia Tour are used to fulfill the mission of Second Wind Dreams to make dreams come true for elders who live in long-term care. Their Dreams program is the elder population's version of Make a Wish.

Second Wind Dreams makes dreams come true for people living in Senior Living – nursing homes, assisted living communities, public housing, and receiving home healthcare. Second Wind works with these entities to find resources in their local community to make the dreams come true. When you visit the website, they list participants, what their dreams are and how much funding is needed. The dreams run from the simple to the sublime. Looking at the fulfilled dreams and those who are still waiting, it can be as simple as one last dance in the ballroom, a day petting animals, or one last getaway for a hospice patient.

Take the tour, grant the dream...show a little love. For more information check out <http://www.secondwind.org/>

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Finding Your Fruit

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Focus on whole fruits. Make sure that saturated fat and added sugars are limited when preparing fruit dishes.

Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

Think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe instead of sugar.

Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

Try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

Experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

Snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.

Keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.





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FDA approval of artificial pancreas system marks one of the most significant advances in T1D (Type 1 Diabetes) care to date

The fall was a momentous and life-changing occasion for the type 1 diabetes (T1D) community. The FDA announced approval of the Medtronic MiniMed 670G hybrid closed-loop system, the first device ever approved to automate the dosing of insulin to reduce high blood sugar levels. This and other artificial pancreas systems in development will dramatically improve the health and quality of life for many people living with T1D.

This tremendous news would not have been possible without the support of the T1D community, which has fueled JDRF's strategic funding and advocacy efforts to accelerate artificial pancreas research for more than a decade.

This artificial pancreas (AP) system includes an insulin pump, a sensor and a control algorithm to provide automated insulin delivery, making it simpler to maintain a healthy glucose range both day and night. The system is fully integrated between the pump and sensor, with no need for a separate smartphone or continuous glucose monitor (CGM). JDRF supported research that laid the groundwork for this AP system, as well as other systems currently in development, several of which are expected to reach the market in the next several years.

JDRF applauds the FDA's decision and acknowledges the many partners and supporters across the T1D community who have contributed their time, energy and financial support to make this possible. Together, we have made it to this major milestone in T1D treatment. To learn more about today's announcement and JDRF's plans to ensure that these life-changing devices are broadly accessible until the day we meet our ultimate goal to cure and prevent T1D. For more info visit www.jdrf.org.



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Q: *Is My Disc Bulged or Herniated?*

A: It's an extremely common, and legitimate concern amongst many patients: "Is my disc herniated or bulged?" What is the difference? The answer to the first question often depends on who is interpreting the diagnostic imaging. Symptoms of disc bulges and herniations not only can be similar at face value, they can also look very similar to the doctors reading the image. Both can cause sciatica like pain, but are structurally different. Let's take a look.

The disc is comprised of two main components: outer layers of cartilage called the Annulus Fibrosis, and a gelatinous center known as the Nucleus Pulposus. Together, these components allow the intervertebral discs to act as shock absorbers to your spine. Often times, discs can become bulged or herniated due to acute injuries like a car accident, gym accident, or a fall. They can also be brought about by chronic injuries like poor body mechanics while sitting, standing, working, etc. Injuring the disc requires compressing it in an abnormal way which forces the jelly-like inside to push against the tougher rings of cartilage. The pressure on the Annulus Fibrosis can compromise the integrity of the disc, but the jelly center is still contained within. This is what's known as a "bulging disc". In a disc herniation, the pressure on the outer rings of the Annulus Fibrosis is so great that they tear, and the Nucleus Pulposus actually leaks out, pressing on the spinal nerves. Depending on the severity of the herniation, the "disc leakage" can be classified as a 'Protrusion' or an 'Extrusion', the latter being the worse. The treatments can differ for bulges and herniations, but are both based around a good core strengthening program and extensive manual therapy. In many cases we use our spinal decompression system to assist in correcting the issue without surgery. In severe cases, surgery may be required. Your case should always be reviewed by a doctor who will make the right care plan for your individual goals and needs.

There is a classic metaphor to this that actually makes sense and can help you understand. Think of the disc as a jelly donut. If you press on the center of that donut and the jelly doesn't squirt out, but just kind of presses against the crust of the donut, that's a bulge. If you pressed hard enough and the jelly was squeezed out of the donut, that's a herniation. Moral of the story: don't lose your jelly! For more information on your case, contact us today.



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Coach's Corner

By Jill Garaffa

Conquering Holiday Food Cravings

Dear Jill,

This time of year is such a challenge to stay focused with all of the tempting food all over the place. What suggestions can you offer to help overcome the temptations and not overindulge over the holiday season?

Signed, C.K. in Manalapan

Dear C.K.,

Great question! Most people can relate to the challenge of food temptations around the holiday season. Everyone from elite athletes to couch potatoes has experienced the vast assortment of savory and sweet food temptations around the holidays. If you want to stay focused, I do have a few tips that I not only recommend to clients, but use myself from now to January 1st to get through the holiday season with minimal damage!

The first tip: change your mindset: We tend to relate to "the holidays" as a 6 week long endless encounter with continuous food temptations at every corner. It may feel like this, but the truth is: "the holidays" are actually only a handful of specific days, depending on the holidays you celebrate: the actual days of Thanksgiving, Christmas Eve, Christmas Day, New Years Eve, New Years Day and Hanukah. Even with the extra parties in between, it's just a few meals we are dealing with---not every day, all day long. Shifting your perspective will help keep things in balance on the days and meals you can---which is most of them.

Second tip: Set boundaries. Decide for yourself ahead of time when you will give yourself permission to indulge and what time frames and situations are off-limits. For example: if you work in an environment where there is a constant supply of holiday treats you may set a boundary for yourself that you will not eat sugar/treats during work hours, but you can enjoy treats in the evenings or weekends. Or, you will allow yourself one single treat per day, but no more than one. If you are attending a holiday party, a boundary may be to only use one plate---you can enjoy all the food you like as long as it fits on one plate (no seconds). Ask yourself, "Where can I put structure around my food intake that would allow me to enjoy myself but still feel a sense of control over my eating?"

Last tip: Take extra good care of yourself: The holiday season naturally comes with extra stress. When we are under too much stress, our brains switch over to into 'survival mode'. This usually looks like craving more sugar & comfort food while simultaneously conserving energy by avoiding exercise. This sets up a vicious cycle of falling prey to every opportunity to indulge because our defenses are down and we are exhausted. Be proactive to take extra good care of yourself. Sleep resets the brain, so does relaxation and rest, so be sure to take some time to nurture your soul by having some scheduled "down time" over the next several weeks. It will help curb cravings and give you extra energy to exercise which can regulate our appetite.

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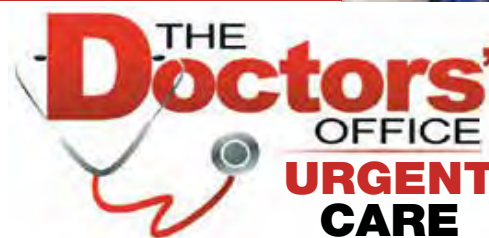
Wishing you peace, power and purpose this holiday season!

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.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.

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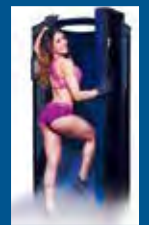
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Why I Chose Health Fusion Wellness

By Susan Heckler

My saga began in a different era (I am 57) in a land far away (Long Island). Due to my posture and a lifestyle of inactivity, I have been plagued with neck and back issues my entire life to the point of surgery three years ago to remove three discs from my neck. And how can I forget the flat feet and tendonitis in both knees.

Eight months ago, I pulled a hamstring doing something routine in the shower, which caused a chain of painful events. The hamstring led to a change of gait, which stressed my hip, which strained my foot, which led to tendonitis, which led to a stress fracture, which led to intense muscle spasms in my hips and thighs. I had trouble standing on my feet at work, pain sitting at my computer, couldn't sleep and was a miserable excuse for a human being.

My 28 year old daughter told me to go to the practice she had been to when she dislocated her knee for the third time. She said they have a very different type of practice than I am expecting. I told her I had been there, done that and it was of minor help in the long run. Persistent as ever, she hounded me into calling.

Right from the start, the simplicity of getting an appointment was outstanding. I got an appointment the same day!! I came in for an evaluation/consultation with Dr. DiMarco. The environment was clean, relaxing, full of warm and inviting faces that immediately put me at ease and made me feel like part of the family. We discussed my health history, issues and goals to uncover the layers of past damage done and to help determine what may be the cause prior to my exam. Next, a short physical

exam by the doctor which included taking an actual picture of me and objectively evaluating my posture and the problems it was causing me.

