

The Greater Princeton Area

SPRING ISSUE
MAY/JUNE 2017

Ask The DOCTOR

The Health & Wellness Magazine For You And Your Family

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YOUR HEALTH QUESTIONS**

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to any
of these
questions
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suffering from...

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Arthritis of the Knee
Carpal Tunnel Syndrome
Degenerative disc disease
Degenerative joint disease
Disc Herniations
Failed back surgery syndrome
Fibromyalgia
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Medial epicondylitis
Muscle spasms
Myofascial pain
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Post-laminectomy syndrome

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Radiculitis
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Monmouth County's ASK THE DOCTOR
 The Greater Princeton Area ASK THE DOCTOR
 THE MILLSTONE TIMES • FAMILY TIMES

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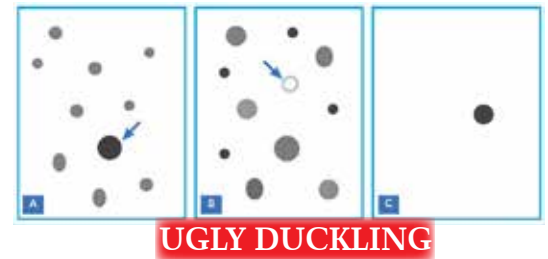
MAY IS SKIN CANCER AWARENESS MONTH- MOLES TO WORRY ABOUT

You are very lucky that you have detected the mole; many people have them in places that are not easy to spot, especially on your own body. It is very important to be vigilant about your skin year round. Self-examination is good, but a full head-to-toe once a month is even better. The earlier you find any suspicious lesions, the easier it is to be completely cured. This is why an annual or semi-annual whole body check by a dermatologist is so essential to your health.

As a general rule, take note of any new moles or growths and track any existing growths that begin to grow or change. Be suspicious of lesions that change, itch, bleed, or don't heal. There are various cancers; melanomas or non-melanoma skin cancers such as basal cell carcinoma and squamous cell carcinoma.

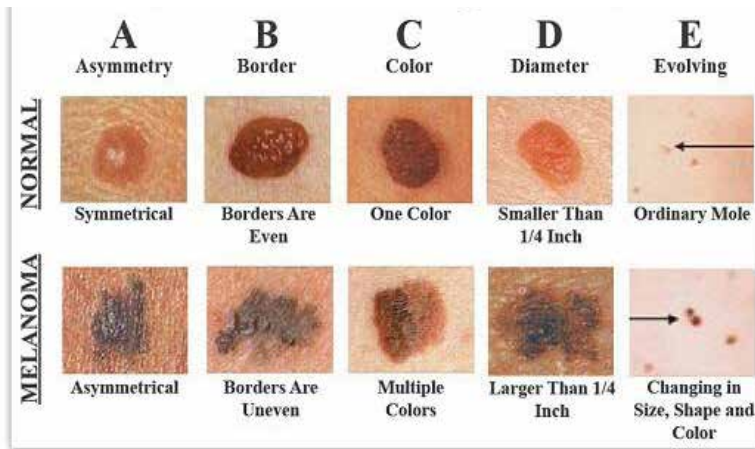
On average, one American dies from melanoma every hour, according to the American Cancer Society. Over the past three decades, more people have had skin cancer than all other cancers combined. One in five Americans will develop skin cancer in the course of a lifetime. Everyone is at risk for melanoma, but how great depends on a number of factors: sun exposure, number of moles on the skin, skin type and family history. Interestingly, while people with darker color skin may have a lower risk for skin cancer than others, it still poses a threat and is often found at a more advanced and deadly stage in this population. African Americans and Latinos are more likely to die from melanoma than Caucasians possibly due to late detection of the disease.

Concentrating on melanoma, because it is the deadliest form of skin cancer, medicine has developed two specific strategies for early recognition of the disease: the ABCDEs and the Ugly Duckling sign. Moles, brown spots and growths on the skin are typically harmless although not always. If you have more than 100 moles, it puts you at greater risk for melanoma.



The Ugly duckling concept is the analysis that nevus on the same person tends to resemble the others, and that invasive melanoma often deviates from this nevus pattern.

***Look for the Ugly Duckling and ABCDE signs of melanoma,
and if you see one or more, make an appointment with a physician immediately.***



A- Asymmetry

If you draw a line through a mole and the two halves do not match, meaning it's asymmetrical, it's a warning sign for melanoma.

B- Border

The borders of an early melanoma tend to be jagged. The edges may be scalloped or notched.

C - Color

A variation of colors is another warning signal.

D- Diameter

Melanomas usually are larger in diameter than the eraser on your pencil tip but may be smaller when first detected.

E- Evolving

When a mole starts to evolve or change in any way see a doctor. Size, shape, color, elevation, or any new symptom points to danger.

It is recommended to apply sunscreen with an SPF of 30 to 50 (Sun protection factor) 20 to 30 minutes prior to sun exposure and to re-apply it every two hours if you are swimming, or sweating.

SPF applies only to UVB protection so look for sunscreens with BROAD spectrum protection that protects against UVA and UVB. Use sun protective clothing. Avoid tanning parlors and the strongest sun rays between 10-am to 4pm. Use a moisturizer with SPF on a daily basis.

EAT MORE, WEIGH LESS

By Jordan Tinitigan

Recently, it has come to the attention to the rest of the world that dieting doesn't always mean eating less. Sure, sometimes we really just need to cut out sweets or snacking when we're bored, but the key to dieting is actually eating about five small meals a day, rather than three big ones. The schedule looks something like this: Breakfast, Snack, Lunch, Snack, Dinner.

Apparently, this diet calls for a lot of commitment, and some even call it a "lifestyle change." This is due to the fact that you are not just eating smaller portions of what you would normally eat throughout the day, you would be eating extremely healthy foods. According to everydayhealth.com, a sample meal could consist of:

Breakfast: Cold cereal, nonfat yogurt, berries, hot beverage, and orange juice

Lunch: Stuffed baked potato, broccoli, chickpea salad with lemon tarragon dressing, tossed green salad, and fresh fruit

Dinner: Bruschetta with sun-dried tomatoes and capers; pasta with red peppers, greens, white beans, garlic, and lemon zest; grilled asparagus with lemon, peppers, and caper vinaigrette; tossed green salad; and peaches cooked in red wine

As you can tell, there is a lot of food on the menu on a daily basis, but how does this work? Won't eating that much in one day make you gain weight? Well, no! Typically, since you are eating more fruits, vegetables, and proteins, rather than chips and sweets, you are eating low calorie foods that make you feel full because of their high volume.

As great as this may sound, dieting will most likely not be your only path to weight loss. You also have to exercise. It is recommended to hit the gym everyday, but since that is borderline impossible (due to busy schedules or just boring weight lifting), try taking part in classes that you enjoy! Zumba, Yoga, and spin classes are all great cardio workouts that are more fun than plain old lifting. Actually, why not join a gym like Max Fitness, where it is nothing, but classes.

Overall, there are easier alternatives to the plain old dieting. By all means, your body craves those healthy nutrients, and curbing your eating will only make you thinner. I know, that's the ultimate goal here, but the Eat More, Weigh Less diet has many other long term benefits as well as weight loss. Your body will thank you later!



CALORIE BURNERS THAT DO NOT FEEL LIKE EXERCISES

By Brianna Siciliano

Exercising can be fun and something you look forward to, or it can be boring and dreadful. Many of us want to work out and see results in our health and body, but we have days (sometimes many days) where we don't want to go to the gym for an hour. Luckily, there are tons of creative, sneaky ways to burn calories without feeling bored or tired.

Walking is a fantastic way to exercise without feeling like your exercising. Some people enjoy walking on the treadmill, but others need to walk without being on equipment. The great thing about walking is that we walk everywhere, whether it's from our bedroom to the bathroom, from our bathroom to the car, from the car to work or to class, etcetera. One of my favorite things about walking is that you can walk with a buddy, whether it's a family member, a friend, a neighbor, or a pet. If your walking buddy does not live close to you, take advantage of the technology we have. Talk to your buddy on the phone, whether your conversation is through a phone call, a video chat, or text messages. Change up where and how long you walk; one day you can walk around a local park, the next around the mall, and the day after that, walk around your neighborhood.

Yoga is another great way to sneak in exercise. Instead of lifting heavy weights or trying desperately to pick up the pace on an exercise machine, yoga practitioners utilize their body weight. There is no need to be intimidated by yogis (males who practice yoga) or yoginis (females who practice yoga) because there are different exercises for different skill levels. Yogis and yoginis do not worry about competing with others during their workouts because when in the yoga mood, there is no time to worry about



what anyone else is doing. All that matters is you, your balance, and your form. With options to pursue yoga at home by yourself, with the company of a buddy, or in a class with others at the same skill level, there is no reason to not give yoga a chance.

If you love being in the water, and you have access to a pool, use it to your advantage. Whether you swim at a leisurely pace, swim at a moderate to fast pace, do water aerobics, or participate in aqua zumba, you are burning calories. Swimming is an efficient way to burn calories without dealing with an overwhelming amount of sweat dripping down your body.

Spending time participating in activities with kids and pets is yet another fabulous way to sneak in some time to burn calories. Playing tag, hide and seek, and practicing sports with kids are exercises that can leave you breathless, but unlike running on the treadmill, this kind of breathless is less painful. Yes, you may be gasping for breath sporadically if you are playing with a fast child, but that's a good thing! You want to push yourself and even more than that, you want to spend time with the child (whether the child is your child, your niece or nephew, your grandchild, or a family friend) and build a close bond. The same thing goes for pets: playing fetch, chasing each other, and going on walks are great ways to bond and keep a close relationship. Exercising does not need to be dreadful, and it does not have to feel like a chore. Try out these sneaky ways to burn off some calories and watch your health and body change (in positive ways).

QUESTION:

So many times I am asked, “Dr. Young, I am interested in whitening my teeth. What’s the difference between all the different products?”

Teeth whitening is a process that allows teeth to become lighter, removes surface stains, and corrects discolorations. The active ingredient in most products is peroxide. How each product differs from each other is the concentration of peroxide.

Products range from over the counter toothpaste all the way to in-office treatment. Most toothpastes contain abrasive particles to remove the germ and stain layers off of teeth and this for some people can give the results an individual may be looking for.

For others that need something stronger and more effective, placing a gel in a tray and wearing the tray for a period of time may prove satisfactory. Again, it’s important to remember, the higher the concentration of peroxide the better the results.

When whitening is performed in the office, protection of the surrounding soft tissue is of critical importance as we are using 22% peroxide solution. If soft tissue protection is not performed, the soft (gum) tissue would become very irritated.

Another key factor is time. How long do you want the procedure to take? In office treatment takes about an hour to achieve optimal whitening. Gels and strips can take several days to a week to achieve similar results.

The last key factor to understand is tooth sensitivity. Whitening agents have the ability to result in short term sensitivity. Caution should be taken when consuming hot or very cold beverages or foods for a few days after whitening as they may induce slight sensitivity for a brief period of time.

In summary, whitening of teeth has different levels. How “white” you want your teeth may vary and not all products on the market work the same. It is important to discuss this issue with your dentist prior to beginning a home whitening procedure as the products you may use can cause tooth problems if there are any existing issues with your natural teeth.

If you have any questions regarding Teeth Whitening or any other dental issue, feel free to call and schedule a complimentary consultation.



David P. Young, DMD, DICOI



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CANCER CAUSING PRODUCTS

By Jordan Tinitigan

With cancer being one of the number one causes of death in our nation, it’s safe to say we’re all a little bit afraid of getting diagnosed. However, studies show that many of the products that we use everyday can actually be causes of cancer. (And no, I’m not just talking about cigarettes). These items are very common, so common actually that there is no age restriction on who can and cannot buy them! Crazy right?

To start things off, the first product that increases the risk of cancer is **AIR FRESHENERS**. Typically, air fresheners are used to sweeten the smell of your house, car, or public office. They come in all shapes and sizes and are advertised at least one hundred times a day on TV. (Yes, the Febreze commercials we all know and love). However, there is nothing really natural about these air fresheners. Actually, they’re mostly made from chemicals, and some of them have been found to increase the risk of cancer. These chemicals, according to Natural Living Ideas claim to “assault the olfactory receptors in our nostrils, rendering them incapable of recognizing other smells.” In other words, when we inhale these chemicals, we’re hurting the air around us, as well as our nostrils.

Like I mentioned before, the big difference between these items and the more “popular” cancer causing products are that they can be sold to absolute anyone. Generally, and I’m talking from experience, a child can go to a store like Bath and Body Works and come out with a new scented air freshener for their car. Isn’t that scary?

The next one might come as a surprise, but in fact, a product that we use on a day-to-day (but in this case seasonal) basis that increases the risk of cancer is **SUNSCREEN**. This may come to you as a shock, considering the fact that we’ve been told to put sunscreen on our entire lives to avoid getting skin cancer. However, many sunscreens contain Retinyl Palmitate, which is said to support the growth of cancerous skin tumors and lesions. In fact, according to healthcaregroup.com, “The majority of sunscreens are harmful, do not protect the skin from cancer, and are loaded with toxins.” Likewise, recent studies have actually come out to prove that the appropriate amount of time in the sun not only gives your body a great amount of vitamin D, but also prevents skin cancer! That may sound insane, but it’s true. An article on mercola.com states, “Sunlight causes your skin to produce vitamin D -- a fact that, ironically, means that sunscreen campaigns may have made millions of people chronically short of this critical nutrient, and put them at a greater risk of skin cancer, rather than reducing their risk.” Not only is this product potentially dangerous, but the major companies are totally skewing what we thought we knew about skin cancer all along!

