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OUR DEPARTMENTS

Health Articles and Q&A Pages 9

Your questions answered from local physicians
Medical news and information

The Strong Lean Body.....24

Tips on how to reach and maintain a healthy fitness level

Healthy Home26

Expert tips to make your home healthier and safe

The Healthy Palate.....30

Recipes to enjoy and local dining options for eating out

Doctor Profiles31

Physician information, including credentials, to help you choose a doctor or find out more about a doctor that you go to now

I Am Beautiful.....32

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

Kids' Health37

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

As We Age43

Articles and physician information just for seniors



Princeton Area ASK THE DOCTOR

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Publisher
Cami Gunther

**Art Director/
Graphic Designer**
Mindy R. Jacobson

Editor
Elizabeth Newman

Marketing Consultants
Elizabeth Newman
Sheila Lidz
Jolene Conoscenti
Susan Heckler
Jamie Kovler Berk
Bill Campbell

**Director of Recruitment/
Event Coordinator**
Jolene Conoscenti

Writers
Susan Heckler
Pam Teel

Interns
Gina DiRusso
Jordan Tinitigan
Stephanie Maglio

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Get Marathon Ready: Running Tips From Your Physical Therapist

Fall Marathon season is upon us. The tri-state area is being overrun by running shoes, running shorts, running socks, running shirts, oh yeah! Runners! Runners! Runners! Every year our facilities are stamped with injured runners. All of these athletes are preparing for the NYC Marathon, Jersey Shore Marathon, Boston Marathon, NYC half marathon...you get the picture. Everyone has bought their new shoes, several training books and now you start logging in the miles. WAIT!!!!!! Slow down. Are you a runner? Have you ever trained for something like this before? Are you fit? These are great questions you should ask yourself before running your first 10 miles. To run a marathon is a great goal, but let's do it without getting hurt.

Here are some easy tips to keep you running and injury free. First, you should make sure your gear is properly fit. If your shoes are too tight or too loose you can get many different foot injuries such as blisters, plantar fasciitis, achilles tendinitis, sesamoiditis and subungual hematomas of your toes. Also, make sure these running shoes do not make you over supinate or pronate as this can lead to shin splints. So make sure you get a good shoe fit by a professional.

Training should be done with a good progression of mileage. You should not do too much, too quick or you will open yourself up to muscle fatigue, muscle cramps and eventually muscle strains. Although you bought the great book of running, you should make sure it has classifications for the beginner, intermediate and advanced runner. Too many times I have seen runners spend more time on our treatment tables than on the road due to doing too much, too quickly. You should have a good progression based on your level of running... remember you want to be at the big day to accomplish your goal. You do not want to be home watching the marathon on television.

Let's not forget good nutrition and hydration. Caffeine, as we all know, is dehydrating. Throughout your work day you will drink at least 3 cups of coffee but forget the water or sports drink, and now you go home and run 5 miles. Well, if the muscle is not hydrated, again it will fatigue and tear, so learn to hydrate. Most athletes hydrate with 6-8 8oz. glasses of water or sports drink throughout the day. While training or competing they will replenish with 8oz. of water every 20-25 minutes.

We all want to see you at the finish line.

Be smart, follow these simple guidelines and have a great run.

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My Son Has Asthma and Takes a Steroid Medication to Control It. His Doctor Said This Might Affect His Bones.

Is There Anything We Can Do About This?

Asthma itself does not pose a threat to bone health, but some medications used to treat the disease can have a negative effect on bones when taken for a long time. Corticosteroids, a type of anti-inflammatory medication, are often prescribed for asthma. These medications can decrease calcium absorbed from food, increase calcium loss from the kidneys, and shrink a child's bone bank account.

Kids with asthma need to take special care of their bones, making sure to get enough calcium and weight-bearing exercise. Some health care providers recommend extra calcium each day. Many people think milk and dairy products—great sources of calcium and vitamin D—trigger asthma attacks, but this is probably true only if your child is allergic to dairy foods. Unfortunately, this misconception often results in an unnecessary avoidance of dairy products, which is concerning, especially during the bone-building years.

Because exercise can often trigger an asthma attack, many people with asthma avoid weight-bearing physical activities that strengthen bone. Kids with asthma may be able to exercise more comfortably in an air-conditioned place, such as a school gym or health club.

Talk to your child's doctor for more information about protecting his bones while he is taking asthma medications.

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GET UP AND EXERCISE... BUT BEWARE!

By Dr. Sanjay Gandhi



Dr. Sanjay Gandhi, DPM

Exercising without proper precautions can put an end to your workout plans. **Rule #1:** Do not eat right before you exercise. Your body will be busy diverting blood flow to the GI system to digest the food you just ate; exercising right after eating can lead to muscle cramps in the legs, weakness, and injuries. Exercise before eating or just have a small snack. If you did eat a larger portion, wait at least an hour after a meal but preferably at least 2 hours. **Rule #2:** Warm up exercises are key. As with any type of exercise, you must warm up your lower extremity muscle groups. Calf stretches, hamstring stretches, and ankle alphabet range of motion exercises are a must. When you jog/run, all of these muscle groups play an important role. If they aren't fully stretched and ready, you can get achilles tendon strains/tears, ankle sprains, or worse yet...fractures. Any of these can sideline you for weeks to months. **Rule #3:** Wear the proper shoes. I can't emphasize this enough. I see too many people wearing shoes that don't have the proper support and shock absorptive material for impact resistance. There are simple tests you can do in the store before buying your next pair of shoes. And good shoes don't have to cost you a fortune. You can save yourself from getting ripped off...and more importantly, a severe injury.



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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! ©■

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QUESTION:

How do I know if my child has Learning Related Vision Problems?

ANSWER:

People learn three ways; auditory, tactile/kinesthetic, and visual. 65% of the population learns best visually. Did you know 80% of what a child learns in school is information that is presented visually?

If your child's vision is not at its best, they may not be seeing a large percentage of the information being offered for them to learn. Their minds may be churning, trying to clarify a blurred image rather than trying to learn what that image means. Without good vision, children will never be able to reach their learning potential.

The best way to approach this is through a team approach, which may include the child's teachers, the school psychologist, an eye doctor with experience in children's vision and learning-related vision problems and perhaps other professionals. Your eye doctor is the first line of defense.

Moms and Dads need to make sure their little student is visually ready for school. Step one is a trip to your local optometrist. It is essential to rule out simple refractive errors. But understand that nearsightedness, farsightedness and astigmatism are not the only visual disorders that can make learning more difficult. There are less obvious vision problems which relate to the way the eyes function and how the brain will process visual information which can also limit your child's ability to learn. These are called "learning-related vision problems."

Learning-related vision problems are not considered learning disabilities. According to Individuals with Disabilities Education Act (IDEA), learning disabilities do not include learning problems that are primarily due to visual, hearing or motor disabilities.

Symptoms of learning-related vision problems include:

- Blurred vision or double vision
- Crossed eyes or eyes that appear to move independently of each other

Difficulty retaining what was read

Difficulty recalling, recognizing or replicating shapes

Dislike or avoidance of reading and close work

Evidence of developmental immaturity

Excessive blinking or rubbing the eyes

Headaches or eye strain

Losing place while reading, or using a finger as a guide

Omitting, repeating, or confusing similar words

Persistent reversal of words or letters (after second grade)

Placing the book very close to your face

Poor eye-hand coordination

Short attention span during visual tasks

Slow reading speed or poor reading comprehension

Turning or tilting the head to use one eye only, or closing or covering one eye

If your child shows one or more of the above symptoms, it is time to look a little further into what is going on. If no vision problem is detected, it's possible your child's symptoms are caused by a non-visual dysfunction, such as dyslexia or a learning disability.

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

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Q: *Should I Stretch Before I Exercise?*

A: Let me set the scene for you: you arrive at the track ready for an evening run. A man off to the left, in shorts that are entirely too short, grasps the fence with one hand while he kicks his leg back and grabs his foot with the other. He then proceeds to throw his leg on top of the fence and reaches for his foot, attempting to touch his finger to his toe and failing epically. He is an Olympian in his own world. The man holds this position for 10-15 seconds, switches legs and runs off. Sound familiar? Well, its wrong. As a matter of fact, any sort of static stretching before activity is not correct, and could even lead to injury. "But why? You always preach stretching." Don't get me wrong, being flexible is key to avoiding injury and chronic problems down the road. Stretching tight muscles is great, but there is a time and place for the conventional type of stretching you are thinking about and it's not right before you exercise.

Static stretching, or stretching that involves holding your joints in a certain position in an effort to elongate a muscle, is meant to be done at rest. Stretching a muscle statically puts it in a state of rest, and can even inhibit its ability to fire properly. This can result in decreased performance and even injury. When done properly, static stretches should focus on relaxing the part of the body being stretched (embrace your inner yogi) and should be held for 20-30 seconds. Cold muscles are very stiff and should not be stretched in this manner. These types of stretches should be reserved for after activity and will be of greater benefit to your flexibility when the muscle is already warmed up.

Conversely, dynamic stretches are designed to prep your muscles and joints for activity. They involve smaller, less intense movements that mimic what you will be doing in your activity. For instance: dynamically warming up your hips for running could consist of swinging your leg in different planes of motion, repetitively. The aim should be to take the movement a bit further each rep. Dynamic stretches increase blood flow to the muscles being used which can improve their firing patterns and help avoid injury. They aren't limited to just the legs either. Dynamic stretches apply to the whole body and should be done before exercising the shoulders, muscles surrounding the elbows, and wrists as well. Get creative and tailor your dynamic stretching to your needs and limitations: there is no cookie cutter answer to your health and fitness. Just remember, when it comes to a dynamic warm up: think small.



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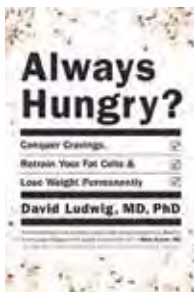
As the creator of the wildly popular Anti-Diet Project column on Refinery 29, Kelsey Miller has become a poster girl for the movement away from fad diets and body shaming and towards balanced, holistic living and body positivity. Her new book details the personal journey that inspired the column as well as the struggles and triumphs she encountered committing to her new, no-diet, balanced lifestyle. It's written in a witty, relatable voice that makes it feel like your best friend telling you a story (or many).