I have been to approximately 10 chiropractors in my life and thought I knew everything there was to know about an adjustment. Dr. DiMarco explained they use the EAT PRINCIPLE (Exercises, Adjustments, and Traction) which helps to move the patient toward a healthier, more normal alignment. Gentle adjustments are performed utilizing a range of techniques to improve range of motion, provide pain relief, and improve posture and function of the spine and other joints. Their doctors have been trained with the latest, state of the art techniques.

As I assumed, my achy body was in need of physical therapy, which is done in the same room. I have been to 5+ physical therapy offices in the last 10 years in a more gym-like setting several times a week for months and always left a sweaty mess with a slight degree of progress each appointment. They gave you a circuit to do and sat at a desk giving little supervision. At HFW they work with you in a smarter, more effective way, which gave me better results without the sweaty mess. I was able to go straight to work.... standing up straight and walking straight.

Something new for me, was they work on Trigger Points with Myofascial release. Trigger points can occur as a result of muscle trauma, muscle strain from repetitive movements at work or play, postural strain from standing or sitting improperly for long periods at the computer, emotional stress, anxiety, allergies, nutritional deficiencies, inflammation,

and toxins in the environment. I checked off "all the above." As they worked on the trigger points, my bunched body released, similar to acupuncture, allowing for increased blood flow, a reduction in muscle spasm, and the break-up of scar tissue. It will also help remove any build-up of toxic metabolic waste.

At the end of the session, I was taped with Ninja Tape, which they developed themselves with patients and athletes using trial and error. They use this to reinforce the weakened muscles to add stability, as well as to help your body to acclimate to the way it was supposed to be moving all along. Typically used by acupuncturists and chiropractors in Japan, today is used by practitioners throughout the world to treat injuries and improve sports performance. I had heard about this from Israeli athletes I know.

To reduce inflammation, they use cold compression therapy called Game Ready and the compression only system called Normatech Recovery in a dual-action treatment system that sets a new standard of care in injury and post-op recovery. All the while I am sitting in a reclining chair nice and comfy. I also tried Whole Body Cryotherapy, which was wonderful for pain management as well as injury recovery (and is also unique to their office).

So when all was said and done, the treatment that began May 26 is winding down to once a week in mid-July. My foot is pain free 100%, my hips are 80% better (I am still on my feet way too much, which is why it is still an issue) and I am back to enjoying life as it should be! For more information contact them at 732 665-6334.



QUESTION:

I see just fine, why do I need to go for an annual eye exam?

ANSWER:

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Part of your exam is to evaluate how your eyes work together as a team, especially with children.

- Amblyopia occurs when the eyes are misaligned or when one eye has a much higher degree of refractive error than the other. If left untreated, this can stunt the visual development of the affected eye which may result in permanent vision impairment.
- Strabismus is defined as crossed or turned eyes. Strabismus causes problems with depth perception and can lead to amblyopia.
- Binocular vision problems can cause headaches, eye strain and other problems that can affect reading and other near vision tasks. This occurs when your eyes do not work together efficiently as a team.
- Focusing problems can vary from incompletely developed focusing skills in children to normal age-related declines in focusing ability among older adults.

Regardless of your age or your health, a routine exam is essential. Eye doctors are often the first health care professionals to notice continuing systemic diseases such as high blood pressure and diabetes. I will also check your eyes for common eye diseases and assess your eyes as an indicator of your overall health.

Your eye's blood vessels, retina and the like may show clues to early signs of some conditions and diseases. Your eye doctor may be able to tell you if you are developing high blood pressure, high cholesterol or other problems. Glaucoma and Diabetic Retinopathy, have no symptoms in their early stages. Diabetes can cause small blood vessel leaks or bleeding in the eye, as well as swelling of the macula, which can lead to vision loss. Your eye doctor will check the health of your eyes inside and out for signs of early problems, early detection is key.

Detecting and treating age-related eye problems early can help maintain quality of life and reduce the risk of permanent vision loss.

Vision screenings are limited eye tests that help identify people who are at risk for vision problems. This is not a substitute for a comprehensive eye examination performed by an eye doctor.

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

Check out our website for more information

<http://monmouthvision.com/>

Dr. Steven Linker, OD

Monmouth Vision Associates

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Minimally Invasive Spine Surgery Provides Sound Alternative to Traditional Open-Back Surgery

Judith Millman, a 72-year-old shuffleboard enthusiast, is ready to get back to the game after minimally invasive lumbar fusion



If you suffer from neck, back or leg pain, and you've been told its time for surgery, know your options ... because you have some.

That's what Judith Millman, a 72-year-old shuffleboard enthusiast from Toms River, learned. She has suffered with leg pain for years. To no avail, she

tried epidural shots, electric stimulation – and one doctor suggested she have screws inserted. Judith kept searching for answers and then learned about minimally invasive spine surgery (MISS) and the potential benefits it could bring her.

"Judith was suffering from a slipped disc, or spondylolisthesis, where one of the bones of her spine was out of alignment causing the nerves going to her legs to be compressed. If left alone, this could have led to permanent damage," explains Dr. Pinakin Jethwa, a neurosurgeon at Atlantic NeuroSurgical Specialists (ANS). ANS, the largest neurosurgical practice in New Jersey, specializes in the diagnosis and treatment of disorders affecting the nervous system – the delicate and complex command, control and communication network in the body that's made up of the brain, spine and neurovascular system. "When Judith came to me, she had severe back pain that was not getting better. Even worse, she wasn't able to walk for more than

a few feet without crippling pain in her legs."

Dr. Jethwa determined the best approach for the optimal outcome was minimally invasive spinal fusion. With minimally invasive spine surgery, the surgeon makes one small incision – about an inch and a half long – directly over the problem area. This is in stark contrast to open surgery where a much larger incision is made over the middle of the spine, and then muscles and soft tissues are mobilized to access the area. Because there's no long incision with MISS, there's less trauma, less blood loss, less muscle injury, less need for post-op pain medication – plus a lower risk for infection and a better cosmetic result. It's often done as same-day surgery with a shorter, more comfortable recovery period and a faster return to daily activities than traditional surgery.

"Once the small incision is made, dilators are used to provide access to the problem area," Dr. Jethwa details. "A retractor is placed over the dilators, providing a one-inch-wide conduit to the spinal area. The entire procedure is done through this conduit with illumination and magnification provided by a microscope and without stripping the muscles from the spinal column."

MISS is being used to treat a wide range of spine issues from degenerative disc disease to herniated discs, lumbar spinal stenosis, deformities including scoliosis, spinal infections, spinal instability, vertebral

compression fractures and spinal tumors. Thanks to its positive outcomes, the field of MISS continues to rapidly develop.

"In Judith's case, we relieved the pressure on her nerves by releasing the bones and ligaments. We then removed the offending disc material and realigned the spine just as we would in traditional surgery," Dr. Jethwa continues. "For patients like Judith, MISS achieves all of the goals of traditional open surgery without the risk and discomfort. Often, two weeks after surgery, patients are ready to get back to their lives."

Judith is a prime example. She was operated on in August and a week later, was released from rehab.

"My recovery was incredible," she shares. "I had surgery on a Thursday, entered rehab the following Monday and was released that Friday. I quickly graduated from each level of self-sufficiency, and before I knew it, I was home. I exercise daily, and I'm ready to get back to shuffleboard. Life is good!"

To learn more about minimally invasive spine surgery, contact ANS at 732-455-8225 and visit ansdocs.com.

Atlantic NeuroSurgical Specialists (ANS) is New Jersey's largest neurosurgical practice and one of the most advanced in the country. Since its founding in 1958, ANS has specialized in the diagnosis and treatment of disorders affecting the nervous system.

QUESTION:

How does The Mona Lisa Touch counteract vaginal dryness?



Dr. Helen Simigiannis, MD, FACOG

Vaginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticing products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical that has been FDA-approved using a gentle laser. Regular sexual activity can help preserve vaginal function by increasing blood flow to the genital region and helping maintain

the size of the vagina. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

For more information feel free to contact:

Dr. Helen Simigiannis, MD, FACOG
Antheia Gynecology
375 US Highway 130, Suite 103
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Next to the Americana Diner
609.448.7800
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Dr. Aditi Menon, MD, FAAPMR NJ Spine and Wellness



Dr. Aditi Menon's focus is always on positive patient outcomes. Board Certified in Physical Medicine and Rehabilitation, Dr. Menon believes in fixing the pain at its source rather than simply masking symptoms. Dr. Menon specializes in sports medicine and musculoskeletal injuries for both the athletic and general population. Additionally, she is trained in regenerative medicine in which she practices ultrasound-guided injections including: PRP, viscosupplementation (gel shots), and cortisone. Dr. Menon is also Board-Eligible in Electrodiagnostic Medicine.