The final product that I am going to mention that can cause cancer is **SODA**. Yes, along with the thousands of other reasons why soda is unhealthy, it is said to increase the risk of cancer. Soda contains artificial colorings and food chemicals, which has been one of the common denominators when it comes to cancer causing foods. Likewise, it is one of the factors that contributes to the nationwide obesity epidemic, and according to naturalon.com, “drinking large amounts of this rapidly digested sugar causes your blood sugar to spike which can lead to both inflammation and insulin resistance.” Although, it is not a direct cause of ulcers, it can irritate and give more pain to those with already existing ulcers. I know, soda tastes great, but in the long run it is terrible!

Although I’ve only given three examples of cancer causing products, there are many more than you think, and most of them involve chemicals. We all know this disease is no laughing matter, so why put yourself at risk? There will always be a natural alternative to any product on that market, some you could even make at home. In the long run, it might just benefit you. Studies show that in 2013, about 7.6 million people died from cancer. Don’t contribute to the growth of that number because of false advertising or a cool beverage. Stay safe!

ASTHMA ON THE RISE

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

Asthma is a chronic lung disease that inflames and narrows the airways, causing recurring periods of coughing, shortness of breath, chest pain and wheezing.

Other staggering numbers reported by the AAFA include:

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

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

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

Stress Factors

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

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

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

Steps to Take

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



INTERMITTENT FASTING- IS IT FOR YOU?

By Susan Heckler

Wouldn't it be great if you could eat what you want most of the time and still lose weight?

Science suggests it is a probability, in fact, it may very well be one of the most effective tools available to lose weight. This super weapon is called intermittent fasting. One study documents overweight adults who cut calories by 20% every other day dropped 8% of their body weight within 8 weeks. As an added bonus, they also had less inflammation. Fasting places your cells under a slight stress. The process of responding to this stress, according to scientists, strengthens cells' ability to deal with stress and potentially fight off some diseases. Additionally, this type of diet may limit symptoms of asthma and improve cholesterol levels.

The logic behind it all? Fasting allows your body to burn off excess body fat. Body fat is stored food energy which your body will simply "eat" its own fat for energy if no other food source is introduced. Why cut back every day if you could watch what you eat only a few of days a week? It's great when you are stuck at a weight-loss plateau despite sticking to your weight loss program or just to speed up your weight loss. There are several variations on the theme. The most popular option is fasting for 16 hours which is easy to do on a low carb, high fiber diet, especially since it includes sleep time. Essentially you are trading breakfast for a non-caloric fluid and having lunch as the first meal of the day. Fasting from 8 pm to 12 noon would be your 16 hours of fasting, thus they call this the 18:8 method. You can do this daily or as often as you wish.



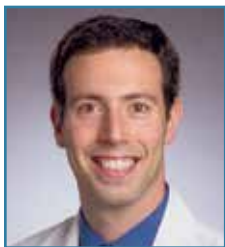
Other plans encourage you to skip food entirely for up to 24 or 36 hours at a time. The longer fasting periods are harder to do but more effective. Skipping meals dinner to dinner once or twice a week can be easy to do (for some people).

Twice a week you can eat calorie-restricted (500 calories per day for women, 600 calories for men) then eat as much as you need to feel satisfied 5 days of the week. It is called the 5:2 diet and is effective if you don't mind calorie counting. For many, it's not easy to skip most of your calories a few days a week and rely mostly on water, coffee, and tea to be satiated.

Is this for everyone? No, this diet is not recommended for children, pregnant women, those with eating disorders or diabetes. As with any change, check with your doctor, especially if you are on medication or being treated for disease or illness.

Aaron M. Bellows MD

Princeton Gastroenterology Associates Princeton Endoscopy Center, LLC



Aaron Bellows, M.D. is board certified in Gastroenterology and has a wide range of interests, including gastroesophageal reflux disease, inflammatory bowel disease, and colon cancer screening and prevention. He is a graduate of Robert Wood Johnson Medical School, where he was elected to the Gold Humanism Honor Society and was the recipient of the Robert Wood Johnson Alumni Award. He completed his internship and residency at Montefiore Medical Center in New York and was awarded for Excellence in Clinical Teaching at Albert Einstein College of Medicine. Dr. Bellows completed his fellowship in Gastroenterology at the University of Miami. He has authored several works in the areas of Molecular Biology and Gastroenterology and is a member of the American Gastroenterological Association.

If you would like to schedule a consultation with Dr. Bellows please call 609-924-1422.

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David P. Young, DMD, DICOI



"Since 9th grade, I always wanted to be a dentist. A distant cousin who happened to be a dentist knew how much I enjoyed technical projects and science. He recommended to my parents that I consider a career in dentistry, too. I am more excited about dentistry today than when I first started out. New technology and treatment innovations let me do more for my patients with far less discomfort and inconvenience to them.

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In his spare time Dr. Young enjoys aerobic fitness, playing golf, travel and wine.

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Charles F. Stueber, DAc, LAc, one of the region's premiere acupuncturists, is a Magna Cum Laude Indiana University alumni who went on to graduate from the Pacific College of Oriental Medicine with top honors.

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Dinash Yanamadula, M.D.F.A.A.P.M.R., F.A.A.P.M., is board certified in Pain Management and Physical Medicine and Rehabilitation, and he is fellowship trained in Interventional Pain Management and Sports Medicine. He completed his internship at Temple University/Frankford Hospital and completed a residency in Physical Medicine and Rehabilitation at the prestigious University of Chicago/Schwab Rehabilitation Hospital. He furthered his education to pursue a fellowship in Interventional Pain Management and Sports Medicine at Comprehensive Spine and Sports Medicine of Hawaii, where he served as Chief Fellow.

Dr. Yanamadula's multidisciplinary approach caters to each individual in the treatment of acute and chronic pain. He has successfully treated thousands of patients, ridding them of their pain, without having to resort to surgery. Dr. Yanamadula's special interests are in the area of low back pain, neck pain, nerve pain, and in the diagnosis and treatment of joint pain.

Many different modalities are utilized at Princeton Pain and Spine Institute ranging from medication utilization to optimize pain relief, to implementing a physical therapy program tailored to the individuals condition.

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QUESTION:

We are having trouble getting pregnant. When is it time to seek out help?



Dr. Seth Derman

ANSWER:

Human reproduction is not as efficient as most people think. It may seem that all of your friends are able to get pregnant the first time they try, but that is really not the case. Even in normal fertile couples, the chances for pregnancy in a given month are only about 20-25%. A typical couple takes 3 months to get pregnant, and the normal time to conceive can be up to a year. For that reason, we recommend seeking out help after a year of unprotected intercourse. Since as you get older, the chances go down, and you don't want to waste time, we recommend coming in after only 6 months if you are over 35. Also, if your cycles are irregular, it is more likely you will need help, so we also recommend coming in after 6 months.

While many women will see their obgyn or midwife when they are having problems conceiving, many others chose to go to a specialist such as myself. There is this misconception that seeing a specialist means that you will be encouraged to move on to more aggressive treatment such as IVF, but this not necessarily the case. We start off by reviewing a couples history to determine if there's any obvious reason for their infertility and then do a series of tests to look for any potential problems. Only after the workup is done, do we discuss treatment, and most often the initial treatments are relatively simple.

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Could I have PCOS?

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

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



Polycystic Ovary Syndrome

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

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

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

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

QUESTION:

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CDC Confirms Lemon Eucalyptus Oil as Effective as Toxic DEET for Repelling Bugs

DEET, while amazingly effective at warding off mosquitoes, comes with its own dangers.

It's a neurotoxin. Found in most conventional, over-the-counter insect repellents, it can enter your bloodstream if it comes into contact with your skin. Children with DEET toxicity have reported lethargy, headaches, tremors, involuntary movements, seizures, and convulsions.

It is, then, a refreshing admittance that lemon eucalyptus oil is as effective as this toxin in repelling mosquitoes.

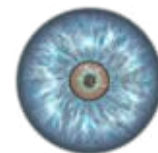
"Oil of lemon eucalyptus [active ingredient: p-menthane 3,8-diol (PMD)], a plant-based repellent, is also registered with EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested against mosquitoes found in the US it provided protection similar to repellents with low concentrations of DEET," according to the CDC.

Finding natural solutions and substitutions for heavy chemicals and toxins is extremely important and being able to research them on the internet has allowed us to swiftly rectify any time this is the case. Businesses and organizations have begun selling lemon eucalyptus oil repellents and the non-toxic movement has taken off.



10 Fascinating Facts About the Human Body

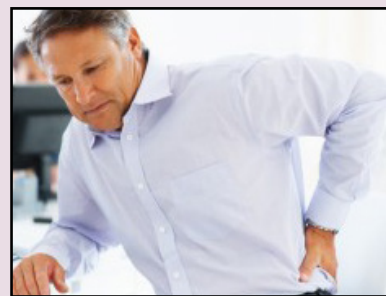
1. The cornea of the eye is the only part of the body that has no blood supply. It obtains oxygen directly from the air.
2. The human brain has a memory capability, which is the equivalent of over four terabytes on a hard drive.
3. A newborn baby can breathe and swallow at the same time only for up to seven months.
4. Your skull is comprised of 29 different bones.
5. Nerve impulses directed from the brain travel at a speed of 274 km/h.
6. One human brain produces more electrical impulses in one day than every telephone globally combined.
7. The average human body contains enough sulphur to kill all the fleas on the average dog, enough carbon to make 900 pencils, enough potassium to fire a toy cannon, enough fat to make seven bars of soap and enough water to fill a 50-litre barrel.
8. The human heart pumps 182 million liters of blood during the average lifetime.
9. 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.
10. The human embryo acquires fingerprints within three months of conception.



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- ☐ Neuropathy
- ☐ All Kinds Of Pain
- ☐ Headache
- ☐ Shoulder Pain
- ☐ Hip Pain
- ☐ Knee Pain
- ☐ Leg Pain
- ☐ Foot Pain
- ☐ Sciatica

INDIGESTION

- ☐ Acid Reflux
- ☐ IBS
- ☐ Colitis

EMOTIONAL PROBLEMS

- ☐ Anxiety & Panic
- ☐ Depression
- ☐ Anger

WOMEN'S ISSUES

- ☐ Menopause
- ☐ PMS
- ☐ Infertility

OTHER HEALTH PROBLEMS

- ☐ Asthma
- ☐ Smoking Cessation
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Can Driving Contribute to Your Back Pain?

By Aylin Mahmut PT, DPT, MCMT

Correcting sitting posture and establishing good ergonomics in work place has been a hot topic for the past years. As we sit upright at our desks, we forget to apply this principle and habit to other settings such as driving. Many of us drive minimum of 1-2 hours a day. Once you observe other drivers when you are at a red light, you will see that many people drive with a juttied out neck or an extremely leaned back chair with one arm reaching across to hold the wheel. Both situations create asymmetry in our body and is carried out to other activities when we get out of the car. What does that mean? Let me explain more.

Our muscles get the orders from our brain. After we drive 2 hours with a forward head posture, once we get out of the car and stand up, due to tightening of neck muscles, we also end up with standing up forward head posture. If you have a desk job where you have to stare at a screen occasionally or all day long, that even strains your neck more. This is how we may end up with neck problems and/or muscle aches.

Driving with one arm, and trying to reach to turn the wheel may also cause tightening of trunk muscles on the opposite side. This will also lead to over stretching of the trunk and shoulder muscles on the same side. Due to increased tightness on one side, and overstretching on the other side, we become lopsided. Over time, an unevenness may also cause spinal asymmetry and/or muscle aches in our shoulders, trunk or even pelvis.

Our pelvis is made up of three bones; two identical ones on each side that makes up the upper part of hip joint, and one bone in the back. On each side, hamstrings insert in the back and the hip flexor inserts to the front of our hip/ pelvis. Since many drive automatic cars, we really do not use our left foot. While our right leg is semi straight in order to reach the gas/pedal, we tend to bend our left knee to place our foot on the floor. That position may cause left hamstring and hip flexor to be tighter than right side, which creates an imbalance in pelvis as well as in low back.

What we can do improve our posture while driving is:

- Make sure your head is resting against the head rest
- Use both arms while driving
- Refrain from bending left knee at all times
- Keep symmetry in mind!



Correct posture

Bad posture

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THE PROS & CONS OF ALKALINE FOODS

By Stefanie Maglio

Having a diet consisting of mainly alkaline foods consists of fruits and vegetables, soy, nuts, legumes, and of course water. This means, there will be less consumption of animal protein, white sugar, white flour, processed foods, and caffeine. Overall, an alkaline diet is considered to be healthy.

Specifically, the increased intake of fruits and vegetables is said to reduce risk of chronic diseases, which is a major pro. Also, eating low-acid foods results in increased growth hormone, which can improve cardiovascular health as well as memory and cognition. Growth hormone also has anti-aging properties. Magnesium also increases, which in turn promotes energy and a healthy metabolism. Also, intake of fruits and vegetables has proven to help maintain a healthy weight, which is always ideal. Fluctuating weight is unhealthy. Some even say that an alkaline diet encourages healthy cell turnover and can help prevent cancer. However, that has not been proven. An alkaline diet is most well known for lowering the risk of kidney stones.

There are few, if any cons to eating alkaline foods. It may become more difficult to get enough calcium or protein due to less consumption of meat and dairy. However, substitutions can be made, and a holistic health practitioner can help you and your family put together the perfect diet. Sixty to eighty percent of our diets should come from alkaline foods, so you truly can't go wrong.



May is Stroke Awareness Month

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

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

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

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

- Don't smoke.
- Exercise regularly.
- Eat a healthy diet that's low in sodium.
- Maintain a healthy weight.
- Prevent or control diabetes.
- Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).

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

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

- Numbness or weakness of the face, arm or leg, especially on one side of the body.
- Confusion, trouble speaking or difficulty understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness or loss of balance and coordination.
- Severe headache with no known cause.