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David Ludwig, MD, PhD

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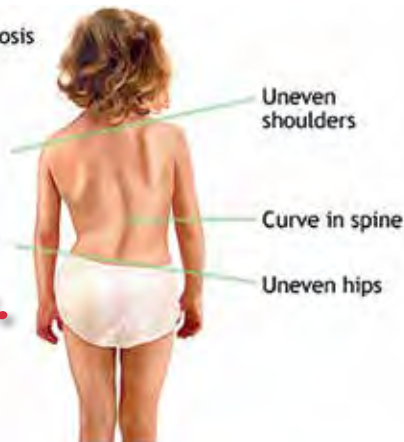


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DIABETES: Choosing the Right Glucose Meter

By Stefanie Maglio

Blood glucose meters are small, computerized devices that measure and show your blood glucose level. This information then allows you and your doctor to figure out how food, exercise, medications, stress, and other things can affect your blood glucose. This is fairly important as it will help to create a better treatment plan for the individual.

There are all sorts of meters that are available. Some meters are more basic, while others are more advanced with memory for storing information. Costs of these meters vary, and some insurance companies may not always provide coverage. It's important to find out what meter is best for you based on how simple or complex it may be, as well as what is best for you financially. When choosing a glucose meter, see if your nurse educator or doctor suggests one in particular. If they do, it would be best to start looking in that direction. It's also important to find out what your insurance covers when selecting a meter. Your insurance company may have a list of pre-approved meters that it covers. Also find out if your insurance covers the cost of supplies and testing strips. After checking with your insurance company, it'll be easier to see how much you will actually have to spend on a meter. It is also important to find out how easy it is or isn't to use the meter you're considering purchasing. Are numbers easy to read? And how much blood is necessary for a reading? How long does it take to get the reading? Maintenance is also an important thing to consider. Is it simple to clean? Can the meter be set correctly for new strips quickly and easily? Lastly, it may be a good idea to find out if you're looking for any special features in the meter such as storing memory. Some meters keep logs as well. It all depends on the preference of the individual. However, these are all important qualities to consider when purchasing a glucose meter.



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Teaching Yourself and Your Kids How to Recognize Manipulation

By Stefanie Maglio

It's important that from an early age in life, parents teach their children that healthy relationships are based upon respect for one another, trust, and security. Everyone has their moments of selfishness, but anyone who is healthy-minded will generally be able to recognize when they're being completely unreasonable. This should be followed with some sort of fair negotiation or apology. However, life doesn't always work that way. When people are self-centered they want everything to go their way, no matter the cost. This means that they turn to manipulative behaviors. Here are a few red flags to look out for when trying to spot a manipulator:

They twist your words around for their benefit. Manipulators do not own up to their actions. If you call them out on something, they always have a way of turning it around on you so you feel bad or guilty.

They may say something but later deny it. For example if they say yes to a request or make some sort of commitment to you, they pretend to forget it ever happened later on. Their lies come before your "bad memory" unless you have some way to prove it.

They use guilt trips. These are fairly self-explanatory. For example, "You go ahead to the movies without me. It's fine. I'll stay home and finish the laundry."

They make you feel like your problems aren't as important as theirs.

They use aggression and or anger to keep control of a situation.

Once you are able to recognize these behaviors, it's important to know and to let your kids know that it's completely unacceptable. We teach people how to treat us, and by allowing this behavior to go on the manipulator only becomes stronger. Put a stop to it as soon as possible.

How Can I Persuade My Daughter to Drink Milk Instead of Diet Soda?

She Thinks Milk Will Make Her Fat.

Soft drinks tend to displace calcium-rich beverages in the diets of many children and adolescents. In fact, research has shown that girls who drink soft drinks consume much less calcium than those who do not.

It's important for your daughter to know that good sources of calcium don't have to be fattening. Skim milk, low-fat cheeses and yogurt, calcium-fortified juices and cereals, and green leafy vegetables can all fit easily into a healthy, low-fat diet. Replacing even one soda each day with milk or a milk-based fruit smoothie can significantly increase her calcium intake.



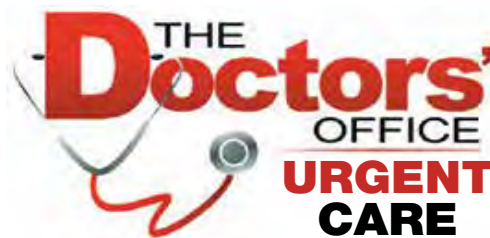
Is It Possible to Get Too Much Exercise?

For most people, including children and teens, the challenge is to get enough physical activity. However, excessive exercise and overtraining, often coupled with restrictive eating, can be a problem, especially for some female athletes and dancers, as well as girls who become obsessive about weight loss. Overtraining, like eating disorders, can result in decreased estrogen and eventually lead to thin bones that break easily.

Years ago, it was not unusual for coaches and trainers to encourage athletes to be as thin as possible for many sports, including dancing, gymnastics, figure skating, running, and diving. Fortunately, many coaches now realize that being too thin is unhealthy and can negatively affect performance as well as lifelong health.



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QUESTION:

How can a dentist help with my snoring?

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

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

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

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

While working with doctors from Stanford

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

University Medical Center, I was introduced to, and now personally wear, the first dental appliance for snoring, Obstructive Sleep Apnea (OSA), and Upper Airway Resistance Syndrome (UARS). It is a perfect alternative for those who cannot tolerate their CPAP therapy. This appliance is FDA approved as a medical device in two separate classifications; (1) as

a mandibular repositioner for treatment of snoring and sleep apnea, and (2) as a nasal dilator for improved ease of breathing. In most cases, your medical insurance will pay for the appliance.

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

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

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**Dr. Helen Simigiannis,
MD, FACOG**

QUESTION:

How does The Mona Lisa Touch counteract vaginal dryness?

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 antitling 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:

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DIET AND PSORIASIS: Happy diet, happy life

Changing your diet is not going to cure your psoriatic disease, but eating healthier can only help.

People living in the grip of psoriasis often feel powerless. Taking control of your diet is the most basic way to regain control of your life and fight back against the disease. But can modifying your diet help in treating psoriasis?

There is no definitive answer to this question. Scientists say there's little evidence at the moment to support the notion that diet can have a major impact on the disease. But many people with psoriasis swear they've found relief by changing what they eat. Dropping surplus weight and improving your cholesterol and blood sugar is empowering—even if these changes do little for your skin or joints.

University of Pennsylvania psoriasis researcher Dr. Joel Gelfand supports patients following a healthful diet, but says people should keep their doctors informed about the changes they are making—and be careful not to do anything that might actually cause harm. "The downside [of changing the way you eat] is the time, cost and energy to follow a diet you may not enjoy, and that won't have proven benefits for your health."

Generally speaking, there are four main approaches to diet:

Weight-loss

A 2014 study published in the *Journal of the American Academy of Dermatology* linked obesity to an increased risk for psoriatic disease. Researchers found that a higher body mass index (BMI) is associated with an elevated risk for developing psoriasis and psoriatic arthritis, as well as an increase in the severity of the disease.

Heart-healthy

Psoriasis is an inflammatory disease, the same as heart disease. Reducing inflammation and improving heart health are important for people with psoriasis. Eat fish at least twice a week. Cold-water fish (such as albacore tuna, mackerel, salmon, herring, and lake trout) contain omega-3 fatty acids that can help lower your risk of coronary artery disease.

Anti-inflammatory

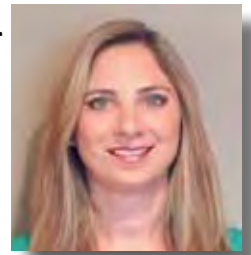
Psoriasis is an inflammatory disease. Many individuals have benefitted from following an anti-inflammatory diet to help reduce their symptoms.

Limit alcohol. If you have severe psoriasis, you may benefit from eliminating alcohol entirely. If you are going to have an occasional drink, the recommendations are: women no more than one drink per day, men no more than two.

Gluten-free

Many studies have evaluated the benefits of a gluten-free diet for psoriasis. The link between psoriasis and gluten (a complex protein found in wheat, barley and rye and in many processed foods, from lunch meats to salad dressings) is not well understood, but new research estimates that up to 25 percent of people who have psoriasis may also be sensitive to gluten. Celiac disease is caused by an intolerance to gluten. A gluten-free diet is the only known treatment for celiac disease.

There is no published evidence that going on a gluten-free diet can improve psoriasis in people who do not have celiac disease – but there is anecdotal evidence from people who have tried the gluten-free diet and swear by it.

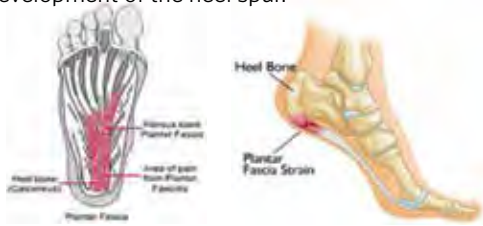


QUESTION:

I have been experiencing heel pain in the morning and sensitivity, on occasion when I walk. Are these symptoms serious and will they go away on their own?

The possible causes are: a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst. It is important to have heel pain accurately diagnosed by a podiatrist who is able to determine the underlying source of your heel pain.

Chances are you have plantar fasciitis or heel spurs. The pain is caused by the inflammation of the fibrous tissue on the bottom of the feet (plantar fascia). The pulling of the plantar fascia on the heel bone can cause breakage of the fibers, resulting in pain and swelling and the development of the heel spur.



The likely causes are flat feet, high arched feet, inflexible calf muscle, poor footwear, arthritis, diabetes, irritation or repetitive trauma to the heel tissue. Typical symptoms are sharp pain and tenderness on the sole and at the heel bone when standing and walking.