Dr. Menon completed her residency at New York Presbyterian Hospital with clinical rotation sites at elite facilities such as Hospital for Special Surgery and Memorial Sloan Kettering Cancer Center. Training from such facilities has equipped her with the necessary tools to treat her patients with optimal care. Dr. Menon is the principal owner of UA Medical Services. She will be hosting two free seminars at NJ Spine and Wellness in Freehold this December: PRP Injections on 12/8/16, and Managing Osteoarthritis on 12/15/16. Contact us today if you are interested in attending one of our FREE seminars or any of Dr. Menon's services.

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Dr. Helen Simigiannis, MD, FACOG Antheia Gynecology



Dr. Helen Simigiannis received her undergraduate degree in the Biological Sciences at Rutgers University in 1993. In 1999, she received her M.D. from Ross University School of Medicine. After finishing two years of training in Family Medicine, she went on to complete her OBGYN residency with her last year as Chief Resident at Creighton University Medical Center in 2005. She has been in private practice since. In 2010, she pursued her goal of starting Antheia Gynecology. Her goal here is to focus on menopausal, adolescent and adult gynecology, minimally invasive laparoscopic surgery, and office-based minor gynecologic procedures.

Dr. Simigiannis speaking about lifetime gynecologic health. "You have babies for one segment of your life," she says. "For the rest of it, you want an attentive caring doctor to look after your gynecologic health." - As quoted in NJ Monthly Magazine Oct 2010.

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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. Sanjay Gandhi, DPM A Step Up Podiatry



Sanjay Gandhi, DPM started his medical career by studying biology and earning his bachelor's degree in only three years from the University of Maryland College Park. After he completed his undergraduate work, he was accepted into the Ohio College of Podiatric Medicine where he began to study comprehensive foot and ankle care, maintaining high academic marks. He completed his residency through the Department of Veteran Affairs Medical Center (DVAMC) in Baltimore, Maryland.

This period of working with veterans opened his eyes to the wide variety of foot and ankle needs that exist, as well as the traumatic conditions that can affect soldiers. His experiences also involved rotations at the Cleveland Clinic, Joslin Diabetes Center, Fort Bragg Army Base in North Carolina, and the National Naval Medical Center in Bethesda, Maryland. Through his work with both veterans and everyday people with foot and ankle pain, Sanjay Gandhi, DPM is equipped to treat many different painful conditions.

He continues to pursue additional education through seminars and publications to stay at the top of the podiatry field and provide the best care for his patients. In 2011 and 2012, he earned an America's Top Podiatrists award. In 2015, he received the Worldwide Leaders in Healthcare award.

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Burn Extra Calories Without Effort

By Gina DiRusso

Wouldn't it be great if you could burn more calories without much effort on your part? We all understand that to lose weight we need to consume fewer calories than we burn. There are some products that can help you to burn more calories without the time required for another workout. You can use these products to help you achieve your weight loss goals.

Weight Vest: Anytime you add extra weight and continue to do your regular activities you will burn more calories. (Maybe women with big heavy purses are burning calories they haven't even considered). You don't have to be a runner or training to be a firefighter to wear one. Put this on when you walk, mow the yard or vacuum the house. You will be adding an additional 12% to 15% bump in calories burned while doing that activity.

Sauna Shirts: Now let's consider heating our bodies up and making us sweat. Sweat is good for you. It is a natural way to rid your body of toxins. Your body must use extra energy to cool down your body temperature. Many people use these shirts when they work out. But you can also use them when you are just around the house to increase your energy expenditure. These products are not a replacement for exercise and physical activity, but they may help you accelerate your losses or provide some short-term calorie burning while getting through an injury. Good luck with your health and weight loss goals!

Top 2 To Follow for an Effective Exercise Routine

The American Council on Exercise (ACE) recently surveyed 1,000 ACE-certified personal trainers about the best techniques to get fit. Their top two suggestions:

Strength training.

Even 20 minutes a day twice a week will help tone the entire body.

Interval training. "In its most basic form, interval training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout," says Cedric Bryant, PhD, FACSM, chief science officer for ACE. "It is an extremely time-efficient and productive way to exercise."

Increased cardio/aerobic exercise. Bryant suggests accumulating 60 minutes or more a day of low to moderate-intensity physical activity, such as walking, running, or dancing.

Set Realistic Goals

"Don't strive for perfection or an improbable goal that can't be met," says Kara Thompson, spokesperson for the International Health Racquet and Sportsclub Association (IHRSA). "Focus instead on increasing healthy behaviors."

In other words, don't worry if you can't run a 5K just yet. Make it a habit to walk 15 minutes a day, and add time, distance, and intensity from there.

5 Hours, 15 Minutes and 15 Seconds: Guinness World Record For Holding A Plank

By Jordan Titinigin

If holding a plank for a minute sounds a bit tough, imagine doing it for five hours, 15 minutes and 15 seconds.

A former U.S. Marine from Carlsbad, CA did just that this past May and set a new Guinness Book World Record. George Hood, 57, held an abdominal plank at the Junior Seau Oceanside Pier Amphitheater in Oceanside, CA on May 31, 2016.

Hood broke the previous Guinness World Record for planking that was set by a Chinese police officer at four hours and 26 minutes, according to the The San Diego Union-Tribune.

Hood's family and friends kept him company during the plank and offered welcome distractions from the pain of holding his body up hour after hour.

Hood said he wasn't there just to beat the Guinness World Record, but also to raise money for the Semper Fi Fund, a charity that supports injured U.S. Service Members.

"There are injured Marines that come back from the fight, who have suffered life-altering injuries and the discomfort that I feel right now pales in comparison to that which they feel," Hood told the station.



Treating Pain in Your Dog

Keeping Your Best Friend Active, Safe, And Pain Free

Controlling your dog's pain is essential to his overall well-being. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are a class of drugs commonly used to control pain and inflammation in dogs. NSAIDs help many dogs lead more comfortable lives.

What are NSAIDs?

NSAIDs help to control signs of arthritis, including inflammation, swelling, stiffness, and joint pain. Inflammation—the body's response to irritation or injury—is characterized by redness, warmth, swelling, and pain. NSAIDs work by blocking the production of prostaglandins, chemicals produced by the body that cause inflammation. Some NSAIDs may also be used to control the pain and inflammation following surgery.

Your veterinarian may prescribe an NSAID to treat the pain of osteoarthritis in your dog or to control pain following a surgical procedure.

All NSAIDs approved for oral use in dogs and cats come with a Client Information Sheet (also known as the Information for Dog (Cat) Owner Sheet) that describes the drug's side effects. Dog and cat owners should ask veterinarians for the Client Information Sheet when an NSAID is prescribed. These Client Information Sheets provide the pet owner with important information in a user-friendly manner regarding what can be expected from use of the drug, potential side effects, and the need to seek veterinary attention if problems occur. By accompanying each NSAID prescription with an Information for Dog Owner Sheet, a handy reference of valuable safety information and drug company contact information is readily available to the owner.

Veterinary NSAIDs approved for use in dogs:

ETOGESIC (etodolac) - not currently marketed	RIMADYL (carprofen)
METACAM (meloxicam)	DERAMAXX (deracoxib)
PREVICOX (firocoxib)	ZUBRIN (tepoxalin) - not currently marketed
NOVOCOX (carprofen)	VETPROFEN (carprofen)
CARPRIEVE (carprofen)	QUELLIN (carprofen)
OROCAM (meloxicam)	OXICOM (meloxicam)
MELOXIDYL (meloxicam)	

In the United States, there is one NSAID approved for up to 3 days use in cats: ONSIOR (robenacoxib) tablets

What should you discuss with your veterinarian?

NSAIDs offer pain relief and improved quality of life to many dogs. However, before giving an NSAID, or any drug, you should first talk to your veterinarian.

You should discuss:

- what the NSAID is being prescribed for
- how long to give it
- what to avoid while your dog is taking an NSAID
- how often should your dog be re-examined
- your dog's previous medical history and any previous drug reactions
- how much to give
- possible side effects
- what tests are needed before giving an NSAID to your dog
- all medications and products your dog currently receives

What should you know before giving your dog an NSAID?

Never give aspirin or corticosteroids along with an NSAID to your dog.

NSAIDs should be approached cautiously in dogs with kidney, liver, heart and intestinal problems.

Never give your dog an NSAID unless directed by your veterinarian.