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

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

**MAY IS
STROKE
AWARENESS MONTH**
STOP Stroke • Act F.A.S.T. • Spread HOPE



Are You Still in Pain?

If you have been going to a physical therapist or chiropractor for a long time, yet you are still experiencing the same pain or problem, something has been missed.



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Whether you're new to alternative therapies or not, I can guarantee that your experience with Dr. Feldman will be different. If you have been going to a physical therapist or chiropractor for a long time yet you are still experiencing the same pain or problem, something has been missed.

Our purpose is in helping people get back to doing what they want to do. Integrating several modalities, Dr. Feldman can achieve lasting, definitive results – not just temporary relief, but real resolution of your problem.

About The Doctor

Dr. Feldman has been in practice for over 35 years. A graduate of the State University of New York at Buffalo, Dr. Feldman earned his Doctor of Chiropractic from New York Chiropractic College. He also studied with renowned Osteopathic teachers and CranioSacral Therapy leaders. Dr. Feldman studied personally with Dr. Moshe Feldenkrais.

The Feldenkrais Method • CranioSacral Therapy • Nutrition Response Testing

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Nutrition Response Testing

A non-invasive system of analyzing the body in order to determine the underlying causes of ill health

Wednesday, May 31st at 6:45-7:45pm

Adrenal/Thyroid Health: Are you tired, overwhelmed or stressed out? Do you often feel cold? Have difficulty losing weight? Or experiencing thinning hair?

Wednesday, June 7th at 6:45-7:45pm

Women's Health/Reproductive Health: Making sure you're getting the nutrients your body needs.

Wednesday, June 14th at 6:45pm-7:45pm

Mental Health: Is your emotional/mental health affecting your physical health?

Wednesday, June 21st at 6:45pm-7:45pm

Digestive Health: How does food sensitivities & gut flora tie into inflammation & joint problems?

IN THE HEAT OF THE MOMENT, HEAT AWARENESS DAY IS HERE

By Susan Heckler

Congratulations, you have survived the 'Winter from Hell.' The trees are budding and the first signs of spring have sprung. It seems a long way away, but we need to start thinking about summer and the hot weather. Heat Awareness Day is May 24, 2017.

Anyone who is exposed to extreme heat or hot environments may be at risk of heat stress. Heat-related deaths and illness are preventable, even so an average of 688 deaths each year in the U.S. are attributed to it. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Workers at risk of heat stress include outdoor workers, but also workers exposed to hot environments such as firefighters, bakery or kitchen workers, farmers or construction workers, or anywhere you would be wishing for air conditioning. Senior citizens, those who are overweight, have heart disease or high blood pressure, or take certain medications, infants and children, and athletes may be affected by extreme heat and are at greater risk.

Our bodies naturally react to heat by perspiring and breathing. The Center for Disease Control recommends keeping your body temperature cool to avoid heat-related illness, be sure to stay hydrated because your body loses fluids through sweat (you can become dehydrated during times of extreme heat), and stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

Heat exhaustion is a common reaction to severe heat and can include symptoms such as dizziness, headache and fainting. With rest, a cool environment and hydration (including refueling of electrolytes, which are necessary for muscle and other body functions) the symptoms diminish. When a person is exposed to heat for a very long time, the first thing that shuts down is the ability to sweat. When perspiration is dried by the air, it has a cooling effect

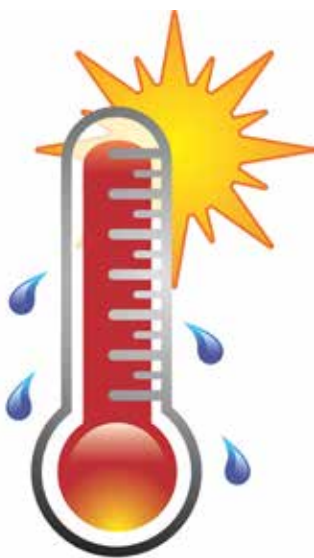
on the body. When perspiration stops, a person can move from heat exhaustion to heat stroke rapidly.

Heat stroke is more severe and requires medical attention—it is often accompanied by dry skin, a body temperature above 103 degrees Fahrenheit, confusion and sometimes unconsciousness. Heat and humidity is a dangerous combination.

When you factor relative humidity into the air temperature, it feels like it is much warmer than the thermometer reads. As an example, if the air temperature is 96°F and the relative humidity is 65%, the heat index—how hot it feels—is 121°F!

We should all remember not to leave children and pets in the cars in any weather, but especially in the warm months. Even with windows open on a mild day, the body absorbs more heat than it can handle. This is called hypothermia, and is responsible for untold deaths each year. If you are uncertain whether or not the weather will impact your health, don't make those plans.

Summer is a time for fun in the sun, be smart and be safe...when in doubt, do without.



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ANTI-INFLAMMATORY DIET FOR AUTO IMMUNE DISORDERS

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

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

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

EAT MORE


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

ELIMINATE / EAT LESS

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




Optimize Your Health. Transform Your Life.



At Princeton Integrative Health, we believe in the power of healthcare to change lives, not just treat symptoms. We partner with our patients to proactively prevent and reverse disease and dysfunction by identifying and attacking the root cause of the problem, which is often stress in our lives and inflammation in our bodies.

Our personal, patient-based approach to care is backed by science, delivered with compassion, and supported by this simple truth: A healthy diet and regular exercise are not enough to maintain and restore good health—but they are a great start.

We take time to get to know the unique needs of every patient and customize a plan that may include:

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 - Functional Medicine Testing
 - Mindfulness and Meditation
 - Lifestyle Change Program
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The Hidden Dangers of Stress

Stress is a fact of life. Its impact on our health is well documented and far-reaching, from high blood pressure and heart disease to depression and irritable bowel syndrome. Yet, there are a great many “hidden stressors” that are also depleting our energy and making us feel unwell and out of balance.

Jenna Richardson and her father, Vincent Leonti, MD, founders of Princeton Integrative Health (PIH), take the time to uncover the root causes of disease and dysfunction. When a patient complains they don't feel well, the PIH team doesn't just treat the symptoms, they look at the whole person—from their relationships to their sleep patterns, as well as their medical history and laboratory results. Often they discover hormonal imbalances, digestive and detoxification issues, and poor energy production—all signs of stress on the body.

“Despite amazing advances in medicine, so many Americans are walking around tired and stressed and sick. More than ever, we need to take a step back and figure out what is preventing us from achieving optimal health,” says Jenna, who is also a Functional Diagnostic Nutritionist and Integrative Health Coach.

It could be stress, but it could also be a food sensitivity or intolerance, a chronic health concern, even a lack of connection. These are the healthcare issues of the 21st century. Functional medicine brings the practitioner and patient together to address them.



Jenna and the team
at PIH show
patients how
a commitment
to lifestyle changes
can help to prevent heart
disease, diabetes and other
chronic illnesses, or manage and

often reverse pre-existing conditions, such as chronic pain, high cholesterol, autoimmune conditions or arthritis. They take time to understand how both physical and emotional factors can affect your health. And, ultimately, your life.

For more information, or to schedule a consultation, call **609.512.1468**. Or email info@princetonih.com.



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

QUESTION:

How does The MonaLisa 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 anticing products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The MonaLisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical 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. 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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POST-PREGNANCY WEIGHT LOSS

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

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

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

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

Kitchen and Grocery Store Strategies

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

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

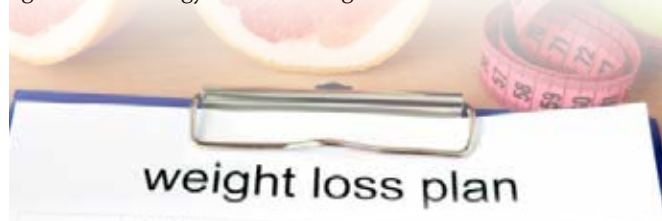
Send your significant other to the grocery store for some fresh produce and meats. Experts recommend spending the majority of your shopping time on the perimeter of grocery stores — where the produce and frozen vegetables are usually located. More time here and less time in the middle of the store where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

Avoid Processed Foods

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

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

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



Your Cheat Sheet to Cancer Screenings & Good Health

After reading the cheat sheet, you may be wondering why you shouldn't get screened if a cancer screening test exists. Good question. Some tests have been shown to find both cancer early and to lower the chance of dying from cancer. Others have been shown to find cancer early, but do not lower the risk of dying from cancer. In a nutshell, the benefit of screening doesn't always outweigh the harms associated with screening.

Type of Cancer	Screening Method	When to Get Screened*
Colorectal (colon) cancer	Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT)	If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.
Lung cancer	Low-dose CT scan	If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan every year.
Prostate cancer	Digital rectal exam (DRE) and prostate specific antigen (PSA) test	Talk to your doctor. The USPSTF recommends against PSA screening for men who do not have symptoms.
Skin cancer	Periodic total-body examinations by a clinician	Talk to your doctor. The USPSTF has concluded that there is not enough evidence to recommend for or against routine skin cancer screening.
*Talk with your doctor about when and how often you should be screened. Depending on your personal health history, family health history, or screening results, your doctor may recommend a different screening schedule.		

While these screenings are important, there's more to your health than just cancer screenings. Here are some simple things you can do every day to stay healthy:

- Maintain a healthy weight.
- Get plenty of rest.
- Don't smoke.
- Exercise regularly.
- Don't drink alcohol, or limit it to no more than two drinks a day.
- Protect your skin from the sun, and avoid tanning beds.

Lastly, to all of you fighting cancer or caring for someone who is fighting this battle, I encourage you to take steps to stay as healthy as you can during treatment. For more information, visit CDC's Preventing Infections in Cancer Patients Web site for staying healthy during cancer treatment and 3 Steps Toward Preventing Infections During Cancer Treatment from the CDC Foundation.

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MEN CAN MAKE THEIR HEALTH A PRIORITY BY TAKING DAILY STEPS TO BE HEALTHIER & STRONGER

Educate yourself and other men in your life on the various things you can do every day to improve and maintain your health

By Dr. Michael Steinberg, MD, MPH, Medical Director, Executive Health Program at Robert Wood Johnson University Hospital and Associate Professor of Medicine at Rutgers Robert Wood Johnson Medical School

Understanding your health risks is the first step in maximizing your health, but taking action to reduce those risks is another critical step that needs to follow. According to studies, men are far less likely than women to seek routine preventive health services. First and foremost, get routine exams and screenings. Ask your doctor how often you need to be examined and explore the options for a range of assessments:



important to avoid tanning and to wear sport UV-blocking sunglasses, hats and lip balm with an SPF to further protect yourself.

Colon screenings – Colorectal cancer is the third leading cause of cancer deaths in American men. Colorectal cancer screening exams detect the disease early on, when treatment is most effective. For men over the age of 50, a colonoscopy every 10 years is strongly recommended to screen for colon cancer.

Heart health screenings – Heart disease is the leading cause of death for men in the United States. High blood pressure, high LDL cholesterol and tobacco use are all key risk factors. Regular visits to your doctor for cholesterol and blood pressure screenings will help you detect any heart health issues early on, allowing for preventive measures.

Reducing your chances for heart disease include quitting smoking, being active and managing your stress. Consuming a diet rich in plant-based foods while limiting salt and sugar will also be to your advantage.

Prostate screenings – Regular physician examinations and Prostate Specific Antigen (PSA) screenings can be critical in the early detection of prostate cancer, the second most common cause of cancer death in men. A PSA screening involves a simple blood test that measures the PSA level in the bloodstream. It is recommended that men over the age of 50 discuss with their physician whether PSA screening would be right for them.

Preventive measures include maintaining a low-fat, low-dairy diet and exercising regularly. Research also suggests that drinking a glass of red wine occasionally may inhibit the growth of prostate cancer due to an antioxidant found in grapes known as resveratrol.

Skin cancer screenings – Men over the age of 50 are twice as likely to develop and die from skin cancer than women, according to the Skin Cancer Foundation. Regular visits to your dermatologist and monthly self-exams of your skin are strongly recommended. If you find any suspicious moles, new or old, visit your physician for further examination and care.

Be sure to apply sunscreen with an SPF of at least 30 every time you go outside to decrease your risk for skin cancer. It is also

There are other ways to reduce your risk of colon cancer, including limiting your intake of red meat as well as heavily-processed meats, steering clear of binge drinking and maintaining a healthy weight with exercise.

Lung cancer screenings – If you are a smoker or former smoker in the age bracket of 55 to 77 or have 30 or more pack years of cigarette smoking, I urge you to get a lung cancer screening with low-dose computed tomography (CT) every year. Screenings help increase the number of lung cancers diagnosed at an early stage and reduce the time between lung cancer diagnosis and the start of treatment. When identified early enough, lung cancer has been shown to be up to 90 percent curable. RWJ offers low-dose CT scans, and is currently offering at-risk patients with free screenings for a limited time at the Somerville campus. Learn more at <http://bit.ly/1GaABpk>.

You can reduce your risk of developing lung cancer by not smoking or quitting smoking, avoiding secondhand smoke, avoiding carcinogens at work, testing your home for radon, eating a diet full of fruits and vegetables and exercising.

Taking action towards a healthier lifestyle is in your hands. Vital steps include eating a healthy diet, staying physically active, quitting smoking, and an annual visit to your doctor for a physical exam. Depending upon your family history and other potential risk factors, you may be more likely to develop certain conditions. As part of Men's Health Month, I encourage you to take steps towards an improved lifestyle and seek regular medical advice and attention, especially if you notice any abnormalities. Contact your local hospital for information on various screenings and educational events available to you and your loved ones.



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START A HEALTHY HABIT
FOR FATHER'S DAY

Make a mid-year resolution to start a healthy habit! Just one habit change can have you on your way to a longer, healthier life. Is there a better gift you can give to yourself and yours?