As a Fellow of the American College of Foot and Ankle Surgeons and the American Society of Podiatric Surgeons (ASPS), I have acted as a residency coordinator and educator for young physicians, and sat on the Board of Directors for the ASPS. I currently serve on several committees for the ASPS. I have been practicing podiatric surgery in central Jersey for the last ten years. I have dual board certification in foot and rearfoot and ankle reconstructive surgery by the American Board of Podiatric Surgery. Fewer than 5% of foot and ankle surgeons in the United States have these surgical credentials.

Family Foot & Ankle Center of Central Jersey provides comprehensive care for infants, children, teenagers, adults, and seniors. For more information on Achilles tendon problems and other foot or ankle problems, feel free to contact me at 732-851-1617 or info@cjfamilyfoot.com.

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Being the New Kid at School

By Stefanie Maglio

There are several challenges that people must deal with in life. At one time or another, we all come across something that can be rather uncomfortable because it is new or unfamiliar. One of those things may be being the new kid at school. Being the new kid at school can seem like a scary thing, but it doesn't have to be. There are several ways to make it a much easier and pleasant experience.

First of all, the person must realize and accept that this sort of thing doesn't happen right away. It shouldn't be rushed or forced. Go with the flow, and take one thing at a time. Put yourself out there. Sit next to new people at lunch. Be friendly to everyone. Those who reciprocate the kindness will be worth your time, and those who don't will not be worth your time. Most importantly, give yourself time to adjust to your new surroundings and your new schedule.

Once you're comfortable and adjusted, start getting involved! If you have a passion for sports, try out. If you're into chess, join the chess club. The point is to do what you love. If you aren't sure, then try something new. Hopefully the school has plenty of clubs, sports, add any other groups to offer. Go for something that catches your attention and give it a try! Guaranteed you'll make friends along the way.

It may also be a good idea to become friendly and familiar with your teachers. After all, they are there to help you. If you're struggling with something in class, seek out your teacher for some one-on-one help. Not only will it help you, but the teacher will appreciate the effort that you have shown. This will also be beneficial when it comes time for recommendation letters, scholarships, and college applications. In no time, this new school won't be so new anymore and you'll fit right in!

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Treatment for Life-Threatening Brain Aneurysm Has Patient Back on Her Feet in No Time

Maureen Myers went back to work in the Food Services Department at Manasquan High School just four weeks after surgery.



This time last year, Maureen Myers of Point Pleasant, an 18-year-veteran of the Food Services Department at Manasquan High School, ended up in the emergency room because she wasn't feeling well. A CT scan of her head revealed a large brain aneurysm. Within hours, Dr. Pinakin Jethwa, a neurosurgeon at Atlantic NeuroSurgical Specialists (ANS), and his team were operating on her.

"Maureen had a large aneurysm located just behind the left eye," explains Dr. Jethwa. "An aneurysm is a ballooning of a blood vessel, similar to a bubble on a tire. When an aneurysm this large causes a severe sudden headache, you worry that it has ruptured or is about to rupture. It is essential to get that aneurysm treated right away before bleeding occurs. Traditionally, the treatment was open surgery where we remove the skull and close off the aneurysm with a metal clip. Thankfully, today we have another, minimally invasive, option called coiling."

Dr. Jethwa took a catheter from an artery in Maureen's leg up to her brain. He placed it inside the aneurysm and packed it with coils to block it from the inside. There was no head shaving. No need for long-term medication. No visible scars.

"It was amazing," Maureen shares. "It took only a few weeks to recover completely, and when I returned to work, my colleagues couldn't believe anything had been wrong with me – let alone that I had been through five hours of surgery. I am very grateful!"

For more information on life-saving treatments for brain aneurysms and ANS, visit www.ansdocs.com or call 732.455.8225.

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Foam Roller Therapy

By Susan Heckler



We all have those times when something aches, feels tight, isn't moving right or just plain needs help. You have tried stretching and that didn't do much. You have tried to massage it out on your own but just don't have the right vantage point. You have no time to get to a masseuse or a physical therapist and you need help. You need normal for your everyday life. Normal function means your muscles are elastic,

healthy, and ready to perform at a moment's notice.

Self-myofascial release, better known as foam rolling, has transformed from a technique once used only by professional athletes, coaches, and therapists to an everyday practice for people at all levels of fitness. Affordability and availability of these products have introduced an increasing array of training and recovery methods to the average person.

Self-myofascial release is an impressive title for self-massage to release muscle tightness or trigger points. Trigger points are "knots" that form in muscles. It can be done using your own hands but depending upon what hurts and where it is on your body, it may be difficult to get to or awkward to apply the pressure needed. Releasing trigger points helps to regenerate proper movement patterns and pain free movement, and ultimately, to enhance performance. The deep tissue massage from the direct pressure of rolling over these trigger points also aids in the breakdown of fibrous scar tissue that can build up in injured or tight muscles.

They come in all shapes, sizes and textures (the bumpiness helps). By properly positioning yourself and moving on the roll you can actually reach very deep muscle tissues. The deep massage may also result in a localized increase in blood flow that will help to flush excess metabolites and toxins from the area.

To foam roll correctly, apply modest pressure to a particular muscle or muscle group using the roller and your bodyweight. Take it slowly, no more than one inch per second. Pause for several seconds and relax as much as possible when you hit a painful spot. You should slowly start to feel the muscle releasing, and after 5-30 seconds the discomfort or pain should lessen.

You should include foam rolling in your workout and recovery program; however, you should not just randomly buy rollers and start on your own. It is best to consult a physical therapist or other trained professional who will show you which ones to use and how best to use it. As with anything else, if used improperly you can do more damage than good.



"I Used to Worry About Mom When I Could Not Be With Her"



Hibernian Home Care has made it possible for Mom to stay home safely, and enjoy the companionship of a professional caregiver.

With a job of my own, and three teenagers at home, it was difficult to always be there for Mom. I always felt that no matter how much time I spent with my Mom, it was never enough. It upset me to think that she spent many hours alone in between my visits.

One of my friends told me about how they used services from Hibernian Home Care for their parents after one of them had surgery and suggested that I give them a call.

Immediately upon calling Hibernian Home Care, I felt a sense of relief. The staff person was so caring on the phone and was really interested in finding out about our specific needs and how Hibernian Home Care could help.

The Registered Nurse who came to meet me and Mom at her home was so helpful. She had many ideas to share to make things a little easier for both of us.

The Caregivers have all been wonderful, and my Mom looks forward to their scheduled visits. They help her keep the house tidy, prepare meals, assist with her personal care, and take her on errands and appointments.

Now I feel a tremendous weight has been lifted. I am comforted knowing Mom is enjoying life more and is so happy to be in the home that holds so many dear memories for her.

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U.S. Senators Host Local Forum with U.S. Surgeon General on Heroin and Opioid Crisis in New Jersey

With heroin deaths in New Jersey up 160 percent since 2010 and more than 1,200 overdose-related deaths last year alone, U.S. Senators Bob Menendez and Cory Booker hosted U.S. Surgeon General Vivek Murthy and the U.S. Department of Veterans Affairs (VA) on Monday at Saint Barnabas Medical Center for a forum on tackling the heroin and opioid-addiction crisis plaguing the nation.

Local doctors, treatment providers and advocates participated in the discussion, which also featured a demonstration on administering the overdose drug naloxone. This was the last stop on the Surgeon General's "Turn the Tide Rx" Tour.

During a recent forum, which was held in cooperation with the Partnership for a Drug Free New Jersey, Murthy emphasized the importance of conversations between doctors and patients and proactive education for those involved. He also said he intends to send a letter to all of the nation's doctors, urging them to educate themselves and talk to their patients about the risks of opiate addiction stemming from prescription painkillers.

Elaine Pozyski, chair of the Partnership for a Drug-Free New Jersey, a private not-for-profit coalition of professionals whose collective mission is to reduce the demand for illicit drugs in New Jersey, said she was pleased and encouraged that Murthy emphasized education as a key to combating the opiate epidemic.

"The Surgeon General's remarks drive home the importance of the State Assembly passing, A 3424, legislation that requires doctors and other prescribers to discuss the potential risks of dependency before writing a prescription for an opiate-based painkiller as well as to review alternative treatments, when appropriate," said Pozyski. "I call on the Assembly to pass this legislation without further delay."

In summary, the forum focused on improving the prescribing practices of doctors to reduce the supply of misused opioids while continuing to treat pain safely and effectively.

In 2015, according to professionals, more than 28,000 New Jerseyans sought treatment for heroin or opioid abuse, which significantly outpaces previous years' figures. The heroin death rate in Camden, Ocean, Cape May, Union, and Middlesex Counties significantly exceeds the number of treatment beds available per 100,000 people.

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Hernias and Kids

By Susan Heckler

Hernias can happen at any age, you can even be born with one. Premies are prone to them. Some babies are born with various small openings inside the body that will close at some point. Hernias are treatable with surgery and are a common surgery for children.

A hernia is when part of an organ or tissue in the body pushes through an opening or weak spot in a muscle wall. It can protrude into a space where it does not belong. This protrusion is a hernia, which may look like a bulge or lump.

Not all hernias are the same; there are different types that may require different medical intervention.

The two most common hernias in kids are inguinal hernias in the groin area and umbilical hernias in the belly-button area.

- An umbilical hernia happens when intestine, fat, or fluid pushes through a weak spot or hole in your baby's stomach muscles. This causes a bulge near or in the belly button, or navel. It may look like your child's belly button is swollen.
- An inguinal hernia is a type of hernia that affects the groin or scrotum. Usually an inguinal hernia occurs when tissue pushes through a weak abdominal muscle wall.

In many infant and childhood hernias, the herniated tissues may protrude only during moments of physical pressure or strain. Crying, coughing, or straining, may cause the prominent bulge to be noticeable. When a child is calm, it may seem to retract or go away. Hernias in this state are called reducible hernia and are not immediately harmful.

The most serious type of hernia is a strangulated hernia. The normal blood supply is cut off from the trapped tissue. Without that blood supply, the strangled tissue cannot get oxygen and will die. Surgery is required immediately to dislodge the tissue so that oxygen can get to it again.