Don't assume an NSAID for one dog is safe to give to another dog. Always consult your veterinarian before using any medication in your pet.

Only give the NSAID as prescribed by your veterinarian. Do not increase the dose, the frequency, or the length of time you use the drug unless first discussing this with your veterinarian.

What side effects should you watch for?

Most NSAID-side effects are mild, but some can be serious, including death in rare situations. Common side effects seen with the use of NSAIDs in dogs may affect the kidneys, liver, and gastrointestinal tract and may include:

- Not eating or eating less
- Vomiting
- Yellowing of gums, skin, or the whites of the eyes
- Changes in skin (scabs, redness, or scratching)
- Lethargy, depression, changes in behavior
- Diarrhea, black tarry-colored stool
- Change in drinking

What to do?

If you suspect a possible side effect to an NSAID, STOP giving the drug

to your dog and call your veterinarian immediately!

When Giving Your Best Friend an NSAID, Remember these Signs:

- Behavior Changes
- Skin Redness, Scabs
- Eating Less
- Tarry Stool/Diarrhea/Vomiting

STOP the Drug & Call Your Veterinarian!



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Spay and Neuter

*Did you now that the cost of spaying or neutering a pet is less than the cost of raising puppies or kittens for a year?
The decision to go through with this procedure for your beloved pet is a smart one.*

Spaying and neutering pets is the only permanent, fully effective method of birth control for dogs and cats.

Research has shown that having your pet spayed or neutered can have many positive effects, including a reduction in the number of homeless pets killed, an improvement in bad behavior and an overall boost to your pet's health.

According to a 2013 article in USA Today, pets who live in the states with the highest rates of spaying and neutering also live the longest. Researchers found that neutered male dogs lived 18 percent longer than unaltered male dogs and spayed female dogs live 23 percent longer than unaltered female dogs.

Reducing Pet Homelessness

The number of homeless animals is a result of so many pets not being spayed or neutered. In the U.S., there are an estimated 6 to 8 million homeless animals entering animal shelters every year, according to the American Society for the Prevention of Cruelty for Animals.

Further ASPCA research has found that as many as 300,000 homeless animals are euthanized in animal shelters every year in some states. Nationwide, more than 2.7 million healthy, adoptable cats and dogs are euthanized in shelters annually.

Improving Your Pet's Health

Choosing to spay or neuter your pets can decrease their urge to roam, which reduces their chance of fighting with other animals, getting struck by cars and getting into other dangerous situations.

According to the ASPCA, un-spayed female cats and dogs have a far greater chance of developing fatal uterine infections, uterine cancer and other cancers of the reproductive system.

Consider all of the aforementioned facts, as well as any guidance your veterinarian gives you, when making the best decision for you and your pet.



An Unhealthy Home Is Connected To Poor Health

Our homes can sometimes make us sick. Science tells us the following about unhealthy housing:

This Cause:	Can Become this Illness or Condition:	How to Prevent this Illness or condition:
In homes built before 1987: • Peeling paint • Sloppy repair/paint work	Leading poisoning - causes lower IQ and other learning and behavior problems in children	• Fix lead hazards • Work safely and check for dust • Clean up the site after any work is finished
Smoking, secondhand smoke	Asthma, respiratory problems, sudden infant death syndrome (SIDS), lung cancer, and deaths	• Don't smoke in the home • Don't let anyone else smoke in the home
Radon	Lung cancer	• Install fan systems that can remove radon or vapor barriers that can block radon
Lack of a working smoke alarm	Fire injuries and deaths	• Install smoke alarms on every floor of the home • Use long-life smoke alarms with lithium-powered batteries • Test all smoke alarms every month
Moisture and mold	Asthma and respiratory problems	• Fix water leaks • Keep house well ventilated
Pesticide use	Acute poisonings and possible chronic conditions such as cancer, low birth weight and prematurity	• Keep pests out by cutting off their water, food, and access • Use pesticides wisely • Store pesticides properly

Many homes have unhealthy conditions:

- 1 in 16 have high radon levels
- 1 in 10 have water leaks
- 1 in 6 have structural problems
- 1 in 4 have lead-based paint
- 1 in 4 do not have a working smoke alarm

The housing problems that can make us sick are interconnected:

- Lack of ventilation (air flow) keeps poisons in and builds up moisture.
- Moisture causes deteriorated paint, attracts and sustains pests, and leads to mold.
- Pests make holes that become leaks and make people use poisonous pesticides.

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QUESTION:

Doesn't pollution only affect us when we are outdoors?



Neil Slattery

Most of our exposure to environmental pollutants occurs by breathing the air indoors. These pollutants can be brought in through activities, products and materials we use every day. Frighteningly, the air in our homes, schools and offices can be 2 to 5 times more polluted, and in some cases 100 times more polluted, than outdoor air. The U.S. Environmental Protection Agency (USEPA) estimates that the average person receives 72 percent of their chemical exposure at home!

Referred to as IAQ, Indoor Air Quality represents the third largest cause of death in the U.S. behind heart disease and cancer. In our efforts to conserve energy and home heating expenses, we have all made our homes very 'tight', meaning little outside air can infiltrate through cracks and crevices so you have trapped in the smell of cleaning solutions, pesticides, air freshener chemicals, and germs.

Some contributing factors to your home's air quality would be:

- Chemicals which become airborne that are used in furnishings, building material (i.e. formaldehyde, lead paint), and other volatile organic compounds (VOC).
- Mold comes from moisture problems, another VOC culprit.
- Particles can trigger allergies and respiratory issues; they are emitted from furnishings and other products just as chemicals.
- Poor ventilation is a problem; your system must be kept clean or you are recycling tainted air.
- Dust and dust mites!

Your best defense is to control, dilute or remove the offenders.

Beware of your air: ensure that the air that circulates through your system is kept as clean as possible. Clean air is essential for you and your family's health. Consider whole house air filtration systems to control dust, dirt, allergens, noxious odors, toxins and active organisms such as molds.

Clean smarter; get a good vacuum with a HEPA filter. Use a microfiber mop which picks up the minute particles. A door mat reduces the amount of dirt, pesticides, and other pollutants from getting into your home.

Watch your humidity level: Dust mites and mold love moisture. Keeping humidity around 30%-50% helps keep them and other allergens under control. A whole house dehumidifier (and air conditioner during summer months) helps reduce moisture in indoor air and effectively controls allergens.

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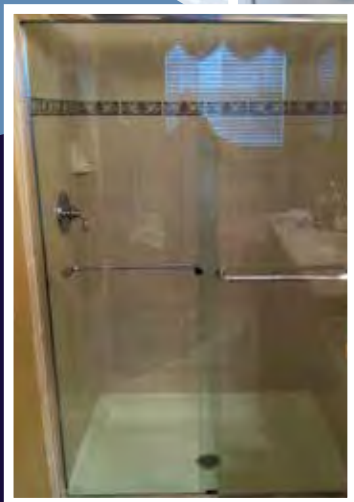
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Shrimp and Quinoa Dinner

15 Minute

Tasty, simple and satisfying makes this meal the perfect weeknight dinner for easy entertaining. The blend of shrimp, quinoa, and onions is a great source of high-quality protein and potassium, which is always a plus.

INGREDIENTS

1/2 cup low-sodium soy sauce
1/4 cup balsamic vinegar
1/2 teaspoon pepper
1 clove garlic, finely minced
2-4 dashes hot sauce (optional)
1 cup quinoa
1 tablespoon olive oil
1 red onion, thinly sliced
1 cup raw shrimp (fresh or frozen and defrosted)



DIRECTIONS

In a medium sized bowl, combine soy sauce, balsamic vinegar, pepper, garlic, and hot sauce (if using). Stir until well blended and set aside.

Combine quinoa and 1 3/4 cups water in a pot. Bring to boil, cover, and reduce to a simmer for 10 minutes, or until quinoa is cooked and tender. Remove from heat and set aside.

While quinoa is cooking, begin cooking shrimp: Heat oil in a frying pan over medium-high heat. Add onions and shrimp. When shrimp begin to turn pink, add sauce and continue to cook, stirring frequently.

When shrimp is cooked through, add quinoa, and stir until well combined. Drizzle with soy sauce or fresh lime juice.



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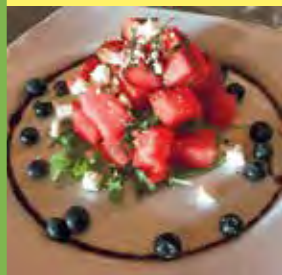
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Steaming Food

By Jordan Tinitigan

The newest cooking trend for 2016 is steaming food. Steaming works by boiling water, letting the water create steam, and letting the steam heat nearby food. The food is not in contact with the boiling water, but the steam directly hits it. This method gives food a very moist texture. Before actually steaming the food, make sure you season it very well for the max amount of taste.