Chances are there is a father, brother or friend in your life who isn't in such good shape. You can become a motivation for them by bringing them out on a hike or bike ride with you. Obesity is on the rise, and it's a major risk factor for heart disease and stroke, diabetes and some types of cancer.

The time is now to make a change:

ADD SOME EXERCISE!

- Do you have an extra 20 minutes during your workday to take a brisk walk around the building?
- Can you walk to your work lunch this afternoon instead of driving or taking a cab?
- Can you park a little farther from your destination and add a few steps?

PORTION CONTROL

- There is nothing wrong with taking half of your meal home for tomorrow's lunch or dinner.
- Sharing is caring.
- You don't have to eat everything on your plate.

POSTPARTUM
DEPRESSION & FATHERS

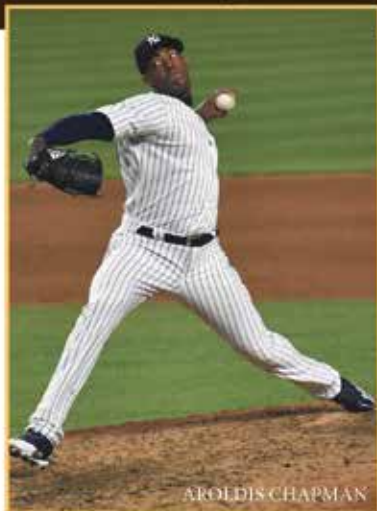
The symptoms of postpartum depression in fathers are similar to symptoms for postpartum depression in women. They include signs of depression such as loss of interests, weight gain or loss but also include:

- Trouble sleeping when your baby sleeps (more than the lack of sleep new moms usually get).
- Feeling numb or disconnected from your baby.
- Having scary or negative thoughts about the baby, like thinking someone will take your baby away or hurt your baby.
- Worrying that you will hurt the baby.
- Feeling guilty about not being a good parent, or ashamed that you cannot care for your baby.
- According to the CDC and www.Health.gov approximately, 4% of fathers experience depression in the first year of their child's life.
- By a child's 12th birthday, 21% of fathers will have experienced one or more episodes of depression.
- Younger fathers, those with a history of depression, and those of lower education and income were most likely to experience depression.

If you notice any of these symptoms in a loved one who just became a parent, consult your doctor or a professional for advice on how to get them help.

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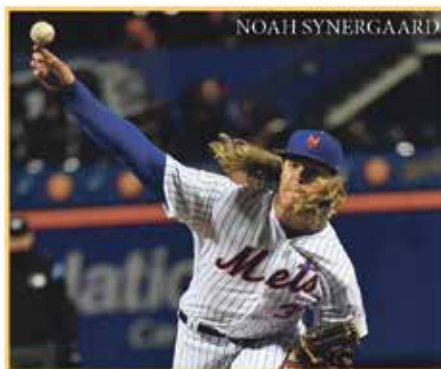
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MEN'S HEALTH - SHAPE UP FOR THE SUMMER

By Mia Ingui

SUN'S OUT, GUNS OUT! The best way to ensure that you'll be looking spectacular riding the waves this summer is to hit the gym and target the areas that are key for overall fitness. Here are some effective exercises for men.

CHEST: Neutral-Grip Dumbbell Bench Press

Do this: Lie on a flat bench and hold a pair of dumbbells over your chest, palms facing in. Lower the dumbbells to the sides of your chest.

Pause, then press them back up. Do 10 reps.

CORE: Half-Kneeling Rotational Cable Chop

Do this: Attach a rope to a cable station; kneel on your right knee, your left side facing the machine. Rotate as you pull the rope past your right hip. Do 10 reps, switch sides, and repeat.

QUADS: Barbell Front Squat with Heels Elevated

Do this: With your heels on weight plates, hold a barbell across the front of your shoulders with your palms facing up. Squat until your thighs are parallel to the floor. Do 10 reps.

SHOULDERS: Half-Kneeling Single-Arm Bottom-Up Kettlebell Press

Do this: Hold a Kettlebell in your left hand in front of your shoulder, bottom up. Step forward with your right foot and kneel on your left knee. Press the bell overhead 10 times. Stand up, switch sides, and repeat.

HAMSTRINGS: Barbell Straight-Leg Dead Lift

Do this: Grab a barbell and let it hang at arm's length in front of you. Keeping your knees slightly bent, push your hips back and lower your torso until it's nearly parallel to the floor. Do 10 reps.



HOME HEALTH TREND GROWING

While more of today's elderly choose to grow old at home where they can maintain a personal sense of independence, trends in home health care are changing rapidly.

An increasing number of older individuals now are receiving health services in the convenience and security of their own homes.

As the nation's population ages, the home health care industry is expected to increase by more than 40 percent in the next few years.

It is estimated that approximately one fourth of the nation's elderly population already suffer some form of disability or chronic health problem for which they require assistance. By the year 2020 the number of chronically ill and/or disabled elders in the U.S. is expected to double.

Although hospitals and long-term care facilities likely will continue to serve the chronically ill, new advances both in medical and information technologies currently contribute to facilitating communications between patients and their healthcare providers, helping to improve the individual's comfort, safety, and quality of life.

Seniors who otherwise might have to be hospitalized can benefit from the medical support offered by a variety of home health services. Considering that hospitals are discharging earlier, home health agencies are working hard to meet the needs of clients by providing services such as patient evaluation, assessment, treatment and education.

Allowing individuals to receive medical treatment and therapies in their own homes costs less than hospital or nursing-home care. At the same time, it is important to remember that home health care service providers need to offer adequate support for the patient.

If you have a parent or a loved one who might need help with some kind of care, take a look into in-home adult care services. You will undoubtedly find a business that thrives on being full-service and catering to the every need of the person who needs help.

Not only does in-home care provide an easy way to get simple tasks completed throughout the day, but it also gives a sense of companionship and friendship that might not otherwise be available.

Consulting with the senior to gauge their interest in adult home care services is the first step in deciding whether this kind of setup will work for the entire family.

Remember that it is the loved one who will have to be living in whatever conditions are chosen. The final decision will undoubtedly be a difficult one to make, but it could potentially be much easier if the person is given the option to stay at home and receive care in the place they're most comfortable with.

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KEEP YOUR BONES STRONG

*When you think physical health,
you may start with the skin, hair
or teeth, because these are the
parts of the body you can see.*

But sitting beneath the surface are the vital pieces making up the ultimate structure of your body — the bones. They play many crucial roles in the body, including protection of organs, anchoring of muscles and storage of calcium.

Taking care of your bones is a practice that should start in childhood and continue throughout your life.

The Numbers

Why is bone health so important? The Office of the Surgeon General reports an assortment of statistics that call for healthier, bone-focused diets to help the country's population.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on a variety of lifestyle, diet and exercise factors. According to the Surgeon General:

- The risk of a fracture increases with age and is greatest in women. In fact, roughly four in 10 Caucasian women ages 50 or older in the United States will experience a hip, spine or wrist fracture sometime during the remainder of their lives.

- Osteoporosis is the most common cause of fractures. Roughly 10 million individuals over age 50 in the United States have osteoporosis of the hip.

- By 2020, one in two Americans over age 50 is expected to have or be at risk of developing osteoporosis of the hip.

Calcium and Vitamin D

Calcium is a mineral needed by the body for healthy bones. Since the body cannot produce calcium, it must be absorbed through food or vitamins.

Good sources can include low-fat dairy products, dark green leafy vegetables and calcium-fortified products such as orange juice, cereal and bread.

The daily recommended amount of calcium varies for individuals, so check with your physician to see how much you should be taking in.

Physical Activity

Bones also can be strengthened through regular physical activity. Weight-bearing physical activities cause muscles and bones to work against gravity. This can be strenuous, so consult your physician before increasing the amount of weight-bearing exercises.

These exercises can include simple walking, jogging or running. More vigorous activities can include field hockey, hiking and weightlifting.



BEST THINGS TO DO WITH GRANDMA & GRANDPA THIS SPRING

By Stefanie Maglio

Grandparents love nothing more than getting opportunities to do things and spend quality time with their grandchildren. Depending on the age of the grandchild, it can be difficult to plan certain activities to do outside of the house. Luckily, spring is here which means warmer weather! Here are some great activities for grandparents and their grandchildren to get out and go do this season:

- Have a lemonade stand! Kick it up a notch by creating different flavors of lemonade such as berry or apple in addition to the traditional.
- Go out for ice cream. But don't just have a regular cone, go all out and get a sundae with whipped cream and cherries! Don't feel like going out? Buy some toppings and your favorite ice cream flavors for a do-it-yourself sundae at home.
- This one is more so for grandpa and grandchild: build a birdhouse together! Hang it up outside your house and watch how many birds stop by for a visit.
- Have a relaxing afternoon lying on a hammock in the backyard.
- Take turns reading chapters to each other from your favorite book, while sitting outside and getting some fresh air.
- Have a karaoke night! Grandparents can sing songs from their generation, while the grandkids sing some newer hits!
- Go swimming. Whether this may be in the pool in your backyard or at the beach, you're bound to have a great time together!
- Collect seashells together at the beach.
- Wash your car! Wear your bathing suits and this is guaranteed to not feel like a chore at all.
- Have a garage sale. Springtime is the perfect time to de-clutter!
- Most importantly, remember to take lots of pictures when you spend time together. It's important to cherish the time grandparents and grandchildren get to spend together. They build unbreakable bonds and learn things from each other that last a lifetime.



AS WE AGE

By Susan Heckler

As life goes on and our clock continues to tick, we all notice changes. We may or may not learn from our experiences and have attitude epiphanies. Gray hairs and smile lines are not the only things we can expect.

We all share in the physical changes, like it or not. Genetics and a healthy lifestyle do play a part to some degree.

- Brain: Memory loss and confusion used to be accepted as just part of growing older.
- Bones and Joints: The weight-bearing bones and the movable joints take much wear and tear as the body ages.
- Eyes: About the age of 40, eyesight weakens, and at around 60, cataracts and macular degeneration may develop.
- Hearing: About one-third of Americans between the ages of 65 and 74 have hearing problems. About half the people who are 85 and older have hearing loss.
- Digestive and Metabolic: As we grow older, the prevalence of gastrointestinal problems increases.
- Urogenital: Loss of bladder control is called urinary incontinence effects at least 1 in 10 people age 65 or older have this problem.
- Dental: Tooth decay is not just a problem for children. It can happen as long as you have natural teeth in your mouth. Gingival diseases are more common with age.
- Skin: Sunlight is a major cause of the skin changes we think of as aging. Your skin does change with age with increased dryness, thinning causing fat loss, years of smoking, all have an impact.
- Functional Abilities: Falls can come as a result of other changes in the body: Sight, hearing, muscle strength, coordination, and reflexes aren't what they once were as we age.
- Sensitivity Changes: You may notice your sense of touch is not as it used to be. Dietary deficiencies, circulation problems and the normal effects of aging on your nervous system may all play a part in this.

Your sense of taste and smell may diminish with aging nerve endings. Speak to your physician to determine what changes you can make now to avoid or diminish the effects of aging.



MANAGING ARTHRITIS PAIN

By Brianna Siciliano

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

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

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

There are many ways to manage arthritis pains aside from taking medications. Exercising, receiving acupuncture treatments, or applying heat to your body are three possible pain management solutions to discuss with your doctor. If these do not work for you, ask your doctor about possible injections, medications, or stimulations.

ACUPUNCTURE FOR SENIORS

By Brianna Sicilian

Acupuncture is an organic process where insertion of needles in the specific points of the body help the body's energy flow and correct imbalances. As a senior, one of the best investments you can ever make is improving your health and well-being. Investing in acupuncture can be the best investment yet.

The benefits of acupuncture are outstanding. Treatments can help numerous injuries and illnesses, including: pain management, back pain, shoulder pain, anxiety, addictions, depression, migraines, neck pain, arthritis, respiratory illness, chronic fatigue, tendonitis, dental pain, etcetera. As a senior, you want nothing more but good health and painless days, and with acupuncture treatments, your dreams of better health can come true.

Acupuncture is great for people of all ages, especially seniors. The acupuncture points are placed at certain points to simulate muscles, simulate nerves, muscles, and connective tissues, which work together to increase the body's natural painkillers and improve blood flow, thus lowering (and possibly eliminating) medications needed to get through daily tasks painlessly. For seniors, the best outcomes of acupuncture treatments are the boosting of energy and the relief of specific pain symptoms. Once a senior's treatments are completed and the benefits of the treatment hit him or her, the senior will forget all about the pain that he or she used to suffer from when doing tasks such as climbing the stairs, getting out of bed, walking for a long period of time, etcetera.

Life is so much more enjoyable without pain, so why let yourself suffer? If you are willing to give acupuncture treatments a try, do not hesitate to look into the best licensed acupuncturists near you.

COULD IT BE CADASIL?

By Susan Heckler

If you or a loved one has suffered from strokes, progressive dementia, mood disorders, migraine, and/or recurrent subcortical cerebral infarctions, some new research may change your diagnosis and treatment.

CADASIL (Cerebral Autosomal Dominant Arteriopathy with Subcortical Infarcts and Leukoencephalopathy) is a hereditary autosomal dominant disease, which affects all of the small cerebral arteries. It is as a result of various mutations of the Notch3 gene located on chromosome 19. So far, over 150 different mutations causing the disorder have been identified. Both men and women are affected equally.

This was described in Europe, specifically a Swedish family 30 years ago and the disease has now been observed in families with very different ethnic backgrounds, on all continents. It is likely that the frequency of this disease is underestimated as it shares symptoms with other disorders. The current term Cerebral Autosomal Dominant Arteriopathy with Subcortical Infarcts and Leukoencephalopathy (CADASIL) was named in 1993.