An incarcerated hernia is when tissue can become trapped in an opening or pouch and does not retract. These are a serious problem requiring immediate medical attention. For example, a loop of intestine that is caught and squeezed in the groin area may block the passage of food through the digestive tract. Symptoms of an incarcerated hernia can include pain, vomiting, and irritability. If you touch the bulge it has created, it may feel hard.

A doctor can usually free the trapped tissues by gently squeezing the lump and trying to force it back into the body opening. This is a temporary fix as the weakness in the muscle is still present. The doctor usually provides pain medication during this procedure as this type of hernia can be painful. Surgery is usually required within a few days to prevent development of another incarcerated hernia.

If you think that your child may have a hernia, call your doctor immediately. You are not trained to know which type of hernia it is and how life threatening it may be.

If you suspect, observe:

When is the bulge present? Is it present when your child is straining, crying, coughing, or standing, but gone when your child is sleeping or resting? This could indicate a reducible hernia.

Is the bulge present all the time, but with no other symptoms? This could be a hydrocele (fluid rather than tissue) or something else.

Has the groin area suddenly begun to enlarge? Is there any discoloration of the bulging area or a "swollen" abdomen? Is your child irritable, complaining of pain, constipated, or vomiting? These are signs of an incarcerated hernia, which calls for immediately seeing your doctor or a trip to the emergency room.

If the area swollen, red, inflamed, and extremely painful, this might be symptoms of a strangulated hernia. Call your doctor immediately and then go directly to the hospital emergency department.

If surgery is needed, the recuperation time for kids is fairly short. Most can resume normal activities about 7 days after surgery, with the doctor's approval. Until that time, kids should avoid strenuous activity. If you notice any signs of problems after the surgery, such as bleeding, swelling, or fever, call your doctor immediately.

TRENDY MOMS: Top Ten Trends for Fall 2016

By Stefanie Maglio

Being a mom doesn't mean that you can't keep up with the latest fashion trends. It can be expensive to always go shopping for new additions to the wardrobe. Not to worry, there are ways you can make the clothing you already have seem fresh and new. Sometimes all it may take is adding a scarf to an outfit to complete the look, or even a pair of earrings. Here are some of the fashion trends for fall 2016:

1. Try out different materials such as suede. A pair of suede boots just may be the finishing touch on an outfit you already have.
2. A button-down silhouette with a skinny scarf instead of a tight sweater will look chic and stylish this fall.
3. Instead of patterns, it's all about the material. Try dark colors like black or maroon. Go for a material like velvet. As for length, go for longer clothing pieces.
4. Believe it or not, wearing the same material throughout your outfit is totally in. A jean jacket with your favorite pair of jeans and an eye-catching accessory will be a hit this fall.
5. Instead of a coat with a bright pattern, try a pair of overalls with a cool pattern.
6. Anything silky or with bright and colorful embroidery is a good idea.
7. A darker shade such as gray or brown and a ribbed texture are great qualities to look for when trying to get that put-together look this fall.
8. Instead of ripped blue jeans, go for the straight-legged darker pair of jeans.
9. Go for something bold such as a large bow or pattern that stands out on a skirt.
10. Boho embellishments will help create a casual and laid-back, yet stylish, look this fall.



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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).

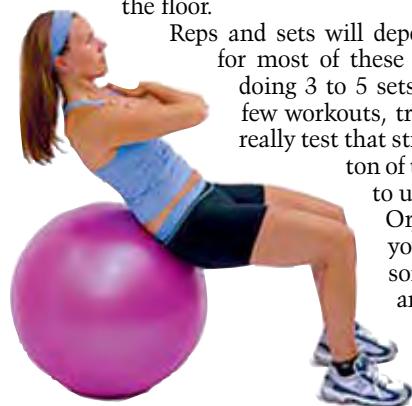
So when all was said and done, the treatment that began May 26 is winding down to once a week in mid-July. My foot is pain free 100%, my hips are 80% better (I am still on my feet way too much, which is why it is still an issue) and I am back to enjoying life as it should be! For more information contact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

The Stability Ball

By Jordan Tinitigan

Stability balls (also called exercise balls, balance balls, Swiss balls, or fitness balls) are a great way to improve strength, cardio endurance, and balance. By tackling basic moves (like push-ups, squats, and planks) on an unstable surface, muscles get more bang for their buck. Stability balls are also great for getting back into shape after an injury because they can reduce muscle and spinal strain during certain movements.

To get the most from a bouncy fitness routine, make sure to choose the correct size stability ball. (Note: some moves below use a larger or smaller than normal ball. For most exercises, though, it's best to have correctly sized equipment.) Most balls come in three diameters based on the user's height: 55 cm for those between 4'11" and 5'4," 65 cm for people between 5'4" and 5'7," and 75 cm for tall drinks of water between 5'11" and 6'7." A good rule of thumb for finding the right fit: Sit on the ball and make sure the hips and knees are at right angles with the floor.



Reps and sets will depend on fitness levels, but for most of these exercises we recommend doing 3 to 5 sets of 10 to 20 reps. After a few workouts, try bumping up the reps to really test that strength. The Internet has a

ton of tutorials and ideas for how to use a stability ball properly.

Or, you can ask a trainer at your local fitness center for some helpful suggestions and guidance how to use it safely while preventing injuries.

You Need Enzymes For Your Post Work-Out

Products with enzymes can be a good move that will help you gain additional muscle mass. The latest research shows that enzymes play an important role in the recovery after an intense workout, and therefore enzymes are considered as primary accessories for serious bodybuilders.

Enzymes are proteins that act as catalysts in the body, enabling easier and faster development of metabolic processes. Enzymes accelerate, or catalyze, chemical reactions. The proteins and carbohydrates that we consume, before they can be used as building blocks or energy, they need to be broken down and digested by our digestive system. This is where enzymes come in.

There are three main enzymes that decompose food: Amylase – breaks down carbohydrates, lipase – breaks down fats and protease – breaks down proteins. Although these enzymes are naturally produced and found in the body, we can also consume them with different foods or supplements.

Athletes that are in a quest for more muscle mass are using supplements that contain enzymes. This is how they use as many calories as they possibly can: The more enzymes they have, the more (and faster) food will be digested, the more nutrients will reach the muscles.

Knowing the fact that bodybuilders are most concerned about dietary protein than other athletes, it is logical that the enzyme protease occupies the first place as the most needed enzyme. Latest research has confirmed the beneficial role of the enzyme protease. So, a special blend of enzymes added to whey protein powders, dramatically increases the amount of amino acids in the blood.

This fact illustrates that, if such an enzyme is included in a protein supplement, the absorption and utilization of whey protein is increased, thus allowing the entry of more amino acids in the blood, from where they are delivered to the muscles.

Choose a product that contains all or some of these enzymes: tripsin, kimotripsin, pepsin, pancreatin, bromelain and papain. Bromelain can also be found in fresh pineapple fruits, papain can be found in fresh papaya. Some supplements include amylase or lipase, which can only be a bonus, knowing that they break down carbohydrates and fats. Lately, manufacturers of supplements sell protein powders which contain the enzyme protease by default.

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 Tinitigan

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

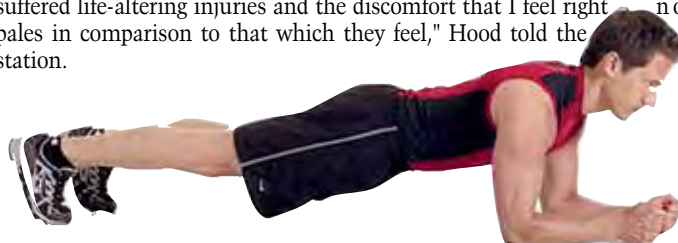
A former U.S. Marine from Carlsbad, Calif., did just that this past May and set a new Guinness Book World Record. George Hood, 57, held an abdominal plank at the Junior Seau Oceanside Pier Amphitheater in Oceanside, CA, on May 31, 2016.

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.



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How can ultraviolet lights keep my Home's air clean and healthy?

ANSWER:



Neil Slattery

If you have a HVAC (Central Heating, Ventilation and Air Conditioning) system, then you will most likely want to ensure that the air that circulates through this system is kept as clean as possible. Clean air is essential for you and your family's health. Installing ultraviolet lights (UV Lights) in your HVAC system is a very smart choice if you want to keep the air in your home or vehicle nice and healthy.

Below are three key reasons why ultraviolet lights in the HVAC system are great for ensuring that your air stays clean.

A. UV light kills germs.

- a. Ultraviolet lights have a 'germicidal' effect, which means that they kill germs and bacteria. You may already know that Ultraviolet lights are used in the water purifying industry to ensure that bottled water is free of germs. They have the same effect on the air, which is why many people choose to have UV lights installed in their HVAC systems.

B. Mold killing.

- A. Mold spores in the air can get into your lungs and cause anything from mild and momentary irritation to chronic respiratory illness. Mold spores in the air can also cause mold infections in walls and floors - particularly if the climate is humid. Again, this can be dangerous for your health. UV light kills mold and so prevents harmful mold spores from circulating unseen in the air of your home or vehicle.

C. Getting rid of viruses.

- A. Many viruses are airborne, and pass from person to person in droplets of water or saliva in the air. No-one wants to breathe in a virus and get sick! Ultraviolet lights damage the delicate membranes that keep viruses alive, and so installing UV lights in your HVAC system is a powerful weapon against viruses such as flu.

Ultraviolet lights in your HVAC system will keep your air clean and will thus protect you and your family's health. They are proven to help with allergies too!

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What Stinks?

Toxic Phthalates in Your Home

Manufacturers Report Toxic Chemicals in Wide Range of Household Products

New report reveals toxic phthalates “everywhere.” Used in products from 3M, Hallmark Cards, The Gap, Sherwin-Williams Company, True Value, and More

Newly disclosed information shows toxic hormone disrupting chemicals are used in a broader range of household products than previously known. For the first time, manufacturers of paints and cleaning products available across the country have been required to disclose their uses of hormone disrupting chemicals called phthalates (THAL eights), revealing phthalates used as a fragrance ingredient as well as a plasticizer in these products.