This method has been famously used on vegetables in the past; however, it is now being used on clams, lobster, and even pudding! Likewise, steamed food is being used to make spring rolls, Thai food, and sponge cake. It is also very healthy! Studies show that steaming your food is a great way to get the most amount of nutrients in your food. If you are looking to try out steaming, check out some awesome recipes online!



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EAT GREEN THIS HOLIDAY AND LOSE WEIGHT

By Jordan Tinitigan

Losing weight and getting fit are long-standing resolutions on New Year's, but also throughout the year for many people who struggle with their weight. Consider the following tips when trying to incorporate green eating into your diet. The results could help you reach your goals faster than you might think.

VEGAN AND VEGETARIAN: You don't have to look far to find credible research pointing to the benefits of a plant-based diet. A recent study published in the Journal of Hypertension revealed how those eating a vegetarian diet had a 34 percent lower risk of having the condition compared to those who were not. This doesn't mean you have to entirely eliminate meat from your diet. Experts recommend you find a healthy balance and work toward incorporating more plant-based foods into every meal.

EAT LESS: There is no need to complicate your overall eating habits. The more calories you consume, the more weight you gain, especially if you're not working in enough exercise. Some general practices to consider when fighting the battle of the bulge are making yourself smaller portions and avoiding buffets. When you're eating with friends, try to eat slowly and delve into conversation. Eating slowly will help your stomach tell your mind it's full before you pile on too much dessert.

THINK LEAFY: The Centers for Disease Control and Prevention suggests having vegetables and fruits take up the largest portion of your plate. This can be a challenge if you don't regularly buy enough produce. Fill up a solid portion of your shopping cart with leafy green vegetables and luscious fruits. Shop at your local farmer's markets and grocers to make a double-impact on the environment. Doing so means you're consuming healthy foods while supporting those dedicated to sustainable growing methods.



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It's easy to eat more vegetables!

Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

Be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.

Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.

Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.

Try something new

Choose a new vegetable that you've never tried before. Find recipes online or ask a friend!



Chips Salon Moves to Freehold...Rejoice!

By Susan Heckler



A funny thing happened on the way to Freehold. I had an appointment to meet with the owner of a Chips Salon who recently moved her facility to D o w n t o w n Freehold, one of my favorite

destinations, at 21 West Main Street. I walked in hoping to sell an ad and after bantering back and forth, I was dared to stay for a makeover.

Understand that I have been using the same salon for 24 years and have been very happy. So here I am, thinking I am looking GOOOOD. My hair was just cut and colored to my satisfaction two weeks ago. I consider my hair to be a problem, health issues and hormones have been wreaking havoc with me. I made every excuse in the world but finally succumbed. I played along with the challenge, thinking all salons are created equal.

I upped the ante and asked a male friend to keep me company and voice his opinion. When he walked in to the striking room and I introduced him to the staff, they made him part of the bargain. He just had his hair cut in a posh NYC salon for \$75 and was not going to be easy to impress.

The salon is on the second story of a building listed with the Historic Register. The space is great, extra high ceilings and floor to ceiling windows overlooking Main Street USA. The interior is like a New York City Loft salon, clean and sleek with European flair. It is open and roomy yet cozy, with warm colors, warm smiles, cushy chairs, and great music. I sat, watching to see what my neighbors are eating while they dined al fresco across the street with my bird's eye view.

The owner, Onita Luisi, was trained in England, in the business for 30 years and has this amazing, soothing accent. She is an educator for Paul Mitchell and has handpicked and trained all of her stylists to meet her expectations. Each employee I met was professional and just great. You are surrounded by really nice people looking to make you the beauty you are meant to be.

WELL... the experience was beyond indulgent. They cater to your every need and have gone great lengths to make customers comfortable. Everything is state of the art, shiny and new. The front of the salon is all about the hair. The middle is the color station for hair and makeup. In the more private area will be the waxing and other Day Spa menu items that will be coming soon.

I am too boring to do anything drastic, but what these ladies do to "brown" hair is wonderful. Their product left my damaged, thinning hair rich and luxurious. The next day I wet it down and tried doing my November version of beach waves successfully. My friend will be having his do done in Freehold from now on.

I left beyond satisfied and will be very happy to come back in a few weeks for another cut. I am hoping to come on a Saturday when they pop open the bubbly for mimosas.

I lost the challenge but am happy to say I am a happy loser this time. Check out Chips Salon at 21 West Main Street in Freehold on the second floor and tell them Susan and Michael sent you!

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How To Fake The Fuller Lip

Fuller lips are everywhere right now. On Instagram it's hard to escape the celebrity chops as they show off their voluminous pouts. If you are wondering how you can get the same plump pout at home without the use of semi-permanent procedures, check out these five crucial steps to fake your way to fuller lips.

1. Prep and Prime

Once a week, gently brush your lips with a soft toothbrush to remove any dead or chapped skin. Follow with a sweep of highly moisturizing lip balm.

2. Conceal

When you want to fake a fuller lip, it's a good idea to blur your natural lip line. Take a stick of concealer (or solid foundation) and lightly dab around your lips to slightly erase their shape. Blend it inwards towards your mouth as a primer to help your lipstick last longer.

3. Line

Create a shape slightly larger than your natural lips in your desired shade and slightly curve the pencil around the outside of your Cupid's bow and trace the outer border of your center-bottom lip -- extending the perimeter by "a pencil's width" in both places. This will create the perception of a fuller pout.

4. Color in the Lines

Once you've lined the shape you want, fill them in with the same pencil to create a long-lasting base that will help your lipstick last.

5. Layer the Lip

Finally, finish with a swipe of creamy lipstick. For maximum volume, chose a shade with a slight gloss or satin finish. Make sure the layer is applied evenly.



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QUESTION: Is MicroBlading A Tattoo?

ANSWER: With the sudden popularity and media attention to the term microblading, many are led to believe microblading is not a tattoo process. Permanent cosmetics, micropigmentation, dermal implantation, microblading/microstroking, eyebrow embroidery, and long-time/long-lasting makeup, are all different names for the same procedure - cosmetic tattooing. Any time color is placed into the skin with any device, it is a tattoo process as defined by many well-informed regulators, the medical community, and dictionary sources. Denying this process is a tattoo can be problematic for those who would, for religious or other personal reasons, normally refuse to have a tattoo.



Microblading is performed with a grouping or configuration of needles affixed to a handle to manually create lines that resemble eyebrow hairs. Manual methods of tattooing have been used through the ages, and the tools have gone through changes over time from pre-historic sharpened stones to the hand tool devices currently being used. An actual scalpel or cutting-type blade should not be used under any circumstances as these are considered medical devices and cannot legitimately be used for this process. Any hand tool device (i.e., both handle and attached needles) used for microblading should be pre-sterilized and fully disposable.

Microblading may not last as long as other eyebrow tattooing techniques because a much smaller amount of pigment is inserted (tattooed) into the skin as compared to fully or solidly filled eyebrow tattoos.

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Top 3 Beauty Tools that will Make Your Life Easier

By Stefanie Maglio

Cosmetics and other beauty products can often be difficult to use depending on the brand and depending on the person as well. Applying makeup should be at least pleasant, if not enjoyable. That's why it's so important to invest in products that will make your daily beauty routine sweet, simple, and stress free.

Applying concealer or foundation can be tedious at times. Brushes often leave streaky lines and creases in the makeup. Using a makeup sponge prevents both of these things from happening. All you need to do is dampen the sponge, and use it to blend and apply whichever concealer or foundation you please. The Beauty Blender is the original makeup sponge. The quality and shape of the sponge is great. However, there are cheaper versions found in drugstores or dollar stores that work just as well.

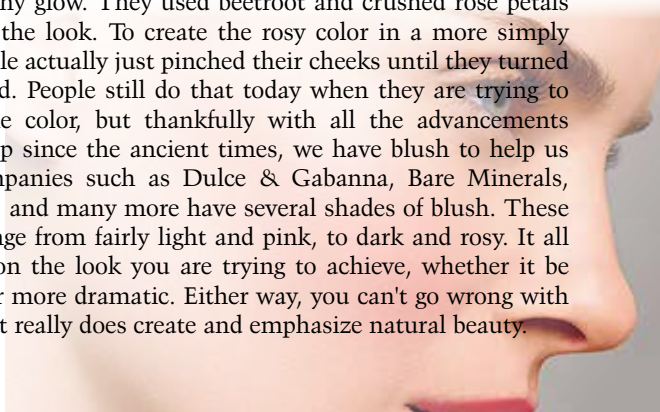
An important aspect of the face is the eyebrow, especially as of recent makeup trends. However, it isn't always so easy to get the perfect shape. Eyebrow stencils can help allow people to fill in their brows neatly. These stencils also allow for the perfect eyebrow arch. No need to worry about unsteady hands anymore. With eyebrow stencils, anyone can achieve the perfect brow.