CADASIL symptoms result from changes in the arteriolar wall. As a result, the arteries thicken and become more rigid, resulting in decreased blood flow and ischemia, affecting the exchange of nutrients between blood and tissue is also disturbed. The disease affects the small branches of the long arteries penetrating deep into the white matter of the brain meaning restricted blood flow and oxygen deficiency.

In the most cases, patients affected will exhibit ischemic episodes, cognitive defects, migraine like headaches or psychiatric disturbances. When and the severity of these symptoms is highly variable, even within families. Cognitive function declines slowly over time; there is variability in the onset and severity of cognitive impairment. Patients demonstrate dementia in presence of severe loss of cognitive function. Seizures, although rare, has been observed in affected individuals. Other symptoms may include speech defects.

Early onset of symptoms does not necessarily mean that the disorder will progress rapidly. It is important to tell the doctors you have CADASIL so that certain treatments or tests can be avoided.

- Avoid Thrombolytics and Anticoagulant Treatments, which aim at unblocking blood vessels as they increase the risk of a cerebral hemorrhage.
- Avoid Vasoconstricting Medicines (issued from rye ergot or from Triptan) may increase the risk of cerebral infarction.
- Avoid Cerebral conventional angiographies (contrast agent within the arteries in the brain for examination of the cerebral vasculature) should be avoided because of potential neurological complications (migraine with extended and severe aura).
- Using Anesthesia must be monitored as it could cause abrupt changes in blood pressure.

Currently there is no treatment to cure or to prevent the progression of the disease. Finally, you must tell the medical teams about current medications and the corresponding doses. This is a precaution so as to avoid the combinations of incompatible medication and any risk of overdose.

EVALUATE YOUR CHILD'S RISK OF LYME DISEASE THIS SUMMER

By Dr. Steven Dowshen

In warm weather, the threat of Lyme disease might make you think that your kids would be safer in your living room than in the great outdoors.

Though a child's risk of getting Lyme disease after being bitten by a tick is only about 1%-3%, it's important to consider the factors that affect Lyme disease risk.

It's true that Lyme disease is the leading tick-borne disease in the United States, with 20,000 to 30,000 cases reported to the Centers for Disease Control and Prevention (CDC) each year. Most cases of Lyme disease occur in the Northeast, upper Midwest, and Pacific coast areas of the United States. And Monmouth County New Jersey is one of the hardest hit states where incidences has been reported.

Most Lyme disease cases occur between April and October, particularly in June and July.

OUTDOOR ACTIVITIES AND PETS:

Besides living in one of these areas, other factors that might increase a child's tick risk include:

- Spending a lot of time outdoors in tall grass, brush, shrubs, or wooded areas
- Having pets that may carry ticks indoors
- Participating in activities such as landscaping, hiking, camping, fishing, or hunting in tick-infested areas

SAFETY TIPS:

So your teen got a job as a landscaper this summer and you're planning a family camping trip — does that mean Lyme disease is in your family's future? No, but it does mean that you should take some precautions to protect your family — such as using insect repellent and wearing light-colored clothing when outdoors to make spotting ticks easier — and know how to remove a tick, just in case.

IF YOU FIND A TICK:

Call your doctor, who may want you to save the tick after removal for identification as the type that may carry Lyme disease or another type of illness. You can put the tick in a sealed container to preserve it.

Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.

Pull firmly and steadily on the tick until it lets go of the skin. If part of the tick stays in the skin, don't worry, it will eventually come out — although you should call your doctor if you notice any irritation in the area or symptoms of Lyme disease.

Swab the bite site with alcohol.

One note of caution: Don't use petroleum jelly or a lit match to kill a tick — they're not effective. These methods won't get the tick off your skin and might just cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

It's important to remove the tick as soon as possible. The longer the tick is attached, the greater the chance that Lyme disease will be transmitted. Usually, bacteria from a tick bite will enter the bloodstream only if the tick stays attached to the skin for 24-48 hours or longer. If the tick is removed within 1-2 days, it is less likely to have transmitted Lyme disease.

SEEK MEDICAL CARE IF:

- The tick might have been on the skin for more than 24 hours.
- Part of the tick remains in the skin after attempted removal.
- A rash of any kind develops (especially a red-ringed bull's-eye rash or red dots on wrists and ankles).
- The bite area looks infected (increasing warmth, swelling, pain, or oozing pus).
- Symptoms like fever, headache, fatigue, stiff neck or back, or muscle or joint aches develop.

THINK PREVENTION:

- After kids play outside, check their skin and hair — especially the scalp, behind the ears, around the neck, and under the arms.
- When playing in wooded areas, kids should wear long-sleeved shirts and pants and tuck pant legs into their socks.
- Use an insect repellent with at least 10% to 30% DEET for protection against bites and stings in kids older than 2 years, always carefully following the directions for application.
- Avoid tick-infested areas.

Dr. Steven Dowshen is the Chief medical Editor of KidsHealth.gov



Understanding Autism as a Family

By Susan Heckler



Navigate Autism was founded in 2016 by Jane Lynn Britton to help parents foster a deeper connection with children on the autism spectrum. Bonding with any child at various ages presents its own set of challenges. When you add the additional weight of Autism, many parents cannot get over the hurdle. They see the face of their beautiful child but are unable to reach them emotionally.

Children with autism experience specific social difficulties that are dissimilar to youngsters with other developmental disabilities. Understanding their own and others emotions, understanding how to communicate their feelings and recognize other's feelings, perceiving how to initiate and maintain interactions appropriately, and understanding other people's viewpoints effects their relationship with everyone, parents included.

"I can still feel, acutely, the pain of watching helplessly as my child seemed to slip away from me," says Ms. Britton, whose son, now in his teens, started showing signs of autism at 18 months.

Jane Lynn is the mom of a 16 year old boy with autism. She used her passion for helping and training to build a successful program that took her son from a withdrawn and exclusive child into a social and interactive young man. After spending over 18,000 hours in a playroom creating and leading games and activities with her son, and training over 30 people to create a connection and to play and teach him, she developed a simple 5-Step Process for Creating Connections.

Some of the greatest growth that she saw in her son was after healing his food allergies, boosting his immune system, and restoring balance to his body. His transformation was so great, that she includes natural healing as part of her 5-Step Process. Jane Lynn uses a wealth of healing tools, both traditional and holistic or natural. One of her favorite healing tools is called Sanjeevinis, an intention-based healing system for body balancing and overcoming colds, flu and other illnesses, naturally. She also uses crystals, essential oils and raw foods to support internal healing, to sharpen mental focus and clarity, and to create a calmer disposition.

"When I walk parents through this process they see how easy it is to build a strong relationship based on trust, respect, and love. And they experience so much more joy and happiness with their child." Using her years of experience with her own son has helped her become an autism relationship coach, parent advocate, and founder of Navigate Autism. "There is no judgment here, only total understanding. I am with clients through every step of their journey," says Ms. Britton.

Time and again she has seen that once you successfully create a strong bond with your child, it paves the way for a successful outcome. You have broken through a barrier so there's more trust, there's more engagement, and the child shows up in a bigger way with more clarity and follow through. It leads to following directions without opposition and growing more so tasks like meeting goals goes smoother.

In honor of April's Autism Awareness Month, through June 2017, parents of children with autism will receive a FREE "Breakthrough Session" with Ms. Britton, a \$175 value.

For more information on Navigate Autism, contact Jane Lynn. Janelynn@navig8autism.com • Tel 609-448-0123

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!



NAVIGATE AUTISM
With Jane Lynn

5-Step Process for Creating Connections

Weekly tips on my Facebook page on topics such as:


- Inspiring eye contact
- How to identify & use your child's motivation to create a connection
- How to build trust
- How to create a calm environment for parent & child

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Join me each Tuesday at 12:30pm EST on Facebook Live for Navigate Autism with Jane Lynn, where I share some of my best tips and strategies for 5 - 10 minutes. 

HEALTHY MOUTH: The Early Years

Caring for your teeth and gums is a lifelong journey that begins shortly after birth. Dental professionals urge parents to bring their child in for a visit whenever the first primary tooth is visible.

This recommendation, which used to define 3 as the starting age, has shifted over the years as the science related to oral hygiene has improved.

What's behind the change? The importance of baby teeth now carries more weight than ever before. The American Dental Association says that properly caring for those mini-pearly whites that begin popping up through the gums at around 6 months is crucial in keeping space in the jaw for adult teeth.

Parent Education

A child's first trip to the dentist can be an educational experience for parents. Dental professionals will show you how to properly clean your baby's teeth and recognize trouble signs in the mouth, which are critical health tips not usually doled out during pregnancy or within parenting magazines.

Dentists can also explain baby-specific concerns regarding dental health, which include baby bottle tooth decay. Avoiding this potentially damaging issue is simple: The ADA recommends wiping your baby's mouth with a clean gauze pad to help remove plaque that can harm erupting teeth. Gentle brushing with a toothbrush and water should begin as soon as you start seeing teeth.

Dental Emergencies

Once more teeth start showing up, the risk for dental emergencies increases. Accidents happen, but knowing how to react in such situations can be the key to retaining your child's oral health. Here is how the ADA recommends you act in a dental emergency:

- Keep a knocked-out tooth moist at all times. If you can, place the tooth back in the socket without touching the root and call your dentist right away.
- For a cracked tooth, immediately rinse the mouth with warm water to clean the affected area. Look out for facial swelling and treat appropriately with cold compresses.



BODY AWARENESS FOR KIDS

By Stefanie Maglio

Body awareness is the ability to understand where our bodies are in space and how they move. Body awareness helps us to understand how to relate to other objects and human beings in our environment. It can help us to know how far to reach for an object or how close to stand to a person. People who have a difficult time with body awareness may appear clumsy, uncoordinated, or have delays in motor skill development. These are some tips to help with body awareness for kids.

Proprioceptive input, or heavy work activities, gives our muscles and joints information about how our arms, legs, and torso move. Weight bearing activities are typically proprioceptive input. Some examples include wheelbarrow walking, jumping, stomping the feet, push-ups, pushing/pulling, and carrying heavy objects.

Playing games that involve identifying body parts is a great way to encourage body awareness and self-regulation in kids. "Simon Says" is a great game to play to achieve this.

Mirror games are also a great technique. Have your child partner up with someone else and have him or her copy each other's movements exactly. Mimicking different poses from body position cards may help.

Another technique is practicing special awareness. Set up obstacle courses for your children to go through. They will be learning about body awareness while having fun at the same time.



It's important to know that body awareness is not the same for every child or individual.

Everyone has different bodies and body types. This is especially relevant to children, as their bodies are still growing. Allowing and teaching your child to be more aware of their own body and its movements through space can also help to boost self-esteem and confidence.

It is also important to be able to recognize when your child has poor body awareness. For example, children with poor body awareness prefer to be in small spaces as

opposed to wide-open spaces. They may prefer to be in confined spaces such as forts, or wrapped up in a blanket. Some children will also have a fear of the dark, even at the point where they are afraid to close their eyes. This is because children who have poor body awareness rely on what they see to know where they are. Children may also have a difficult time mimicking movements such as hand games or licking their lips. Those who have poor body awareness may not know how to mimic the movements with their own body parts. Most clearly, children who have poor body awareness may appear clumsy, as they don't have a strong control over their body. Keeping an eye out for these signs and realizing the issue is the first step to improving body awareness.

There are plenty other ideas that can be found online to help your child learn about body awareness. Remember, it doesn't have to be boring or tedious, but this can be a fun process for you and your child.

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BOGO FRIDAYS

BOGO Fridays are the latest and greatest in FANTASTIC DEALS from iPlay America! Every Friday from 4 PM – 9 PM, starting April 21, purchase a Regular Price UNLIMITED Ride Band and Get One Free*! BOGO Fridays are for guests of all ages and will take place every Friday until 9 PM only.

*Free Ride Band must be of equal or lesser value. Promotion is valid on Friday nights from 4pm-9pm only.

Kids Hairstyles for Summer

By Stefanie Maglio

Summer is approaching quickly, which means temperatures are on the rise. People everywhere are finding ways keep cool. This may include swimming, going to the beach, or cranking up the air conditioning. However, a great way to stay cool may be a new haircut or hairstyle this summer! Here are some hairstyles to try out this summer:



- A Knotted Ponytail - A traditional ponytail is a great way to keep hair off of the neck. Adding knots makes the hairstyle even more functional and fashionable too!

- Katniss Everdeen Braid - There are so many different braids to experiment with, but what better braid to sport than the one that Katniss Everdeen has in the Hunger Games?

- Goddess Braid - This is a beautiful and elegant braid that will definitely keep your hair up and away from your face and neck. Dress it up with accessories, or keep it casual. This style is perfect for either one!

- The Dutch Flower Braid - is definitely more fancy than the others. It is perfect for summer weddings or a day at the beach when you want your hair out of the way.

- The Three Strand Fishtail Braid - is a unique way to add a bit of flare to the traditional fish tail. This is a cute and fairly simple style to wear this summer.

- The Star Twist Bun - This crazy style is perfect for the Fourth of July. It's a great way to show off some USA pride and catch people's attention!

- The Halo Twist - resembles an elegant crown, similar to the Goddess Braid. However, it is tighter, more casual, and will definitely keep your hair up and away all day!

- Chinese Staircase Braided Ponytail - This is perfect for your little girl who will love the unique twist on her traditional ponytail. This hairstyle looks very similar to a lanyard.

- Faux Hawk - Couldn't forget about all the little guys! No blades are required to create this stylish spike on your little man. He is sure to look cool with this new 'do!

Tutorials for all these hairstyles, plus more, can be found on YouTube, popsugar.com, or by googling the name of the style. Get practicing to look your best this summer!