A new national report—What Stinks? Toxic Phthalates in Your Home—presents data generated by a Maine chemical use reporting requirement, for products sold across the country. The report was conceived and authored by the Maine based Environmental Health Strategy Center and Prevent Harm and is cosponsored by Safer Chemicals, Healthy Families and Safer States, Breast Cancer Fund, Ecology Center, Healthy Babies Bright Futures, and Women's Voices for the Earth.

In addition to the first time disclosures about toxic phthalates in specific paints and cleaners, manufacturers reported the use of phthalates in vinyl clothing, shoes, and fragranced personal care products. Reporting companies included 3M, which revealed phthalates in the fragrances of cleaners, disinfectants, and deodorizers, and the Gap, Inc. which reported phthalates used to soften the plastic tips of shoelaces and drawstrings.

“This data provides new examples of products that are letting these hormone assaulting chemicals infiltrate our bathrooms, kitchens, schools and, ultimately, our bodies,” said Mike Belliveau, executive director of the Maine based Environmental Health Strategy Center and Prevent Harm, lead sponsors of the new report. “To protect public health, manufacturers and retailers should move quickly to replace phthalates with safer substitutes.”

Chemical use disclosure required by the Maine Department of Environmental Protection is the basis for the report, and shows 14 manufacturers reported the use of four phthalates in 130 products.

Phthalates are tied to reproductive

harm, learning disabilities, and asthma and allergies—even at low levels of exposure. Strong science linking phthalates to health hazards has led to strong restrictions throughout Europe, and several phthalates are prohibited in children's products in the United States.

A growing number of states, including California, Maine, Oregon, Vermont and Washington, have passed laws that authorize mandatory disclosure of chemicals in products that may harm the health of babies and children. But reporting requirements still exempt many types of common household products.

“That means it's likely the data reported represents just the tip of the iceberg for uses of phthalates in household products,” Belliveau said. “It also is very likely that many manufacturers are illegally failing to disclose their uses of phthalates.”

Phthalates are mainly used as plasticizers, making vinyl plastic flexible. However, fragrance ingredients constituted the most frequent use of phthalates by manufacturers reporting in Maine.

Phthalates were reported as an ingredient in fragrance for more than half of the products. “Fragrance” can include dozens of chemicals, and there is no requirement that companies must disclose these ingredients publicly. In more than a third of the products reported in Maine, phthalates use is as a plastic softener in clothing, toys, and home maintenance products.

Among the priority chemicals for which Maine requires disclosure are four types of phthalates: diethylhexyl phthalate (DEHP), diethyl phthalate (DEP), benzyl butyl phthalate (BBP), and dibutyl phthalate (DBP).

“This report shows why we need real reform on the federal level to close the ‘fragrance loophole. Consumers must have full disclosure of phthalates and other potentially harmful ingredients,” said Melissa Cooper Sargent, environmental health educator for the Ecology Center. “Congress must act now to fix the Toxics Substances Control Act.”

“This new report can help retailers identify the types of products where phthalates are still hiding on store shelves,”

said Mike Schade, Mind the Store campaign director for Safer Chemicals, Healthy Families. “Big retailers should use their purchasing power and influence to drive these unnecessary toxic chemicals out of fragrance and plastics.”

“In the absence of any federal laws requiring ingredient disclosure for cleaning products and fragrance ingredients, this new data provides crucial information women can use to reduce their exposure to chemicals like phthalates that can cause reproductive harm,” said Erin Switalski, executive director of Women's Voices for the Earth. “We urge the cleaning product companies that have reported using phthalates to commit to the elimination of this toxic chemical.”

“This report shows that our families are being exposed to dangerous ingredients that are hiding in the products we use every day,” said Janet Nudelman, Breast Cancer Fund Director of Program and Policy. “Consumers have an urgent right to full disclosure of all, and not just some, of the chemicals such as phthalates in their personal care and cleaning products so they can make safer, more informed purchases.”

The Ecology Center is a Michigan-based nonprofit environmental organization that works at the local, state, and national levels for clean production, healthy communities, environmental justice, and a sustainable future. Founded in 1970, the Ecology Center is organized for one purpose -- to develop innovative solutions for healthy people and a healthy planet.

About Environmental Health Strategy Center and Prevent Harm: As a public health organization, the Environmental Health Strategy Center works to ensure that all people are healthy and thriving in a fair and healthy economy by reducing exposure to toxic chemicals in our homes and promoting products that are safe for people and the planet. In state and national campaigns, we use research and education to reform policies, change the marketplace, and advance science based solutions that are socially just. Prevent Harm is our advocacy and political action partner. Both organizations are based in Maine.

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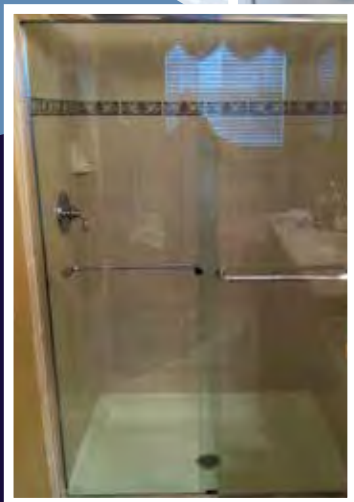
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Critical Rx For a Healthy Home

Not feeling well, but can't figure out what is wrong? Some people have health issues and may not realize their personal wellness and the health of their home are interconnected.

By giving your home a health check-up, you may be preventing diseases and other hazards from hurting you and your family. Poor indoor air quality, mold, radon, carbon monoxide, and lead paint are just a few of the home health issues that could potentially trigger asthma, possibly cause lung cancer or lead poisoning.

The Department of Housing and Urban Development (HUD) is encouraging everyone to do a home review. You may already use smoke detectors as one safety measure, but there are other ways to improve the well-being of your living space without breaking the bank.

1. Keep it Dry. Prevent water from entering your home through leaks in roofing systems, rain water from entering the home due to poor drainage, and check your interior plumbing for any leaking. 2. Keep it Clean. Control the source of dust and contaminants, creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods. 3. Keep it Safe. Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand. 4. Keep it Well-Ventilated. Ventilate bathrooms and kitchens and use whole house ventilation for supplying fresh air to reduce the concentration of contaminants in the home. 5. Keep it Pest-free. All pests look for food, water and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least toxic pesticides such as boric acid powder. 6. Keep it Contaminant-free. Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint, and keeping floors and window areas clean using a wet-cleaning approach. Test your home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action-level are detected. 7. Keep it Well-Maintained. Inspect, clean and repair your home routinely. Take care of minor repairs and problems before they become large repairs and problems:

Ordering a radon test kit to see if you need to install a radon mitigation system

Using a carbon monoxide device to detect CO gas

Checking to make sure air vents go outside and are not clogged

Sealing cracks to prevent bugs and animals from entering

Personal health and home health go hand in hand. By identifying the weaknesses in your home's health you can address the problems to make it safe and healthy for you and your family.

Have more questions about environmental health? Contact your state environmental office.

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The challenges of a gluten-free diet

Following a gluten-free diet requires you to become educated on all the hidden sources of gluten, as well as educating everyone you live with. To avoid all gluten, you must read labels carefully. You must avoid not only wheat but its derivatives: durum, graham, kamut, semolina and spelt. The same goes for barley derivatives: malt flavoring and malt vinegar, as well as rye, MSG and soy sauce.

Read labels regularly. Manufacturers change ingredients without notice.

Just because a food is labeled wheat-free doesn't mean it's gluten-free. And just because a food is labeled gluten-free doesn't mean it's calorie-free. Some manufacturers add sugar, saturated fats and preservatives to their gluten-free offerings to make them taste better, and that adds calories.

You can still eat a balanced diet when you're trying to avoid gluten. Gluten-free diets allow you to eat fresh fruits and vegetables. Beef, chicken, fish, lamb, pork and dairy products are also naturally gluten-free. (But watch for additives.)

Following a gluten-free diet is a major commitment. It can be difficult to maintain a balanced diet while eliminating the many foods that contain gluten. It's not a step you should take unnecessarily.

Eliminating gluten from your diet may help reduce your concerned health symptoms as well as eliminate digestive woes, but it's only likely to help if gluten is a problem food for you in the first place.

The Celiac Disease Foundation provides a list of foods to eat and those to avoid on a gluten-free diet, it may be helpful to reference when planning your meals.

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Serves 4

INGREDIENTS

	Cooking spray	3/4	teaspoon Dijon mustard
5	plum tomatoes, cut into 1/2-inch-thick slices (about 16 slices)	18	ounces brown rice elbows (such as Tinkyáda) or whole-grain pasta shells
2	tablespoons brown rice flour or all-purpose flour	4 1/2	ounces (1/2 package) frozen artichoke hearts, thawed and halved
2	tablespoons butter, softened	6	ounces reduced-fat sharp cheddar cheese, shredded (about 1 1/2 cups)
4	cups unsalted chicken stock	3	ounces Fontina cheese, shredded (about 3/4 cup)
3	cups 1% low-fat milk, divided	2.5	ounces Parmesan cheese, grated and divided (about 10 tablespoons)
3/4	teaspoon salt	1/2	teaspoon freshly ground black pepper

DIRECTIONS

1. Remove top oven rack, and cover with foil; lightly coat with cooking spray. Preheat broiler to high.
2. Arrange tomato slices on prepared rack; lightly coat with cooking spray. Broil 8 to 10 minutes or until tomatoes are lightly browned. Transfer tomatoes to a plate; set aside.
3. Combine flour and butter in a bowl until a paste forms.
4. Place a large high-sided sauté pan over medium-high heat. Add stock, 2 cups milk, salt, and mustard, stirring with a whisk. Add pasta to pan; bring to a boil. Cook 12 minutes or until pasta is done, stirring frequently. Stir in remaining 1 cup milk and artichokes; cook 2 minutes. Add butter-flour paste, in pieces, stirring constantly to blend and thicken. Remove from heat; stir in cheddar, Fontina, 6 tablespoons Parmesan, and pepper.
5. Arrange broiled tomato slices on top of pasta. Sprinkle with remaining 4 tablespoons Parmesan. Broil 2 minutes or until cheese begins to brown.