Leaving the house in the morning, makeup is usually looking its best. However, throughout the day oily skin can cause unwanted shine. Of course there is blotting tissue, but the Blotterazzi is way more convenient as it is a blotting cushion/sponge that is re-washable! This is definitely a money-saver and is a quality product. It is produced by the same company as the Beauty Blender. This is a great and easy way to get rid of shine on the go again and again!

Rosy Cheeks Makes Classic Beauty

By Stefanie Maglio

Rosy cheeks tend to signify youth, and good health. Actually, rose is the color of a natural flush. Rosy cheeks are created by the movement of tiny blood vessels actively traveling through skin cells. However, it is found that the more a person ages, the more they lose that rose color and healthy glow. To keep this rosy color, or even enhance it, people have come up with several ideas throughout the ages. The Ancient Egyptians would wear a thick paste made from red fruits, crushed ochre, as well as other vegetables. However, this was not limited to women, as men did this as well. In Greece, women created pastes from berries and seeds in order to contrast with the natural color of their skin and enhance beauty. Even early American colonists were after this healthy glow. They used beetroot and crushed rose petals to create the look. To create the rosy color in a more simply way, people actually just pinched their cheeks until they turned pinkishred. People still do that today when they are trying to gain some color, but thankfully with all the advancements in makeup since the ancient times, we have blush to help us out. Companies such as Dulce & Gabbana, Bare Minerals, Covergirl, and many more have several shades of blush. These colors range from fairly light and pink, to dark and rosy. It all depends on the look you are trying to achieve, whether it be natural or more dramatic. Either way, you can't go wrong with blush as it really does create and emphasize natural beauty.



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Does This Baby Make Me Look Fat?

By Stefanie Maglio

Being pregnant should be a happy time that is to be celebrated. A child is on the way and there are many things to be excited about. However, many expecting women do dread certain things about being pregnant. One of the main things that comes along with pregnancy is gaining weight. This weight does not just go to the stomach area, but to the hips, thighs, arms, and face as well. Women tend to be insecure about how they look during some point of their lives. Some struggle with this more than others. However, being pregnant and heavier than you'd normally be, this can take a toll on a woman's self-esteem. Luckily, there are tips and tricks to look and feel slimmer while pregnant! Try to maintain your health as best as you can. You will be gaining weight, but don't try to yield to the food cravings. Instead, embrace them and try to eat as healthy as possible. Also, try to exercise. By eating healthy and staying active, not only will you feel better but you will look better in your own eyes as well as other's. It can be difficult to keep up with the exercising and healthy eating, especially later in the pregnancy. However, there are ways to create the illusion of a slimmer body with certain clothing. As a matter of fact, wearing clothes that are tighter around the stomach will make you look slimmer. It'll hug all the right places while making it more obvious that you are pregnant, rather than fat. Wear maternal pants that fit your size perfectly to stay comfortable. If your breast become larger, wear v-neck collars to enhance your assets and slim down your shoulders and chest. Also, wear pants that flare at the end to balance your shape and make your stomach appear smaller. Lastly, highlight any facial features you may be particularly confident about. Jewelry, scarves, or even a new pair of shoes can help boost your confidence, and not only you, but everyone else will notice that healthy and happy glow!



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Love Your Curly Hair With These Tips

By Stefanie Maglio

If you have wavy or curly hair, you know that achieving your best texture isn't wash-and-go and requires effort. To make the most of your curly hair, try these tips!

1. Dry curly hair by pressing gently with a microfiber towel, T-shirt or paper towels. Rubbing hair with a terrycloth towel can rough up the cuticle and cause hair to frizz.

2. To air dry curly hair, apply a hair gel or curl cream and wrap one- to two-inch sections around your finger to create perfectly defined ringlets. Lift hair off the scalp with duckbill clips placed vertically at the crown of your head.

3. Don't skip trims. Curly hair seems to grow slower than straight hair because its length is all coiled up. Make sure you see your stylist for split end maintenance every two months.

4. Shampoo and condition with sulfate-free hydrating products and use a moisturizing mask on your hair once a week. Curly hair needs moisture.

5. Apply styling products to curly hair when it's very wet. This will lock in smooth texture and prevent frizz from occurring on the ends.

6. Avoid stubborn knots and tangles by using a wide tooth comb to brush hair. Start combing at the ends working upwards to avoid hair breakage.



Best Beauty Buys Under \$10

By Stefanie Maglio

When it comes to cosmetics, there are two things to look for: quality and cost. Makeup for many people is an important part of their morning routine. Therefore they need products that will work best for them and last for a while too. However, no one is looking to spend a ton of money on something as simple as mascara. Not to worry, there are several drugstore makeup products that will do the job just right without breaking the bank! Here are some of the best beauty buys for under ten dollars:

IntensivEye pads: only \$4.50 for a pack of 30 makeup wipes. These will definitely come in handy for that hard-to-remove waterproof eyeliner.

Flower Petite Fleurs Pocket Triplet cream eyeshadows: \$7. This is great because you can still get three basic, quality colors without spending over \$20 on a whole eyeshadow pallet.

NYC New York Color Big Bold Plumping Lip Gloss: \$4 at most drugstores. Everyone needs at least one quality lip product. This one will do the job just right for just small cost.

L'Oréal Paris Voluminous Butterfly Mascara: \$9. This mascara has a great brush that starts off with thinner bristles for the inner corner of your eye, and works its way out to larger bristles for a fanned out, full eyelash-look.

BH Liquid Eyeliner: \$5. Everyone needs at least one basic, black, and bold eyeliner in their makeup collection.

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Moms Just Wanna Have Fun with their Daughters

By Stefanie Maglio

There is nothing like building a strong relationship between a mother and her daughter. Not only is a mom a parent to her daughter, but a mother is someone the daughter should be able to go to in a time of need, trust no matter what, feel safe with, and be able to have fun with. Communication is key when it comes to strengthening any relationship, especially between a mom and her daughter. The best way to get the communication going is through having fun with one another. Here are some fun activities for moms and daughters to do together:

Go out for a spontaneous ice cream trip, don't worry about the calories and indulge yourselves.

Take a cooking class together. This is a great idea especially with the holidays coming up. Moms and daughters can work together to create a fantastic feast!

Have a spa day together! It's a perfect time to distress from a long week.

Take an art class together and explore your more creative sides.

Volunteer somewhere in your community such as a local soup kitchen. Bonding together while helping out your community would be a great experience.

Get active! Take a trip to the gym, or go for a walk or hike in the park together. Getting some fresh air while doing something active is great for the mind and body.

Have a night out at the movies together. Maybe even bring grandma along! Whether it's a romantic comedy, or horror film, you're bound to have a great time together!



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Top Safe Baby Teething Remedies

By Stefanie Maglio

No parent wants to see his or her baby in pain. Unfortunately this happens to come along with teething. Luckily, there are many different options to consider when it comes to relieving the pain, but avoiding potentially harmful chemical remedies is very important especially with babies. Here are some safe ways to help your baby while they are teething:

A gentle gum massage with a clean finger can help to relieve a lot of pain.

Gently pressing a refrigerator-chilled spoon to the baby's gums. This works best when the child has yet to have any teeth break through the surface to avoid any accidental chipping.

Allowing the baby to chew on a cold, and or wet washcloth has been said to help with the pain of teething.

Chilled foods such as applesauce or yogurt can help soothe gums.

Plush teething toys specifically from organic brands have fruit flavor and are machine washable.

OTC Pain reliever is also an option. Just make sure to check with your pediatrician before giving some to the child.

Baby Orajel Naturals is a product to use for pain relief.

Wooden teethingers may sound dangerous but they are actually an effective option for relieving pain.

Rubber teethingers that are BPA free.

Sometimes all it may take is a simple distraction such as some bath time fun.

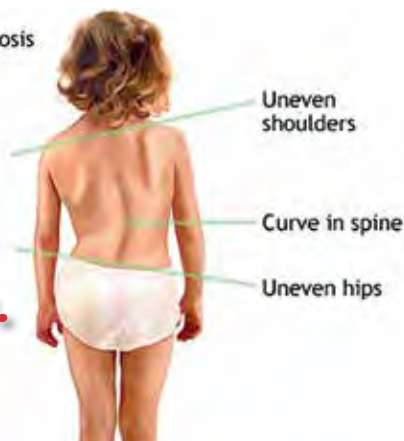
If the baby is six months of age or older, introducing a small sippy cup with cool water can be soothing as well.