AWARENESS CAN PREVENT TEEN SUICIDE

By Susan Heckler

From the moment your child comes into this world, your life as an individual has changed, and you will forever be a parent. Your new responsibilities grow and morph as your child matures. Each phase of life brings different bumps and rewards as a parent. As you get over one hurdle, another one is right there in front of you.

One horrendous hurdle that looms in front of every parent seems to be Teen Suicide.

I can hear you thinking... "Not My Child"...please don't.

NO matter how well you parented and how amazing your feel your child is, no one is immune to this tragedy. Suicide is the third leading cause of death in adolescence and the second for college aged students. No one can imagine that your own child might become one of those statistics.

The Center for Disease Control study released in April 2016 looked at a 15-year spread beginning in 1999. They found that the suicide rate rose nationally by 24 percent, from 10.5 deaths per 100,000 people to 13 per 100,000.

Girls aged 10 to 14 saw the largest increase in suicide, climbing 200 percent.

One local school district is urging parents to preview the Netflix show "13 Reasons Why" before allowing your children to view it. There are concerns about the series glamorizing the issue of suicide and not sufficiently addressing the mental health issues.

One national study establishes that almost 20% of high school students admitted to thinking about suicide and almost 8% acknowledge actually making an attempt. Some children are more expressive of their feelings than others. Look...listen...and learn what is on your child's mind and what is in their heart. If they are not expressing it verbally, observe their actions or changes in behavior. It may save their life.

Warning Signs:

FEELINGS that seem different from the past, such as hopelessness, fear of losing control, helplessness, worthlessness, feeling anxious, worried or angry often.

ACTIONS which are different from the way your child acted in the past, especially things like talking about death or suicide, taking dangerous risks, withdrawing from activities or sports or using alcohol or drugs.

CHANGES in their personality, behavior, sleeping patterns, eating habits, loss of interest in friends or activities, or sudden improvement after a period of being down or withdrawn.

THREATS or hints can convey a sense of hopelessness, worthlessness, or preoccupation with death. Making plans like giving away favorite things, studying ways to die, obtaining a weapon or stash of pills; suicide attempts like overdosing or cutting.

SITUATIONS can serve as "trigger points" for suicidal behaviors. These include things like loss or death, humiliations, rejections, failures, getting in trouble at home, in school or with the law, a break-up, or impending changes for which your child feels scared or unprepared.

Acknowledging that suicide is as much a risk for your child as anyone else's child is the first step in prevention. Talking with your children about suicide opens up communication about a topic that is often kept a secret.

Nearly 60% of all suicides in the United States are completed with a gun. If you own one, is it unloaded, locked, and kept under lock and key?

Overdose using over-the-counter, prescription, and non-prescription medicine is also a very common method so careful monitoring all medications in your home is important.

Young people with mental health difficulties — such as anxiety, depression, bipolar disorder, or insomnia — are at higher risk for suicidal thoughts.

There is an excellent short video on the website of SPTS - SOCIETY FOR THE PREVENTION OF TEEN SUICIDE (110 West Main Street Freehold, NJ 07728, (732) 410-7900) called Not My Kid <http://www.sptsusa.org/not-my-kid/> that offers a wealth of knowledge to all parents. Watch it and spread the word because you never know who's life you may be saving.

Fortunately, New Jersey is among few states that provides ongoing youth suicide prevention and public awareness as a continued commitment to the reduction and ultimate elimination of suicide among youth. This means New Jersey residents have a lot of resources available to them.

The Traumatic Loss Coalition for Youth Program (TLC) at University Behavioral Healthcare at Rutgers (ubhc.rutgers.edu/tlc) is funded by the DCF. TLC is an interactive, statewide network that offers collaboration opportunities and support to professionals working with school-age youth. 151 Centennial Avenue Piscataway, NJ 08854 (732)235-2810

2ND Floor Youth Helpline (www.2ndfloor.org) at 180 Turning Lives Around is funded by the DCF. 2ND Floor serves youth and young adults (ages 10-24) in New Jersey. (888)222-2228

NJ Hopeline (www.njhopeline.com) is New Jersey's dedicated in-state peer support and suicide prevention hotline staffed by mental health professionals and peer support specialists 24 hours a day, seven days a week. The service is available to callers of all ages for confidential telephone support (except when a suicide attempt is in progress), assessment, and referral. Crisis chat is also accessible through the website and the service can be reached by texting njhopeline@ubhc.rutgers.edu or (855)654-6735.

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7. (1-800-273-8255)



WHAT IS THE BEST SUNSCREEN FOR MY CHILD?

With all the sunscreens available these days (organic or mineral? water-resistant or sweat-resistant? lotion or spray?), choosing the right one for your kids can be tricky. But what matters most when picking a sunscreen is how well it protects skin from UV rays.

Mary L. Gavin, MD

Senior Medical Editor for KidsHealth.gov and

Nemours Center for Children's Health Media suggests:

Look for SPF (sun protection factor) numbers on the labels of sunscreens. Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against both UVA and UVB rays (usually labeled as a "broad-spectrum" sunscreen).

Sunscreen sprays are convenient but should be used with caution. For starters, sprays are easy to breathe in, which can irritate the lungs. Some sprays also are flammable, so you need to avoid sparks or flames when applying them and wearing them. And, sprays make it hard to tell if you have applied enough sunscreen, which increases the risk of sunburn.

Other things to consider:

Don't use sunscreens with PABA, which can cause skin allergies.

For sensitive skin, look for products with the active ingredient titanium dioxide.

If your teen or preteen wants to use a self-tanner sunscreen, be sure to get one that also has UV protection (many offer little or none).

Babies younger than 6 months should be kept out of the sun. When going outside, dress your baby in lightweight clothes that cover arms and legs — and don't forget a hat. If you can't avoid the sun, you can use a small amount of sunscreen on your baby's exposed skin, like the hands and face.



How to Use

For sunscreen to do its job, it must be used correctly. Be sure to:

Apply sunscreen whenever your kids will be in the sun. For best results, apply sunscreen about 15 to 30 minutes before kids go outside.

Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them (in case the straps shift as a child moves). Protect lips with an SPF 30 lip balm.

Apply sunscreen generously — dermatologists recommend using 1 ounce (enough to fill a shot glass) to cover the exposed areas of the body.

Reapply sunscreen often, about every 2 hours. Reapply after a child has been sweating or swimming.

Apply a water-resistant sunscreen if kids will be around water or swimming. Water reflects and intensifies the sun's rays, so kids need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant. But regardless of the water-resistant label, be sure to reapply sunscreen when kids come out of the water.

Don't worry about making a bottle of sunscreen last. Stock up, and throw out any sunscreen that is past its expiration date or that you have had for 3 years or longer.

Every child needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids — regardless of their skin tone — wear sunscreen with an SPF of 30 or higher. Although dark skin has more protective melanin and tans more easily than it burns, tanning is a sign of sun damage. Dark-skinned kids also can get painful sunburns.

And remember to be a good role model. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage and teach your kids good sun sense.



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WHEN TO SEEK MEDICAL HELP FOR A RASH

By Stefanie Maglio

Not many people know that the skin is the largest organ of the human body. This is one of the most important reasons as to why it is so crucial that we do our best to take care of it. Keeping our skin clear, clean, and protected from harmful UV rays with topical products, soap, and sunscreen are just some of the many things we can do to help keep our skin healthy, along with drinking eight glasses of water a day. Although we try, problems as severe as skin cancer or as minor as a rash do occur. It may be difficult to know exactly when to seek medical attention. If you have a rash, keep these in mind:

If the rash covers a large portion, or the majority, of the body that could mean it is something more concerning. This could be a sign of an allergy or infection.

If a fever accompanies the rash go to your doctor or local emergency room right away. This can be triggered by a severe allergic reaction or infection. Rashes caused by infection include scarlet fever, measles, mononucleosis, and shingles.

If the rash is sudden and spreads rapidly it may be caused by an allergy.

If the rash begins to blister, or turn into open sores, this may be caused by an allergy, medication, or an internal cause.

Seek medical attention if a rash affects the skin around the eye, mouth, or genitals.

If a rash is painful, seek help from a physician immediately.

If the rash is infected seek help. You will know its infected if the rash is itchy and scratched often, swelling, crusting, yellow or green fluid, pain and warmth in the area of the rash, or a red streak coming from the rash.



CURES FOR YOUR CHILD'S SPRING FEVER

By Stefanie Maglio

It's that time of the year when the snow has finally gone away, and those colder temperatures are becoming much less frequent. Children of all ages are bound to get "Spring Fever" to some degree. With the weather changing and becoming nicer, it's hard to stay indoors and be focused on homework or other important tasks. Luckily, there are ways to get a taste of the spring weather without taking up too much time, but satisfying the spring fever.

Parents can have younger children play games or participate in activities outside for a certain amount of time that is appropriate. Some games and activities include:

- *Play "Follow the Leader"*
- *Make your own obstacle course*
- *Play in fields/on hills*
- *Jump in puddles*
- *Play hopscotch*
- *Build a fort*
- *Have a scavenger hunt.*
- *This can be in nature only, or include manmade items.*
- *Bird-watching*
- *Look for/admire spring time flowers*
- *Climb trees (safely of course)*



- *Jump rope (can be done with games or traditional style)*
- *Go for a bike ride with friends or family*
- *Blow bubbles*
- *Have racing competitions*
- *Play "Leapfrog"*
- *Play "Hide-and-seek"*
- *Fly a kite*
- *Have sword fights, and make your own swords with sticks you find outside.*
- *Build dams and rivers out of mud and puddles*

These activities are not a guaranteed cure for every child. However, they may help to an extent. Giving them a try could be beneficial for your child and their focus. Remember, although trying to satiate the craving for springtime fun, make sure to emphasize how important it is to finish the school year strong. Your child may begin to slack and their grades may suffer as it begins to get closer to summer. Discipline your children and keep them focused. Offer to help them with projects or homework if needed, or finding a tutor may be necessary in some cases. Keep pushing your child to focus on their responsibilities, specifically academic ones, and before they know it summer will be here!

IS YOUR CHILD GETTING ENOUGH CALCIUM?

Calcium is the building block on which children grow strong bones, teeth and muscles, yet nearly 85 percent of girls and 60 percent of boys between the ages of 9 and 18 do not get the recommended daily amount of this essential mineral.

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

How Much Calcium Do Children Need?

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

- 0-6 months – 210 milligrams
- 7-12 months – 270 milligrams
- 1-3 years – 500 milligrams
- 4-8 years – 800 milligrams
- 9-18 years – 1,300 milligrams

The most effective way for children to consume calcium is through a calcium-rich diet. Children also need vitamin D to help absorb calcium more efficiently.

The recommended dose of vitamin D for children of all ages is 400 International Units (IUs) each day. Many foods, including low-fat milk, yogurt and fortified cereals, provide added vitamin D along with calcium.

Vitamin D is also made by the body from exposure to the sun. Only 15 minutes a day in the sun will provide children with one day's worth of vitamin D.

Why Children Need Calcium

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

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

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

Eating a Diet Rich in Calcium

Drinking milk and eating dairy products such as yogurt and cheese are excellent ways to ensure children get enough calcium in their diet. However, if your child is lactose intolerant or you choose to raise your child on a dairy-free diet, there are still ways for children to get enough calcium through other foods.

Dark green leafy vegetables, broccoli, white beans, almonds and calcium-enriched cereals, soy milk, rice milk and orange juice are all good choices for adding calcium to the diet.

Other sources of calcium for families not on a restricted diet include:

Sardines	Tofu
Salmon	Cottage cheese
Spinach	Kale
Ice Cream	Pudding

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

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

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

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



FINANCIAL HEALTH CHECKUP

Financial Health is a term used to describe the state of your personal financial situation.

Someone with good financial health deals well with their finances, makes their payments on time, and knows how to manage their money. They also sleep really well at night because of it.

Someone in poor financial health usually owes a lot of money and isn't making their payments on time. They toss and turn a lot and wake up exhausted.

Your Financial Health plays a role in your physical and mental health. If your finances are a mess with loose ends all over, then your mind cannot be at rest and your body experiences tremendous stress.

There are many dimensions and areas of focus that must be met and analyzed in regards to painting a healthy financial plan and flow of your money. Think about your answers to these questions. If you are not comfortable with them, you need to take action to protect your wealth and your family's future before a crisis comes. Planning ahead reduces your stress greatly and allows you to make smart decisions without the crisis mode we fall into.

- *Have you compared the difference in what you own and what you owe?*
- *Are you properly insured?*
- *Have you considered lifestyle inflation and changes-in-life events?*
- *Are you mindful of the difference between needs and wants so you can make better spending choices?*
- *How and where can you reduce or eliminate expenses?*
- *How can you best save for future goals?*
- *What is your plan for emergencies?*
- *Do you have a Will, Power of Attorney, and an Estate Plan?*



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Kenneth R. Deitz
Certified Public Accountant

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Make it automatic

FIVE WAYS TO SAVE WITHOUT THINKING ABOUT IT

As any successful saver can tell you, savings don't just happen on their own. It takes discipline and practice to be able to save some money from every paycheck so you can meet your financial goals over time.

Luckily, there are some ways you can make it easier. One of the simplest ways to make savings a habit is to make it an automatic thing, something you do without even having to think about it.

Here are five ways to start meeting your savings goals with little effort:

1. DIRECT DEPOSIT

Virtually every employer offers direct deposit for paychecks. But did you know they can usually deposit part of your paycheck into a savings or retirement account, too?

Talk to your human resources office to see if you can automatically route part of every paycheck into savings. If you never see it show up in your checking account, you're less likely to fritter it away by spending it. And if it happens automatically, every single time you get a check, you'll know your savings will grow over time if you just leave your money alone.