Dr. Gina Sclafani, OD Freehold Family Eyecare

LIC# 270A00488200 • LIC# 270m00051200



Dr. Sclafani graduated from SUNY State College of Optometry in 1984.

She is currently a member of the New Jersey Society of Optometric Physicians. Originally from Brooklyn, now living in Princeton, she has been in private practice for over 25 years, 20 in the Freehold and

Brooklyn area.

Freehold Family Eyecare offers Comprehensive eye exams for children and adults, Contact Lens Fittings and Evaluations, Eye Disease Treatment, Sports and Specialty eyewear fitting and Visual field testing.

This conveniently located office has a wide selection of eyeglasses and sunglasses for every age and every budget.

Dr. Sclafani is a mother of four and enjoys giving back to the community.

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Judy Ryan, P.T. A Healing Touch At IPT



Judy Ryan has been practicing physical therapy for 27 years, having graduated from University of Medicine and Dentistry, Newark NJ class of 1989. She has served the Howell community as Director of International Physical Therapy Rehabilitation. The clinic specializes in the care of auto-immune disorders, cancer, diabetic prevention, progressive pain disorders, sports injuries, early intervention

pediatric services and dermatological care (scar tissue, burns, ulcers).

In her years of practice, Judy possesses many advanced certifications including massage, acupressure, reflexology and a hospital trained certification in clinical aromatherapy (1 of 500+ nationwide) for those individuals suffering from shingles, psoriasis, eczema, poison ivy, diabetic care, burn and wound care.

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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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Mosaic offers a wide range of salon and spa services, including popular services such as Keratin treatment, hair and eyelash extensions, four -hand or back walking massages, couples massage and healing treatments like cupping.

While spending a day at Mosaic you will feel as though you have decompressed and stepped into a world of ultimate relaxation and pampering. The back of the spa looks out on lush landscaping with a private patio, just adding to your experience.

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Say Goodbye to Clumpy Eyelashes

By Stefanie Maglio



Whether you're getting ready for a night out with the girls, date night, or simply getting ready to go about your daily routine for the day, nobody wants to deal with clumpy eyelashes. Luckily, there are several tips and tricks to help avoid the clumps and get perfect lashes every time!

Eyelashes naturally tend to stick together even without mascara. Try separating the lashes by gently running an eyebrow brush through them from root to tip. Gently wiggle the brush from side to side while running it through the eyelashes to get a more fanned-out look. This will allow the mascara to evenly coat each eyelash. Also, let the mascara tube sit in a cup of hot water for a few minutes to make the formula more liquid-y and less clumpy. Another option would be to add a few drops of saline solution to the mascara and re-wet any flakiness that can cause clumps. Once the formula is loosened, it is time to apply the mascara to your lashes. Dip the wand into the tube, and then wipe off any excess mascara onto a tissue to prevent clumps. To make application easier and more even, bend the brush of the wand and apply the product from root to tip. Gently move it side to side to evenly coat all eyelashes.

Once the mascara is applied, you can use a clean toothbrush to de-clump as needed. The bristles will grab any excess mascara as you comb from root to tip, leaving you with a clumpfree look!

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New Lip Trend for Fall 2016

By Stefanie Maglio

Now, more than ever, the lip has become a crucial part to any makeup look. With influences from celebrities, such as Kylie Jenner, it's hard not to go along with this new trend. It's all about a darker, more fuller lip. This of course means more lip liner, slightly over-drawn lips, and lots of dark colors. Also, a matte finish has become much more popular as of this year. With plenty of companies out there such as Urban Decay, Nars, NYX, MAC, and even Kylie Jenner's new lip kits, there are all sorts of colors and finishes for us to choose from. Colors such as maroon, dark red, and even chestnut will be most popular this Fall. These companies can be on the pricier side, but there's no need to worry because drug store lipstick will get the job done just as easily. Smashbox has a color called Warm Raisin, a chestnut-like color, that would definitely go great with almost any outfit this Fall. If you're looking to go along with the trend more closely, MAC lipstick has a shade that is actually called Chestnut. This color will go great with many Fall outfits, whether they are casual or sophisticated. Not only will these colors be popular during the Fall, but I have a feeling that a darker, fuller lip look will carry over into the winter. This new trend just may be what pulls all the holiday outfits and makeup looks together this season.



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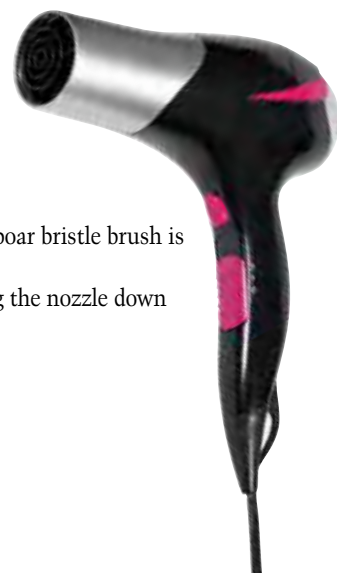
By Susan Heckler

Ever wonder why you can never get your hair to do what your stylist can? After spending all that money in the hair salon and walking out looking marvelous, you can never recreate that same look?

Well, I got annoyed enough at myself to research my failure! Here is what I found...

- ✿ If you have dry hair, condition in the shower. If you have fine hair, condition only the ends. Make sure you rinse the conditioner out thoroughly; residue will flatten your coif.
- ✿ Pay attention when your stylist blows you out. Discussing Soap Opera villains will not get you the look you want, watch what they do so you understand the results.
- ✿ Towel drying causes frizz and wrapping flattens your roots...pat your hair dry or air dry until 80% dry.
- ✿ Don't blow-dry your hair in a humid bathroom, the dampness causes frizz. Move to the bedroom or another dry spot.
- ✿ Blow dryers are not all the same, choose wisely, and invest in a professional-grade hair dryer that has at least 2600 watts of power.
- ✿ Never let a blow dryer near your head without a heat-protecting spray first. They form a film that dissipates heat and protects your hair.
- ✿ Consider using a volumizer or smoothing product if recommended but don't overdose on styling products.
- ✿ Go with your natural part line.
- ✿ Dry your roots first with your head flipped over, lift is good for most body parts!
- ✿ Use a round or oval brush that will allow you to create enough tension to give hair a smooth and polished look. A boar bristle brush is best as it has the right tension to make hair smooth and shiny.
- ✿ Start in the front of your head. Work in 2 inch sections and pull your hair, following with the dryer nozzle, pointing the nozzle down the hair shaft at least 3 inches from your hair.
- ✿ If you want straight hair, pull hair super taut as you dry. If you want body, twirl your hair with brush as you dry
- ✿ Finish the back sections of your head, holding the brush horizontally and curling the hair toward your face
- ✿ If your hair is coarse, move fast because it is likely to frizz. You may need to re-spritz
- ✿ Use your fingers to lift and position.
- ✿ The last step for each section is to pull hair taut with the brush and blast it with cool air from your dryer.
- ✿ Consider using a serum to protect the ends and finish the hair.

Now that you can look gorgeous every day, go out there and conquer the world!



A New Approach To Losing Weight Is Called Carb-Cycling.

What does this mean?

It means rotating days of eating high-carb foods with days of eating high-protein foods with days of eating high-fat foods. According to Shelby Starnes, a competitive bodybuilder and carb cycling expert, you can significantly boost your metabolism by eating complex carbs on certain days of the week and opting for proteins and fibers on the days in between.

This is a way you will keep your insulin levels under control and burn fat more efficiently while not sacrificing muscle mass. You get to eat every kind of food, including your all-time favorite meals (or a bit healthier variants), as long as you do it on the scheduled days.

That being said, if you want optimal results you should try to eat as much complex carbs as possible and limit the simple sugars in your diet. Whole grains, starchy vegetables, beans and peas should replace snacks, sugar-loaded desserts and soft drinks.

If you have a hard time giving up your sugary treats, eat them directly after a workout – that's the time when your body can make the best use of them. Avoid cheat meals as hard as you can, but if you must have them, plan them in advance and make sure you don't overeat.

And for the protein/fat days, you know the drill. Lean meats, whole eggs, casein and whey protein, low-fat dairy and oily fish, all of them in combination with fresh veggies.

For example, if you're a bodybuilder, you would consume 150-200 grams of carbs (of course according to your weight) daily for five days per week, and have 300-500 grams of carbs on the remaining two days. That means you'll have five low-carb, high-protein days and two high-carb, low-protein days. The crucial thing here is to keep your carb consumption as low as possible on high-protein days and keep your protein and fat consumption pretty low on high-carb days.

But keep in mind that the numbers above are not written in stone, they can be adjusted according to your size, needs and goals. Make sure you buy high quality products and minimize the consumption of overly processed foods containing empty calories. Don't forget that not all calories are created equal, and you want to eat the best nature can offer.

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Dorota M. Gribbin, MD

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

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

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

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

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

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

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

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

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

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

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

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

FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

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



Ask the Expert

Talking with Donna Davis



Donna Davis believes in the future of full-service sports facilities – in the winter of 2017, Sportika will move to a new sports complex now under construction at 146 Woodward Road in Manalapan. The new Sportika will have 170,000 square feet of sports and non-sports elements that cater to both parents and children. Unlike other competitive facilities nationwide, the new Sportika will provide The Ultimate Sports Experience™, offering competitive and non-competitive play, training on a private and team basis, league games and tournament hosting. Sportika's ultimate goal is for each and every person who enters the facility, whether player or non-player, to have a relaxing and enjoyable experience.

What is a "sports complex" and how is it different from traditional sports facilities?