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Ways to Fix Rude Behavior in Your Kid

By Stefanie Maglio

All children act out at one time or another. It is only natural that children are not perfectly behaved at such a young age. However it is crucial that certain behaviors are nipped in the bud as soon as possible. For example, rude behavior in children should be stopped by parents in order to prevent this behavior from growing into a larger issue in adulthood. There are certain things to be aware of when trying to stop rude behavior in children. It is important not to let the behavior slide. Hold the child accountable for their words. Let them know rude behavior has consequences. Help build your child's conscience. It is important that they learn to understand the other person in the situation and show respect and courtesy to others. While doing this, the parent should teach the child to respect them as well. This will give them a feel for respecting those of authority. It won't be good enough to just do these things once or twice. Putting a stop to rude behavior greatly depends on consistency from the parents. For example if certain punishments for certain degrees of rude behavior are put into place, they should be enforced. Overall, it is most important that parents convey proper moral values and judgment to their children. Once they understand that their words can be hurtful and come with consequences, they will learn that certain behaviors are really not kind or appropriate.

THE "5 Second Rule" Is Not So Safe

By Stefanie Maglio

Whether from a friend, a parent, school, brother, or sister everyone at one point has heard about the five-second rule when dropping food. Although it is just five seconds, a lot can happen to the food in that amount of time especially under certain circumstances. Therefore, it really may not be as safe as people seem to think. Many studies, including one done by Rutgers, have proven that no matter how fast the food is recovered from the floor, bacteria is still transferred. Through this same study, it was found that moist foods attract even more bacteria while on the floor than food that is dry in comparison. Rutgers conducted this test with foods such as watermelon (being the most moist), bread, bread and butter, and gummy candy. Rutgers claimed that bacteria could contaminate food instantaneously. According to KidsHealth.com, a clean-looking floor isn't necessarily clean. Bacteria aren't visible to the naked eye. Of course the faster the food is picked up, the safer it may be. However there will still be some bacteria. Therefore no matter how fast you move, it may not be enough. If you are unsure about whether or not it's safe to eat food that fell on the floor, toss it out. It is much better to be safe rather than sorry, especially when it comes to your own health in this case.



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A Winter Workout Guide for Runners

Winter is on its way! Though cold and snowy weather is exhilarating for some runners, most find it to be an obstacle to their daily workouts. There are rewards for those who stay the course this season though, and we have a few indoor training suggestions that really go the distance from January to April.

Repeat this mantra—the treadmill is a friend, not a foe. Runners are accustomed to being outdoors and using a machine may not feel organic... at first. However, today's treadmills are unlike their early ancestors. You should experiment with incline and speed, allowing you to work different muscle groups in one workout. Break up a 30 minute workout with a 10 minute warm up, a 20 minute varied workout and 10 minute cool down, gradually slowing the speed. If you're concerned about the tedium that comes with running in place, fear not. Most gyms offer state-of-the-art equipment with televisions and adapters for mobile devices. Some even allow the user to pick a remote setting—from a canyon in Southern California to a mountain in Utah to "run" through virtually. That beats the grey, slushy streets of your neighborhood, no? Boredom is no longer an excuse.

Your unofficial "offseason" is a great time to strengthen your core. With a curated selection of exercises, you can improve your form without actually running. Purists may prefer crunches, but side planks and side twists work the oft-forgotten oblique muscles. These small but crucial muscles help support the lower back and improve posture, and who doesn't need to work on that a bit? Vertical knee raises are one of the most effective exercises at targeting the upper and lower abdominals. Also called the Captain's Chair exercise, there are no weights or cables involved. Simply suspend your body, resting the elbows and forearms on the pads and raise your legs up slowly so they are parallel to the ground. You can also modify this by keeping your knees bent and your ankles crossed.

Lastly, low impact exercises are always a smart idea. Runners are susceptible to a host of stresses on their joints and bones and elliptical machines provide the cardiovascular benefits of running, but in a way that is gentler on the body. Plus, you'll burn calories and increase endurance. Like your treadmill, the elliptical has several speeds and resistance levels that provide diversity. It's a complete workout too—hitting the lower body and the upper body. We recommend starting with a brisk, five minute warm-up period and then increasing resistance and incline by one or two levels every two to three minutes thereafter. Experiment with speed and intensity, lowering one and increasing another depending on your exertion level. Though exhausting, an elliptical workout can be sustained a bit longer than some cardio, so 30-40 minutes may actually seem manageable.

If you are one of the unfortunate who take a fall or get an injury during the winter, contact JAG Physical Therapy for expert help. Our locations all over New Jersey and New York make it easy to get back on your feet or improve your physical fitness in no time at all.

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Personality Traits

By Jordan Tinitigan

Some personality traits are very prevalent, while others go completely unknown. Four popular personality traits are optimism, pessimism, trust, and envy.

Some people are optimists. To them, the "glass is half full." These people tend to see the best in every situation, no matter how terrible they may be. However, this does not mean that they don't have their bad days. Even though they are an optimist, everybody has a breaking point so try not to push them too far.

On the other hand, some people are pessimists. These people see the "glass half empty." They lower their expectations to avoid emotional pain and are often described as cynics. They are many misconceptions about pessimists, one being that they are angry and dull, but these are not true! Some of the happiest people can be pessimistic; it is simply just in their way of thinking.

Many people, especially adolescents, suffer from trust issues. Whether it be a best friend turned mean or a significant other dumping them, they have built walls to prevent anyone from getting in. They have been hurt and cannot find themselves to trust another person again. If you are looking to be close to someone like this, assure them you won't hurt them. Eventually, they'll see it through.

Finally, envy runs through everyone's veins. Envy is the want of something somebody else has. Yeah, we all want to be rich and famous, but we do not do anything deceitful to get there; however, some people act on these thoughts and end up losing the ones they care the most about because of it.

What is Reiki healing, and its benefits, both physically and spiritually?

By Gina DiRusso

Reiki works on different levels: the physical, mental, emotional and spiritual, enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. This ancient Japanese technique of healing uses energy to balance the body and mind, and it can be used on children, adults, and even pets. In fact, Reiki is believed to improve just about any aspect of life, from physical health and stress relief to mental clarity and emotional well-being. Reiki techniques are used to manipulate the body's own energy and provide healing for the mind, body and spirit. It has been demonstrated that Reiki can help people suffering from both minor and major ailments alike. On the physical level, Reiki helps to relieve many sources of dis-ease, such as migraines, arthritis and sciatica, just to name a few. It also helps to address the symptoms of these ailments, like chronic fatigue, asthma, menopausal symptoms and insomnia. Reiki has not only helped people with physical ailments but also helped those with minor psychological problems as well. In addition, Reiki offerings in health care facilities are becoming more and more common because its benefits are complementary with most medical therapy programs, enhancing the results of treatments in hospitals and outpatient health care plans. Reiki speeds up the healing process for a variety of medical procedures and treatments, minimizing the side effects of medication and reducing the recovery time from surgery. For example, chemotherapy patients who received Reiki noted a marked

decrease in side effects during treatments. Reiki can be an effective way to help treat immediate problems with both physical and mental illnesses, but regular therapy sessions can also help promote overall health. The same improvements in overall health and with specific ailments seen in people are also observed in pets and other animals undergoing Reiki therapy.

The greatest benefits of Reiki are stress reduction and overall relaxation, which trigger the body's natural healing processes (e.g., the immune system), aids in better sleep and improves and maintains physical health. Regular Reiki treatments can also bring about a calmer and more peaceful state of being, in which the person is better able to cope with everyday stress. This mental balance enhances learning, memory and clarity, and Reiki lends this balance to help address mental and emotional "scars" as well as dysfunction. Balancing a person's mental and emotional states through Reiki can help alleviate mood swings, fear, anxiety and even anger, often to the benefit of his or her personal relationships as well. These emotional benefits lend themselves well to the grieving process, helping to relieve emotional distress and sorrow. Reiki cleanses the emotional and mental energy, reducing the physical impact of the emotions and improving the client's overall perspective.

By helping the client to maintain a state of physical and emotional balance, Reiki has been shown to not only treat existing issues but also potentially prevent them from ever happening.

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Renewing Friendships For Seniors

But with the evolution of technology, it's easier than ever to reconnect with your friends and loved ones. With a little computer savvy and a commitment to "getting the crew back together," you can reclaim these relationships in no time.