2. "ROUND UP" BANK ACCOUNTS

Yes, this is a marketing gimmick that some banks use to

lure in customers, but it can actually help many people save money.

With these programs that "round up" your purchases to the nearest dollar, you can automatically transfer a few cents from every purchase into your savings account. That can add up to a lot of money over the course of a year.

Just be careful to watch

your bank balance and make sure it doesn't dip too low because of these transfers. An overdraft fee can wipe out any savings if you're careless.

3. CARD REWARDS

This is another gimmick that can bite you if you're not careful — or be a nice reward if you're cautious.

Some credit cards offer

rewards for spending. You don't want to carry a credit card balance, obviously, so if you can pay off the full amount every month it can be an easy way to save for a few perks. The key is discipline to make sure you keep credit card debt under control.

Luckily, some new debit cards are cropping up that offer similar rewards without

the risk of falling into debt. They let you get rewards for your own routine spending, which is a nice feeling.

4. 401k

If you're not taking advantage of your employer's 401k plan, you should be.

Not only do these retirement plans offer an easy way to put money aside every single month, but they also typically grow tax free.

And because most employers offer some kind of matching funds to encourage you to invest, you're simply leaving money on the table if you don't participate in the 401k plan.

It's the smartest move on this list.

5. EXTRA MONEY

Finally, every time you get some extra money — say, a tax refund or a bonus from your job — it's a good idea to put it directly into savings.

Even if you spend a portion of the extra money, it should be a part of your regular habits to save the bulk of it.

Remember, a lot of small windfalls over your lifetime can add up to a huge windfall when it's time to retire.



PHOTO: FEVERPITCHED / YAYMICRO.COM

REBATE APPS, WHY NOT?

By Susan Heckler

There are times in our lives when role reversal is a good thing. Your kids get older and maybe a little wiser in some subjects. One of these is apps. Our adult children are a wealth of app information.

In order to wring the most out of college allowance and later a bottom rung paycheck, today's young adults are proficient at using rebate apps. They actually earn some money back on those "essential" purchases.

Here are a few I've heard about but don't know enough about to endorse:

- **EBATES:** This one has become my go-to in the last few months and I have almost \$40 in rebates and I am not a significant online shopper. They have everything from rebates to bargains to promotional codes to discounts. I always check here first before buying online.
- **IBOTTA:** This offers some big on groceries, just scan your receipt after shopping.
- **PARIBUS:** Not as user friendly, it scans your emails for online-shopping receipts. If the price goes down during the return period, it reimburses you.
- **MYPOINTS:** Shopping through the online MyPoints portal earns you points which go toward gift cards.
- **TWEETSSHOP:** Get all the deals, coupons, rebates, offers, discounts real time from retailers/forums consolidated in one single app for your iphone/ipad/ipod.
- **CHECKOUT 51:** will pay you "cash back" to grocery shop
- **SAVING STAR:** NO coupons are needed, however you can combine printable or newspaper coupons with most of the offers available in each app to save even more money on groceries.

Bang for your buck, money in your pocket....why not?



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DEBT & DEPRESSION

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

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

The Numbers

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

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

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

Debt Counseling

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

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

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

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



SIMPLE HOME IMPROVEMENTS THAT ADD APPEAL & VALUE TO YOUR HOME

By Jordan Tinitigan

Whether you are selling now or simply maintaining your home to put on the market in the future, there are many small improvements you can put in place to keep your property in the best possible shape for when the time comes to sell. These tips are affordable and do not require hiring contractors.

1. Mirrors

Hanging mirrors opposite windows tricks the eye into thinking there is another window there and maximizes the impact of natural lighting. Another illusion when capturing light is to reflect it into any darker corners, to make your property look bigger and brighter.

2. Remove wallpaper

With each potential house buyer having varied tastes in patterns and texture, certain wallpaper designs can be seen as overwhelming. Wallpaper can also be difficult to remove which could lead to people being put off by if they are looking for a home to move straight into. Using paint and keeping colors neutral, making it a simpler job for the next homeowner and the property overall becomes more appealing.

3. Replace doors

First impressions count. The front door of your home can say a lot about the rest of the house to viewers seeing it for the first time. If you cannot afford to replace the door, make sure it looks attractive by giving it a power wash or a fresh coat of paint.

4. Be energy efficient

Fitting your home with energy efficient appliances can add value to your home by promising to knock the costs of bills. With a huge variety of new products on the market for this, it's increasingly becoming a key feature for new homes.

5. Clean it out

Emptying out your closets, draws, garage and basement storage is very appealing to new home buyers. It's also practical for you to start sorting and organizing for your move.



5 IMPORTANT HABITS FOR A HEALTHY MIND IN A HEALTHY BODY

The history of human evolution shows a definitive link between our physical health and psychological well-being. The Greeks understood the importance of a Sound Mind in a Sound Body. Mental fitness is just as important as physical fitness, and shouldn't be neglected. A healthy mind also means a happy mind, which is important to help you find your way through life challenges.



- **Daily Physicality:** Exercise for at least 20 minutes most days of the week.
- **Intellectual Curiosity:** Spend some time in focused thought, exploring new ideas every day.
- **Foster Creativity:** Challenge your mind to connect unrelated ideas in new and useful ways.
- **Human Unity:** Create and maintain close-knit human bonds and a social support network.
- **Spiritual Connectedness:** Identify a Source of inspiration that is bigger than you.

SMILE! IT'S GOOD FOR YOU

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

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

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

Effect on Others

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

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

Smile More

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

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

Confident Smiles

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




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You really do get what you pay for. Call now if you or someone you know is suffering. We get through this life together, and it is our privilege to be at your side through one of life's greatest ordeals:

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Coach's Corner

By Jill Garaffa

Making Effective Life Changes

Dear Jill,

I understand that life coaching can sometimes help with transitions. I'm dealing with a big one right now and hoping you can provide some clarity: I'm in the middle of a divorce and can't seem to regain my balance. While I can admit I wasn't even happy for most of the time I was married, I am struggling to understand why this is happening to me.

Signed,
Dealing with Divorce

Dear Dealing with Divorce,

First, I am really sorry to hear you are going through this painful situation. Divorce is never an easy process as it can be filled with so much emotional turbulence. Divorce is listed in the #2 spot on the list of "most stressful life events" (right under #1, which is the death of a spouse).

In the early stages of a divorce (or any big life transition involving a loss), the main emotional issue is grief. There are several stages to grief, including denial, anger and depression. When you are still actively experiencing very powerful emotions and need to process them & heal, I strongly suggest seeking the support of a good therapist. Once you are past the initial emotional roller coaster and move into the acceptance stage, this is when a life coach can be very helpful. A life coach can help build your confidence, identify your strengths, and create a powerful mind-set in order to create a new life for yourself moving forward.

The first shift in perspective I'd like to offer is to consider that nothing happens "to you." This is victim thinking and will only end up making you feel worse. Consider instead, that things are happening "for you." Instead of asking, "Why is this happening to me?" ask yourself the question, "What will this situation provide for me?" Having an attitude that all things in the Universe happen FOR you is very empowering. All the things that feel good are there for your happiness. All the things that feel bad are there to help you learn and grow. With this thinking, you always win. You are never a victim of circumstances. You are the creator of your life, always learning.

The next step is to ask yourself different questions. Instead of asking "Why" questions, ask "What" questions. Trying to answer "Why is this happening?" or "Why did this happen" can send you down a rabbit hole of depression and analysis paralysis that can keep you stuck in the past. Instead, ask yourself future oriented questions, such as, "What future would I like to create for myself now that I have so much extra time and space in my life?" or "What can I do to bring more balance into my life right now?" Ask, "What can I do to help myself move forward?" or "What do I want?" Engaging the creative (right) side of your brain rather than the logical (left) side of your brain will provide answers that can get you unstuck.

Learning to identify your strengths and help you shift your thinking to a more powerful mindset is something a life coach can support you through.

Wishing you peace, clarity and purpose!

Jill

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

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

TAME THAT TEMPER

When is the last time you had a timeout?

Just because the days of terrible twos and kindergarten are long gone, doesn't mean a timeout can't help you keep your temper under control.



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

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

Self-Control

The Mayo Clinic recommends that people find a calming force in their lives that can help them better handle stressful situations, which are a natural part of life. This can range from actions that you take or people with whom you surround yourself.

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

These types of actions can be particularly important if you are in a position of

leadership in your company or are a parent.

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

Exercise

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

If you're feeling stressed or angry — or even if you're not — a brisk walk or jog can help you keep your cool. It also can serve the same purpose as a timeout, giving you the time you need to consider alternative ways of handling a stressful situation.

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



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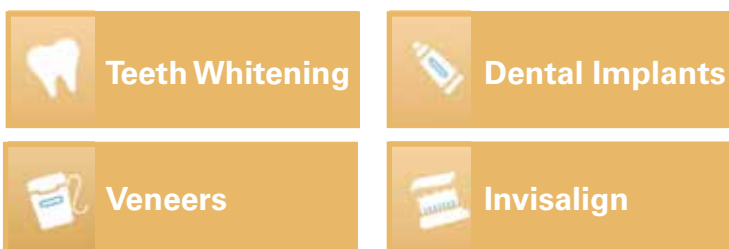


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AMAZING NATURAL OILS FOR SKINCARE

By Brianna Siciliano

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

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

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





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HELLO, ALOE!

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

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

Burns and Acne

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

Similar research has found that aloe can heal present acne and scars because of its antimicrobial properties, the same ones reproduced in many acne medications on the market. Regular application can lead to clearer, more moisturized skin.

High Cholesterol

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

Weight Loss and Diabetes

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

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



GYMITATION FOR THE LAZY

By Susan Heckler

Not a gym rat? Me either, but I really really really need a routine of working out without the expensive equipment and dragging myself somewhere. The ultimate workout for me would be one where I would never have to leave the comfort of my bed... SOLUTION: GYMITATION!



Hip Raises with Marching for your butt, abs, and thighs: Lay on your back with your arms down along your sides, knees bent, heels near your butt, and with palms facing down. Press into your heels as you lift your hips up so your body forms a straight line between your knees and shoulders. Squeeze your butt as you lift your right foot up off the bed, knee bent, and bring your right knee directly over your right hip. Alternate legs...the more the merrier.

Scissor Leg lifts for lower abs and legs: Lay face up with your hands beneath your hips and your palms facing down. Keeping both legs as straight as possible, bring both feet up into the air, pointing your toes. Involve your core muscles as you lower your right leg down toward the bed with control but without touching down. Alternate legs...the more the merrier.

Sit ups with a split for your upper and lower abs, chest, and quads: Lay on your back on the bed with your thumbs locked, arms and legs stretched out with feet together. Tighten your core as you lift your arms and feet off the bed, keeping knees and elbows tight. Breathe out as you lift your legs up and out to form a V, and lift your full upper body off the bed. As you rise up, push your hands forward through your split legs. Slowly return to starting position. If you can do this without touching the bed between reps, even better. The more the merrier...

Reverse Diamond Crunchers for lower abs and thighs: Lay on your back with your arms down your sides, palms facing down. Bring your feet together and bend your knees out to the sides so the space between your legs is similar to a diamond. Press into your palms and tighten your core as you bring your feet up over your hips. From this position, lift your hips up off the bed to push your feet straight up toward the ceiling in a rocking motion. Slowly bring your hips back to the bed without dropping your feet. The more reps the merrier!

Notice that all of the exercises don't even require rolling over! Any exercise is good exercise?!

TOP 10 FOODS FOR HEALTHY HAIR

By Mia Ingui

Want healthy, shiny, luxurious hair? The first step lies in your diet! There are certain foods that are high in the nutrients beneficial for your hair's health. Here are top 10!

1. **Salmon:** Salmon is high in omega-3's which your body doesn't naturally create. This makes your hair shiny and full.
2. **Greek yogurt:** Greek yogurt, although high in vitamin D like most yogurts, is also very high in protein, which makes up the building blocks of your hair. This helps blood flow to the scalp and promotes growth.
3. **Spinach:** Spinach and other leafy greens are so high in multiple nutrients that they overall produce healthy hair and other parts of the body, like your skin and eyes.
4. **Guava:** Often found in shampoos, guava is known to help prevent hair breakage.
5. **Sweet Potatoes:** Sweet potatoes actually fight dull hair to produce shinier locks. The beta-carotene in sweet potatoes helps the scalp absorb vitamin A, which promotes a healthy scalp, not a dry one.
6. **Poultry:** For the same reason as yogurt, poultry is high in proteins that help build hair and make it full and thick.
7. **Cinnamon:** Cinnamon helps promotes circulation of the blood in your scalp, which will bring oxygen and nutrients to your hair.
8. **Eggs:** Eggs are rich in biotin, which promotes growth. Too little biotin in the hair and scalp results in hair loss.
9. **Oysters:** Oysters are rich in zinc, which also fights hair loss.
10. **Avocados:** Avocados have natural, healthy oils that fight dry hair.



CALORIE BURNERS THAT DO NOT FEEL LIKE EXERCISES

By Brianna Siciliano

Exercising can be fun and something you look forward to, or it can be boring and dreadful. Many of us want to work out and see results in our health and body, but we have days (sometimes many days) where we don't want to go to the gym for an hour. Luckily, there are tons of creative, sneaky ways to burn calories without feeling bored or tired.

Walking is a fantastic way to exercise without feeling like your exercising. Some people enjoy walking on the treadmill, but others need to walk without being on equipment. The great thing about walking is that we walk everywhere, whether it's from our bedroom to the bathroom, from our bathroom to the car, from the car to work or to class, etcetera. One of my favorite things about walking is that you can walk with a buddy, whether it's a family member, a friend, a neighbor, or a pet. If your walking buddy does not live close to you, take advantage of the technology we have. Talk to your buddy on the phone, whether your conversation is through a phone call, a video chat, or text messages. Change up where and how long you walk; one day you can walk around a local park, the next around the mall, and the day after that, walk around your neighborhood.