Most current sports indoor facilities in the United States focus all of their attention on only the players, teams and coaches. The sports complex model caters to both competitive and recreational athletes of all ages, in a variety of popular sports, while also providing opportunities for the entire family to enjoy the sports experience while they support their young athlete. What truly distinguishes the modern sports facility concept from other indoor facilities is that it is designed to consider all age demographics of both participants and their fans.

How does the concept of a sports complex meet the needs of young athletes?

What was considered the norm in youth sports prior to the mid 90s is no longer the mainstay. The landscape of organized youth sports has expanded exponentially, and now we find a flourishing of training grounds for collegiate and professional curriculums in this country and all over the world. Children as young as six years old are informally being recruited by private, professional academies, college scouts and pro scouts.

Because of this, organizations are looking for state-of-the-art facilities where their players can train and practice for competition.

In many instances, players are being forced at very young ages to make critical decisions in terms of the sport they will focus on. Recreational sports, although a former breeding ground for elite athletes, are now considered to be an enjoyable agenda that gives a player the option to pursue sports at a higher level or simply remain in the program for enjoyment and physical activity.

Does a sports complex generally provide sports training as well as play opportunities?

Any sports complex with a comprehensive sports mission will offer training on a private and team basis, league games and tournament hosting. A new and exciting concept is to offer training through an inclusive program, where each player plays for a specific age group within an academy operated by the facility on a set fee membership basis. Included in their yearly fees is team training sessions and league games. For additional fees, players may also elect to have private training sessions, participate in summer programs, and develop their skills within select focus groups.

Moreover, a good sports facility makes it a priority to decipher through thorough background screening and data-based research, which players and teams are to play at what skill level. Screening teams will insure a competitive league, and accurate academy and tournament placement at all levels.

What are some of the current and future trends in sports facilities in what they offer?

In a large, well-equipped complex like Sportika, different themed areas can accommodate young children, and adults can take advantage of a beautifully designed and landscaped compound. Features such as a state-of-the-art video arcade center, a spacious and entertaining lounge, a personal training center, birthday party rooms, and a myriad of self-standing retail kiosks make these new facilities entertaining destinations for the whole family.

Some specific trends in a modern facility include comfortable seating so that seniors will be able to remain in their seats for the entire duration of each event. Instead of being bored and restless, children will be able to enjoy the state of the art arcade while their siblings are playing in games or participating in practice. Parents waiting for young athletes to complete practice sessions will have the option of training in the personal training center or conducting business in a Wi-Fi lounge or meeting rooms. These exciting trends in sports facilities mean that not only players, but other children and adults of all ages will have a winning experience.

Donna Davis, COO | Sportika Freehold | 323A Fairfield Rd. Freehold, NJ 07728 | 1-844-SPORTIKA | (732) 577-1745 | sportikasports.com

PREGNANCY:

Frequently asked questions about GBS and the GBS test

What is GBS?

It is a common type of bacteria. GBS is often found in the vagina and rectum of healthy women of all races and ethnicities. In fact, about 1 in 4 women in the United States carry this type of bacteria. These bacteria can come and go naturally in the body.

If you have GBS bacteria in your body, you would not feel sick or have any symptoms. GBS is usually not harmful to you. Other people in the house, including kids, are not at risk of getting sick from GBS.

GBS can be passed on to babies during childbirth, and that's dangerous for them.

What is the GBS test?

This is a test that is recommended for all pregnant women to get at 35–37 weeks to find out if they have GBS bacteria in their body.

Should I be tested for GBS before I am 35 weeks pregnant?

The GBS test is recommended between 35–37 weeks of pregnancy. If you think you might go into labor early, talk with your doctor or midwife about making a GBS plan.

Is there any risk to getting the GBS test?

There are no risks to being tested for GBS.

How does the doctor or midwife do the GBS test?

The test is an easy swab of the vagina and rectum that should not hurt.

What does it mean to “test positive” for GBS?

If you test positive, that does not mean you have an infection. It only means that you have these bacteria in your body. Testing positive for GBS does not mean that you are not clean. It does not mean that you have a sexually transmitted disease. The bacteria are not spread from food, sex, water, or anything that you might have come into contact with.

I tested positive. Why isn't my doctor or midwife giving me antibiotics immediately?

The antibiotic is only given during labor — you do not need to worry about getting it before you go into labor. Taking the medicine before you begin labor does not prevent the bacteria from spreading to your baby during childbirth. This is because the bacteria can grow back very fast.

How will my doctor or midwife protect my baby?

You will get antibiotics during labor by IV (through the vein).

Your baby's doctor will check on the baby once he or she is born. The baby likely won't need extra antibiotics or other medicine after birth, unless the doctor tells you that they are needed.

Will I need a GBS test only for my first pregnancy, or for every pregnancy?

Each time you are pregnant, you need to be tested for GBS. It doesn't matter if you did not have this type of bacteria before — each pregnancy is different.

Can I breastfeed if I tested positive for GBS?

Yes, it is safe to breastfeed if you tested positive for GBS.



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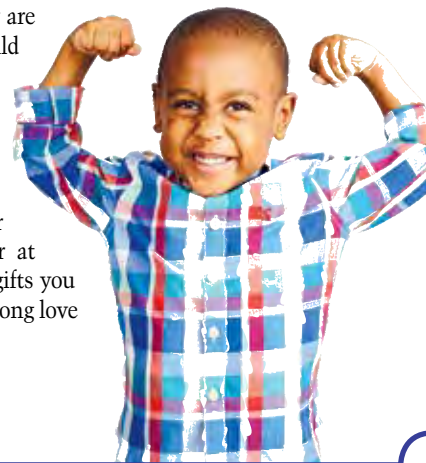
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How Does Physical Activity Help My Kids' Bones?

Muscles get stronger when we use them. The same idea applies to bones: the more work they do, the stronger they get. Any kind of physical exercise is great for your kids, but the best ones for their bones are weight-bearing activities like walking, running, hiking, dancing, tennis, basketball, gymnastics, and soccer. (Children who tend to play outside will also have higher vitamin D levels.) Swimming and bicycling promote your kids' general health, but are not weight-bearing exercises and will not help build bone density. Organized sports can be fun and build confidence, but they are not the only way to build healthy bones.

The most important thing is for your kids to spend less time sitting and more time on their feet and moving. Alone or with friends, at home or at the park, one of the best gifts you can give your kids is a lifelong love of physical activity.



SOLO PARENTING: Breaking the News to Your Kids

By Stefanie Maglio

Typically, divorce is a difficult thing to go through. It only becomes ten times harder when there are kids involved. Breaking the news is hard enough to do in general, but it can be most difficult when trying to explain it to a child. However, it is crucial that the parent makes two things clear: that the divorce is between mom and dad and is in no way the child's fault, and that even though mom and dad no longer love each other, they will never stop loving their child. Children can often believe that this is happening because they failed to do something. They may make promises to walk the dog more or clean their room. When this begins to happen, remind your child that nothing they have done is the reason for the divorce. Remind them that this is not their fault no matter how angry mom or dad may get. Also let your child know that there is nothing they can do to change the fact that mom and dad are getting a divorce, especially because it was never their fault to begin with. If your child is older, they may begin to wonder what would happen if mom got into an accident and passed away? They may wonder who would take care of them. It's important to let your child know that in a situation like that of course their dad would step in and take care of them. However, make sure to not bring this up unless the child does first. Solo parenting can be difficult, but making sure that the child is loved and well taken care of is what matters most.

Q: My child was evaluated and requires therapy. How many times a week is optimal for improvement?

A: Any child will benefit from consistency. Consistency is the key to success with your child's therapy! It is crucial in your child's development that they receive consistent therapy as well as ongoing support and work at home. This is a lot of work on your part, but it will pay off in the end.

What we may consider monotony is exactly what they need. Therapy is like exercise for your child. If you work out for one hour a week, you will not see the same progress as compared to working out 4-5 days a week. As with working out, repetition of the same action over and over in the same way will build the strength you want, where you want it.

At A Puzzle Place, we are working on similar things with your child and strengthening their muscles and their brain to help them to function better. We want your child to realize their goals as fast and as well as possible. Continuity of therapy year round; in the summer and doing the home program is crucial to faster improvement and decreased time in therapy.

It is not the quantity of therapies and new interventions your child is getting that is the most important thing, it's about the consistency and repetition of the skill instruction over long periods of time. Focusing on too many at one time is counterproductive.

Change is extremely difficult for those on the autism spectrum. Attending multiple therapy sessions in different locations with different staff, with each teaching different skill sets is often overwhelming. Consistency is also the same location, same staff, and same therapy for as long as needed. Each child responds at their own pace.

All interventions in autism require a long-term investment, accompanied by consistency. The consistency of repetitions is critical. When teaching a certain skill set you must prioritize the skills and consistently repeat the instruction or steps of that skill over an extensive period of time.

There also needs to be consistency in school and in therapy. Find out what they are doing and how they do it and try to mirror this in the home environment.

They need to hear similar language terms for the same behavior. There needs to be a cause and effect for everything. Your child must know what the ramifications will be of their behavior.

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My Daughter Is Constantly Dieting. Should I Be Concerned?

Maintaining proper weight is important to overall health, but so is good nutrition. If your daughter is avoiding all milk and dairy products and severely restricting her food intake, she is probably not getting enough calcium. She needs a more balanced diet that includes low-fat milk products and other calcium-rich foods. Calcium supplements may also be helpful to ensure that she gets enough of this essential nutrient.

You should discuss your concerns with your daughter's doctor. If your daughter is one of up to 3 percent of American girls and young women with eating disorders, the problem is even more serious. Eating disorders, especially anorexia nervosa, can lead to missed or irregular menstrual periods or the complete absence of periods, known as amenorrhea. These are signs of low estrogen, a hormone that is essential for developing bone density and reaching peak bone mass. Girls with anorexia nervosa will often have fractures as a first sign of the disease. Furthermore, reduction in estrogen production in adolescence can increase your daughter's risk of osteoporosis and fracture later in life. In severe cases, girls with eating disorders may even develop osteoporosis in their twenties, and they may find the damage to their bones cannot be reversed later in life.