BENEFITS OF FRIENDSHIPS

Research shows that close and healthy relationships for senior citizens. These benefits can be physical, healthier, more fulfilling lives. Whether you're trying spending time together again, the effort required important to remember the advantages to a more focused on putting in the energy and dedication those around you.

SOCIAL MEDIA

Many seniors go to their favorite social people who were once prominent in their people by name or location, helping you locate introductory message, you can easily find out be interested in reconnecting. If they live close for coffee or a meal.

FINDING FRIENDS

If you have recently moved to a new area, it may be challenging to put yourself back out there to find new friends. The AARP has put together some tips to help seniors meet friends, especially those seniors who may have a hard time thinking of ways to do so. Consider incorporating some of the following practices in your daily life to improve your chances of meeting new people: • Churches and other faith groups put on social events that can be great sources for new connections. Consider attending, and don't be afraid to chat with people you don't know. • Join a senior citizens' center. These organizations are active in the community and put on a broad range of events, such as dances and parties, volunteering opportunities and recreation events. • Finding employment can open up a world of networking opportunities. Even if you're looking for part-time work or a volunteering opportunity, the key is being around new people to increase your chances of finding people looking for the same thing as you: friendship



with others can contribute to your overall health, especially mental and emotional — all of which can contribute to to find new friends or convince previous ones to start to do so may put you out of your comfort zone. It's friend-filled life. Doing so will help keep you required to build and enhance relationships with

media platforms to find and reconnect with lives. Social media makes it easy to search for past connections. By simply sending an re-what your friends have been up to and if they'd enough, you may be able to set up a time to meet

What to look for when you can no longer provide care for your loved one with Alzheimers at home

PEOPLE IN LATER STAGES of cognitive decline may need full-time residential care when their caregiving needs become overwhelming for the family. This form of round-the-clock care, called "memory care," offers specialized activities and trained staff to meet the specific needs of people with dementia.

"Consider these questions when looking for this form of care for someone you love," says Bank of America Merrill Lynch's director of Financial Gerontology, Cynthia Hutchins:

- Is the facility located close to your doctor and to your family?
- Is the facility licensed by your state as an Alzheimer's Special Care Unit?
- Is there a range of services available on site, such as podiatry, vision and dental care, along with occupational, physical, speech and recreation therapy?
- Are there frequent visits by the physician medical director and specialists who can treat the psychological needs of people with cognitive problems?
- What structured daily activities are offered?
- Do staff members frequently engage residents by name as they assist them and pass them in the halls?
- Is the staff experienced in handling a variety of behavioral issues?

"You can evaluate the quality of care of the facility you're considering by using Medicare's nursing home compare tool," says Hutchins. Find it at: [medicare.gov/nursinghomecompare/ search.html](https://www.medicare.gov/nursinghomecompare/search.html).

Sources: Alzheimer's Association; Centers for Medicare & Medicaid Services



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Cold Weather Safety For Seniors

One of the first steps to making this happen is preparing your home and vehicle. Follow our tips below for making sure you're ready for the chill.

WINTERIZING YOUR HOME & CAR

Your home needs to be winterized to keep you safe and warm all season long. A local contractor or handyman can do this job well by checking your heating system and assessing the amount of insulation in your attic. Most contractors will advise having at least a foot of blown-in insulation in your attic as one of the best ways to make sure your home retains its heat this winter season. As for your vehicle, consider having it serviced by your mechanic about a month before the temperature really starts to dip in your region. Tires, windshield wipers and heaters are just a few of the things that need to be checked. Remember to keep the gas tank full throughout winter and keep an emergency kit including blankets in the car at all times.

SENIOR OUTDOOR TIPS

A little fresh air is a great way to keep healthy this winter. Obviously, you'll want to avoid below-freezing temperatures, but a leisurely stroll around your neighborhood in the crisp weather can do wonders for keeping you healthy. Dressing in the appropriate attire is critical to maintaining healthy body temperature while enjoying the great outdoors. According to the Centers for Disease Control and Prevention, seniors should wear layers of light, warm clothing, gloves, hats, scarves and waterproof boots for maximum protection from the cold. Around your home, there can be various hazards to look out for, including patchy ice or slippery snow. The CDC advises sprinkling cat litter or sand on icy areas to avoid falling and to always let friends and family members know when you plan to leave the house during the wintertime. The winter season can be hazardous to everyone, but one of the most at risk and susceptible populations is seniors. Comprehensive winter preparations and strategies must be put in place to ensure a healthy, happy winter.



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Escaping The Cold Is Important For Seniors

Seniors are more vulnerable to winter's harsh conditions, so do yourself a favor this winter by planning a warm-weather getaway.

Planning a vacation to escape winter weather is a great way to keep yourself safe from falls and cold-related illnesses. Luckily, there are many options seniors have when it comes considering affordable and easily accessible vacation spots. Talk to your local travel agent about booking the perfect getaway.

Planning your vacation with plenty of time to spare will be a less stressful experience than booking everything at the last minute. A local travel agency can take even more of the responsibility off your plate by booking rooms and flights for your vacation. Make a checklist for the items that are required for your trip. Doing so will give you the chance to pick up a few items every few weeks rather than having to buy it all at once. This can save headaches and won't hit your wallet all at once.

Look online for references and ratings regarding your dream destination. You can get a good idea on what to expect and how to plan. By researching, you will be able to discover what kind of activities you can participate in. Knowing what to expect can make packing a simpler process.

If you have never left the country, now may be the best time. You should enjoy your retirement by seeing what the world has to offer. There are a few important differences when traveling abroad than traveling from state to state.

First, you'll need a passport. You will be required to pay a small fee, provide a notarized copy of your birth certificate and a photo ID. You can access a passport at a Passport Acceptance Facility. Your passport may take up to six weeks to become available, so be sure to begin the process long before your departure date. Depending on the country you choose to visit, you may be required to carry a visa. A visa can become available just as easily as a passport if you apply for it long before your vacation. However, a rushed visa may make things complicated and hinder your international vacation.



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Medical Alert Systems For Seniors What You Need To Know

With more seniors opting to age at home in their later years, this statistic is likely to only rise. So what can you, the caregiver, do when the potential for falls seems to be on the increase? Fortunately, there are numerous medical alert systems on the market, many of which have had great success in helping the elderly population stay safer in their homes. There are different types of systems and applications, so be sure to do your research before purchasing one. It's important that you choose one that fits your family member's preferences if you want it to be a successful experience.

DIFFERENT TYPES OF DEVICES

There are many devices available that will instantly alert you and emergency personnel in the case of a fall or other related incidents. Also referred to as personal emergency response systems, these monitors allow the user to push a button on the transmitter to summon emergency help, including medical, fire or police personnel. These systems allow seniors to wear the transmitter around their necks, on their wrists or even affixed to their wheelchairs for convenience. This easy-to-reach button will give you great peace of mind in knowing your family member is ready to respond quickly to emergency situations.

CONSUMER TIPS

With so many different options on the market, how do you know which medical alert system is right for you and your family? There are a few factors to keep in mind before spending your hard-earned cash.

Here are a couple:

- **Pricing structure.** For many of the top medical alert companies, you will be required to pay a monthly fee for emergency-capable services. Always compare your pricing and make sure to get locked into a fixed monthly rate.
- **Company reputation.** As always, before entering into a monthly contract, be sure to do your homework on the company. How long have they been in business? What types of guarantees can they give you on the quality of their product? Reading objective reviews can help narrow the field.



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Before computers, medical data was stored in paper files. These days, almost everything is gathered, analyzed and transmitted electronically. This means your personal information be may be prone to cyber attacks.

The Health Insurance Portability and Accountability Act (HIPAA) provides data privacy and security provisions or safeguarding medical information. This includes the HIPAA Privacy Act that gives you several different ways to ensure your medical data is being used and secured safely.

While you may not be able to set the level of security devoted to your medical data, there are still proactive ways you can approach your safety. Regularly checking your credit can give you indications that your personal information has been compromised. The sooner you see your information being misused, sooner you can take corrective steps to regain control of your credit. Your Social Security number is one of the most important pieces of information that needs to remain private. If compromised, someone else can open credit card accounts, apply for loans and even gain access to your bank account.

The best ways to prevent someone else from gaining access to your SSN include: keeping your card in a safe place (at home, not a wallet), frequently checking your accounts for fraudulent activity and using an identity protection service.

While you may think leaving your data in the hands of your medical professionals means it's protected, it may not be in your best interest. Doctors are in charge of many different records, which can mean unintentional mistakes. Do yourself a favor and check up on your medical records to avoid errors.

Painful Varicose Veins?



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