Look for the following signs and see your daughter's physician if you think your daughter has, or is at risk of developing, an eating disorder:

- missed menstrual periods after having had them regularly for at least several months
- extreme and/or unhealthy-looking thinness
- extreme or rapid weight loss
- frequent dieting practices such as
- eating very little
- not eating in front of others
- trips to the bathroom following meals
- preoccupation with thinness
- focus on low-calorie and diet foods
- overtraining or excessive exercise



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Question: How does Art Help Us?

Drawing stimulates the brain to grow in the areas that learn how to observe. Some children are born 'artistically gifted' and love to spend time more time drawing than others, but these habits can be nurtured and developed in most children. For all children (and adults) art can be used as a means to increase intellectual capacity to observe and express. Art is made of memories, imagination, observations. Memories are the inspiration, imagination helps provide the material for constructing art and observations help the artist make sense of the project, giving it direction and meaning.

Children who routinely practice drawing, painting, building with clay, cutting out shapes for collages etc. often discover how to make observations and drawings that seem advanced for their age. Drawing and other observational art projects such as collages and collections encourage an eye for detail, awareness of differences and similarities. Drawing strengthens memory and promotes fine motor skills, spatial understanding, better handwriting and manual dexterity. Handwriting and drawing can definitely be improved when correct grip, pressure and posture are encouraged and monitored.

Drawing is the natural and best 'beginner art' for young children and can be enjoyed and improved as the child matures. Younger children are less apt to compare their drawings to others and are less self-critical and more tolerant of their own work. While most children benefit by early instruction and practice in observational drawing, not all are ready for instruction. Some may get frustrated when their drawings are not recognizable, and become resentful when help is offered. Show them how help, and practice can make a positive difference. Give them time and try a few months later, eventually most children will accept help. To keep the child's interest going, make it a fun activity with praise for effort.

Children naturally love the arts – painting, drawing, music, the theater. Unfortunately, when schools cut back on budgets, the arts are usually the first to go. It seems that schools do not appreciate the importance of art in building child's brain. Physiologically, the human brain consists of two parts, the left and right hemispheres. The left brain is used in logical thinking and analytical processes. This is typically what is trained in school work that consists of math, reading and science. The right brain is used in emotional perception, intuition and creativity. It is the right brain that is mainly used when a person is involved in creative endeavors such as making art. Sadly, it is this part of the brain that typical school environment neglects to train.

It is shown that when gifted kids solve problems in their areas of giftedness, there is increased electrical activity in both hemispheres. It appears that for the brain to be efficient, the two hemispheres of the brains must work together. By stimulating and exercising the right hemisphere of the brain, the arts strengthen the connection between the hemispheres. Kids should be exposed to the arts as their cognitive skills mature so that their right brain will be as developed as the left, and both hemispheres work in tandem, thus achieving the full potential of the mind. Give your child a great start -give your child the gifts of art.

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The best way to help your kids develop healthy habits for life is to be a good role model.

Research suggests that active children have active parents. If you make physical activity a priority and try hard to maintain a healthy diet, including plenty of calcium, chances are your positive lifestyle will "rub off" on them along the way. Here are some things you can do:

- Be a role model. Drink milk with meals, eat calcium-rich snacks, and get plenty of weight-bearing exercise. Don't smoke.
- Incorporate calcium-rich foods into family meals.
- Serve fat-free or low-fat milk with meals and snacks.
- Stock up on calcium-rich snacks that are easy for hungry children to find, such as:
 - cheese cubes and string cheese
 - single-serving puddings
 - yogurt and frozen yogurt
 - cereal with low-fat milk
 - broccoli with yogurt dip
 - calcium-fortified orange juice
 - individual cheese pizzas
 - calcium-fortified tortillas
 - almonds
- Limit access to soft drinks and other snacks that don't provide calcium by not keeping them in the house.
- Help your kids to find a variety of physical activities or sports they enjoy participating in.
- Establish a firm time limit for sedentary activities such as TV, computers, and video games.
- Teach your kids to never start smoking, as it is highly addictive and toxic.
- Look for signs of eating disorders and overtraining, especially in preteen and teenage girls, and address these problems right away.

Talk to your children's pediatrician about their bone health. If your child has a special medical condition that may interfere with bone mass development, ask the doctor for ways to minimize the problem and protect your child's bone health.

Talk to your children about their bone health, and let them know it is a priority for you. Your kids may not think much about health, but they are probably attracted to such health benefits as energy, confidence, good looks, and strength.



"MEMORY ISSUES"

**Learn about a Research Study Aimed
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A new clinical research study is underway with an investigational drug which may be useful in the treatment to slow or halt the progression of Memory Loss before it may progress to Alzheimer's disease.

To participate you must be 50-90 years old and diagnosed with Mild Cognitive Impairment (MCI) or Dementia. Study participants will receive study-related medical care and tests at no cost. Transportation is available. Compensation for travel is available.

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The study is being conducted by Dr Sanjiv Sharma one of the area's leading experts in Memory Loss, Dementia and Alzheimer's disease research and treatment.

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Protecting Our Loved Ones From Senior Scams

Seniors make easy targets for scams because they are available because they are retired, they're home, they read their mail and answer their phones. They are more likely to have a nest egg and less likely to report they were scammed and if they do report it, their memory may prevent them from providing detailed information

The National Crime Prevention Center (NCPC) reports that seniors over age 60 are targets of 49% of telemarketing scams involving medical care services and products, 41% involving sweepstakes and prizes and 40% involving magazine sales. The NCPC each victim of sweepstakes fraud lost an average of \$7,000.00. Although my mother in law had very little money when she passed away, we did find several thousand dollars in bogus sweepstakes tickets that she had purchased.

To prevent this, you can monitor your loved ones mail. Look for stacks of unsolicited mail with various offers for money or prizes. See if they have received packages of cheap costume jewelry or other gifts. Offer to help balance their checkbook and look for any unusual large withdrawals or checks to companies you never heard of and check credit card statements, as well.

As you can see, when someone we love becomes vulnerable, there are many people ready to take advantage. Sometimes the solution is to take control of their affairs as a trustee or conservator. But often, all that is necessary is a Power of Attorney or simply a heart to heart talk.

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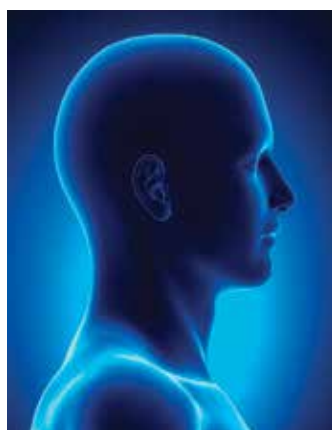
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New Study Links Dementia to Hearing Loss

A Hearing Evaluation Is Your First Line Of Defense.

A major study recently found that untreated hearing loss may increase the risk of developing Alzheimer's disease and dementia.

Those with mild hearing impairment were nearly twice as likely as those with normal hearing to develop dementia. The risk increased three-fold for those with moderate hearing loss, and five-fold for severe impairment.

The good news – hearing aids can delay, or even prevent, dementia and Alzheimer's disease.

Why take a chance?
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At Beltone, we'll thoroughly test your hearing – and, be the first to tell you if you don't have a hearing loss. But, if you do need hearing help, be assured we'll find the solution that best fits your needs. **So, don't delay, call now.**

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Hearing Aids Can Help Reduce Multiple Alzheimer's Symptoms

Has a loved one been diagnosed with dementia or Alzheimer's disease? They'll face many challenges, but untreated hearing loss shouldn't be one of them.

Research shows that treating hearing loss with hearing aids can help lessen common Alzheimer's symptoms, including depression, disorientation, anxiety, social isolation and general cognitive decline.



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Monmouth Crossing- When Only the Best is Good Enough

By Susan Heckler

There may come a time when Mom or Dad may no longer be safe living alone. They need some supervision here and there, can't drive to take care of themselves or a home, but are not ready for skilled nursing.

If you are looking for a living situation for them that offers them choice, independence, privacy, and safety in a secure, familiar, home-like environment while relieving you of the worries and headaches of managing their home, look into Monmouth Crossing.

If you are reading this it is because you are nearby, it is located on Iron Bridge Road adjacent to CentraState. As part of the CentraState Healthcare System, Monmouth Crossing assisted living is uniquely situated to offer residents a full continuum of quality healthcare services. Health/wellness services offered at Monmouth Crossing assisted living include:

- Professional nursing staff on the premises 24 hours a day/7 days a week
- Certified nurse's aides on site 24 hours/day to assist residents with activities of daily living
- Ongoing nursing assessments and coordination of care plans designed to meet each resident's individual needs
- Medication reminders and medication administration if needed
- On-site visits by geriatric specialists on staff at CentraState Medical Center

The location will be convenient for you to visit and oversee their care and, if they previously lived in the area, convenient to their friends too. Monmouth Crossing's location in the heart of Freehold Township ensures that residents enjoy easy access to all that the area has to offer—shopping, entertainment, recreation and more. Situated on seven acres of landscaped grounds, Monmouth Crossing affords fresh air, scenic views and private surroundings.

The beautiful and spacious studio, newly renovated one-bedroom and two-bedroom apartment units offer wall-to-wall carpeting and window treatments, ample closet space, individual heating and air-conditioning controls, state-of-the-art emergency response system with free pendant, kitchenette with wood cabinetry, refrigerator/freezer and microwave oven, contemporary bathroom with large walk-in shower, assist bars, vanity, mirror and ample lighting.

For individuals with special needs, including memory-related disorders, Monmouth Crossing assisted living offers Heritage Corner, a specially designed and staffed residential environment. Heritage Corner provides comfortable, secure, private studio accommodations with amenities designed to maximize independence. Accessible community areas—including dining, activity and entertainment rooms, a landscaped courtyard, patio and homey living room with a fireplace—add to the comfortable familiarity and caring atmosphere. Heritage Corner's friendly pet birds offer reassurance and brighten the day for many of the residents.

For more information on Monmouth Crossing assisted living or to schedule a visit, please call (732) 303-8600.



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