Yoga is another great way to sneak in exercise. Instead of lifting heavy weights or trying desperately to pick up the pace on an exercise machine, yoga practitioners utilize their body weight. There is no need to be intimidated by yogis (males who practice yoga) or yoginis (females who practice yoga) because there are different exercises for different skill levels. Yogis and yoginis do not worry about competing with others during their workouts



because when in the yoga mood, there is no time to worry about what anyone else is doing. All that matters is you, your balance, and your form. With options to pursue yoga at home by yourself, with the company of a buddy, or in a class with others at the same skill level, there is no reason to not give yoga a chance.

If you love being in the water, and you have access to a pool, use it to your advantage. Whether you swim at a leisurely pace, swim at a moderate to fast pace, do water aerobics, or participate in aqua zumba, you are burning calories. Swimming is an efficient way to burn calories without dealing with an overwhelming amount of sweat dripping down your body.

Spending time participating in activities with kids and pets is yet another fabulous way to sneak in some time to burn calories. Playing tag, hide and seek, and practicing sports with kids are exercises that can leave you breathless, but unlike running on the treadmill, this kind of breathless is less painful. Yes, you may be gasping for breath sporadically if you are playing with a fast child, but that's a good thing! You want to push yourself and even more than that, you want to spend time with the child (whether the child is your child, your niece or nephew, your grandchild, or a family friend) and build a close bond. The same thing goes for pets: playing fetch, chasing each other, and going on walks are great ways to bond and keep a close relationship. Exercising does not need to be dreadful, and it does not have to feel like a chore. Try out these sneaky ways to burn off some calories and watch your health and body change (in positive ways).

7 STEPS TO BETTER NAIL CARE

From handshakes to high fives, our hands are some of our most important tools for human interaction.

Keeping your fingernails in good shape is crucial to your overall hand health.

Routine care can usually keep your nails maintained for many years.

Healthy fingernails and toenails are smooth, uniform in color and free of discoloration.

If your nails change colors, swell or cause pain, this can leave you less than confident about extending a hand for any type of activity. Nail issues also can lead to further health problems if not taken seriously and brought to the attention of a dermatologist.

Serious nail problems must be reported, especially if you have diabetes or poor circulation. See a dermatologist with any of the above symptoms, or if you have any other general concerns about your nail health.

Here are seven steps you can take today to make sure your nails are at their best:

1. Clean them: Keep nails clean and dry to prevent bacteria from growing under your nails. Wear gloves when washing dishes or cleaning, as repeated contact with water can contribute to damaged nails.
2. Cut them: When cutting your nails, the American Academy of Dermatology recommends that you use sharp nail scissors or clippers and round the nails slightly at the tips for maximum strength.
3. No biting: Do not bite fingernails or remove the cuticle. Doing so can damage the nail, and according to the Mayo Clinic, damage the skin around the nail and increase the risk of colds by spreading germs from your fingers to mouth.
4. Foot soaks: Regular soaks in warm salt water can help if your toenails are thick or difficult to cut.
5. Ingrown issues: Never try to take care of an ingrown toenail yourself, cautions the American Academy of Dermatology. Instead, see your dermatologist for treatment.
6. The right fit: Wear shoes that fit properly, and make sure to try on all shoes before you buy them, as sizes can seemingly range between brands and shoe styles.
7. Protect your feet: Always wear flip flops at the pool or in public showers to reduce your risk of fungus-induced infections.



QUESTION: What is *CoolSculpting*?

CoolSculpting is a very popular non-invasive FDA approved body contouring treatment that eliminates stubborn fat from the abdomen, flanks, back, outer thighs, inner thighs and chin. The suction type applicator delivers controlled cooling that kills the fat cells; and then your body naturally metabolizes these dead cells eliminating them forever! At the Princeton Center for Plastic Surgery, we have been treating patients with **CoolSculpting** for the past five years but not everyone is a candidate. In order to find out if **CoolSculpting** is right for you, you would need to come in for an assessment. Ideally a good candidate is someone that is only 10-30 pounds from their ideal weight that has lumps and bumps resistant to diet and exercise. During the consultation process we are able to determine what the best option is and give you a treatment plan specific to your individual needs. Is **CoolSculpting** your best route or is Laser Assisted Liposuction? Educating you and meeting your expectations is our most important goal. Come join us for an informative educational seminar and find out if **CoolSculpting** is right for you! For more information visit our website at www.princetonosurgery.com.

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CHEMICALS IN COSMETICS

Potentially harmful substances are finding their way onto the shelves of our health and beauty aisles, cautions the Breast Cancer Fund headquartered in San Francisco.

Carcinogens and endocrine-disrupting chemicals can increase the risk of breast cancer, and the Fund reports that these substances are in the makeup many women are wearing right now.

Dangerous Chemicals

The Breast Cancer Fund posts a list of chemicals commonly found in cosmetics and their effect on the body (breastcancerfund.org). Here are a few:

- **Phthalates:** This group of endocrine-disrupting chemicals are found in synthetic fragrances. Exposure has been linked to early puberty in girls, which is a risk factor for later-life breast cancer.
- **Parabens:** These compounds have been identified in biopsy samples from breast tumors, reports the Fund, and are commonly used as an antifungal agent in creams, lotions and deodorants.
- **Lead:** The Fund says lead may be a contaminant in more than 650 cosmetic products, including sunscreens, foundation, nail colors, lipsticks and whitening toothpaste. Lead is dangerous because it is linked to miscarriage and puberty delays.

Choose Safe Cosmetics

Making sure you're using the safest possible products comes down to one simple strategy: **simplicity**.

Choosing products with a simple set of natural ingredients can help reduce the chance of chemicals making their way into your system. Simplicity in how much makeup you use is also part of a smarter process.

Discard any makeup that contains ingredients that haven't been proven safe or healthy. Cutting back on the amount of makeup you use is a surefire way to avoid the dangers of potentially harmful synthetics.

The Breast Cancer Fund urges women to avoid products that list the word "fragrance" on their packaging. Synthetic fragrance, the Fund reports, can contain hundreds of chemicals that can cause major damage to the body.



SIGNS OF VITAMIN DEFICIENCIES ON YOUR FACE

By Stefanie Maglio

Vitamin deficiencies are a lot more common than people seem to think. Serious health problems can stem from them and even lead to death in some cases. Vitamin D and Vitamin A deficiency have affected millions of people all over the world, and has been called an epidemic. When a person's body lacks the vitamins and other nutrients it needs to function, every part of the body can suffer. Here are some signs of vitamin deficiency you can see on your face:

Puffy eyes - Puffy eyes don't only indicate a lack of sleep, but can also mean one has low iodine levels in the body.

Extremely Pale skin could be a sign that you are lacking Vitamin B12. If your body isn't getting enough B12, you'll start to feel fatigued and your skin can suffer.

Dry hair - If your hair has felt dry lately, or if you've had an excess of dandruff you could be lacking biotin or Vitamin B7. However, a biotin deficiency can also be the result of using antibiotics.

Pale Lips - Pale lips could mean a lack of iron in the body. Iron deficiency can lead to weak immune systems. This means if you are getting sick often, it is possibly due to an iron deficiency.

Bleeding gums - Bleeding gums could be caused by a lack of vitamin C. Without vitamin C your immune system can weaken, cause muscle pain, and therefore problems with teeth.

Although these can definitely be signs of vitamin deficiencies, it's important to remember that just because you may experience one of these signs it doesn't mean you have a deficiency. The best way to stay healthy is to drink plenty of water, keep a healthy and balanced diet, and to take vitamins daily. Multivitamins are also a beneficial, yet simple choice. As for diet, eat plenty of fruits and vegetables. They have all the right nutrients to keep you balanced and your immune system in check. Remember, the way your body reacts is all based on what you put into it and how you treat it.



Princeton Air Is Your Local Expert & Professional For Your Air Conditioning

Q: How can I save money on my air-conditioning bills?

A: Saving on your air conditioning (AC) bills can be simple. Industry experts and the Department of Energy (DOE) have set recommendations that guarantee to save you money each season. If you have central air controlled by a thermostat, use a programmable thermostat to save energy by setting the desired temperature up and down depending on your needs. You can save 5% to 15% on your air conditioning bills by raising the temperature setting on your thermostat when you're away or asleep and don't need cooling. Skip the stove-top boiling and oven baking during hot spells and opt for a BBQ or microwaved meal for cooking. This will reduce indoor heat and save costs. If you must use the stove or oven, turn on the kitchen exhaust. Also, turn on the bathroom exhaust fan after a hot shower. It is important to remove heat and moisture at the source and reducing humidity, this can help increase comfort.

If you swap your older air conditioner for a newer unit, you will reduce your energy costs by half, according to the DOE. Look for a high-energy-efficiency ratio, or EER, or an Energy Star-qualified unit. Higher EER ratings mean a more efficient air conditioner. Using a fan to circulate the cool air means you don't need quite as much pumped into the room. They use less energy than your air conditioning unit so having them around as a backup is a great idea. Princeton Air will help advise you on the best solution for your cooling needs and help you save on your air conditioning bills.



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GARDENING GEAR MUST-HAVES

By Stefanie Maglio

If you plan on growing your own garden this spring, it's important to know which gardening tools to have and know how to select them. The tools will certainly not do the work for you, but having the right supplies will make the task much easier and more enjoyable.

While shopping at your local hardware store, there are a few things to keep in mind. Spend time handling all of the tools you are considering to buy. Mimic the actions you would perform with it in your garden. Make sure the tool feels comfortable. If it is too heavy or long, look for shorter and lighter tools that will be easier on the wrist. Using a tool that you are comfortable with will end up being much more efficient when it comes to planting. Opting for tools with wood or metal-coated handles are a good choice. They are built the strongest usually. The stronger and sturdier the tool is, the less likely it is to break and cause an injury. Remember, it won't matter which tools you buy, if you don't know how to store them properly. Long tools should be placed in a peg rack, while short tools should be kept in a gardening bag that can be transported with the gardener as they work. Caring for your tools is the key to making them last for years. Keeping your tools clean and sharpening them regularly is a must.

Some of the best hand tools a gardener should have include: a hand rake, a water breaker (for gentle irrigation of new plantings), shears, scissors, and a hand pruner. Recommended long handled tools include: round-headed shovels, a bow rake, a digging fork, and a leaf rake. Gloves should also be worn while gardening to protect your hands. Some types of gloves include: washable synthetic, latex, and heavy-duty leather.

Specifically, spades and forks are crucial when it comes to gardening. These tools are used for digging, planting, and harvesting. Because of their many capabilities, these tools specifically are a great investment. Of course, make sure that the handle and shaft lengths are comfortable to avoid any pain or injury while gardening.

Also, when it comes to conserving space, a wheelbarrow is a great way to save space and storage. A traditional wheelbarrow is replaced with a collapsible model. When this tool is not in use it can be washed out, folded flat, and stored or hung against a wall. Easy, extra, and convenient storage is a great accessory to any gardener's collection.

It is so important to have all the equipment necessary when gardening in order for the process to go smoothly. Depending on what you are planting, more effort and work may be required. Having the right tools to make the job easier will make the whole process a lot more fun and enjoyable, as it should be.



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Poisoning Prevention

Chemicals in and around the home can poison people or pets and can cause long-term health effects. Every 13 seconds, a poison control center in the United States answers a call about a possible poisoning. More than 90% of these exposures occur in the home. Poisoning can result from medicines, pesticides, household cleaning products, carbon monoxide, and lead.

The most common causes of poisoning among young children are cosmetics and personal care products, household cleaning products, and pain relievers. Common causes among adults are pain relievers, prescription drugs, sedatives, cleaning products, and antidepressants.

Pesticides are used in about three out of four U.S. homes. They are used to prevent or kill bugs or rodents. They can also poison people or pets.

Children can swallow detergents, bleaches, and other cleaning products. Breathing fumes from these products can also harm people.

Carbon monoxide poisoning can be caused by poorly vented gas furnaces and appliances. It can also be caused by gas generators used during electrical power outages and by indoor use of charcoal grills or portable stoves.

The major source of lead poisoning among U.S. children is lead-based paint and dust with lead. All houses built before 1978 are likely to contain some lead in the paint. However, it is the flaking, peeling paint that causes a problem. Other sources of lead in the home may include traditional home remedies, ceramics, toys and toy jewelry, lead-contaminated soil, lead water pipes, and lead solder used in plumbing.

Health and Safety Tips

- Make sure your child does not have access to peeling paint or chewable surfaces painted with lead-based paint.
- Use and store chemicals, household cleaning products, and pesticides according to label instructions and out of reach of children
- Have gas appliances professionally installed, vented outside, and checked annually for carbon monoxide leaks.
- Take all medicines as directed and store out of reach of children.
- Turn on fans and open windows to help ventilate the area when using household cleaners and chemicals.

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LOUD NOISE CAN CAUSE HEARING LOSS QUICKLY OR OVER TIME

Hearing loss can result from a single loud sound (like firecrackers) near your ear. Or, more often, hearing loss can result over time from damage caused by repeated exposures to loud sounds. The louder the sound, the shorter the amount of time it takes for hearing loss to occur. The longer the exposure, the greater the risk for hearing loss (especially when hearing protection is not used or there is not enough time for the ears to rest between exposures).

Here are some sources of loud noise that you may be exposed to. If you are repeatedly exposed to them over time, they can cause hearing loss.

EVERYDAY ACTIVITIES

- Music from smartphones and personal listening devices, particularly when the volume is set close to the maximum
- Fitness classes
- Children's toys
- Events
- Concerts, restaurants, and bars
- Sporting events, such as football, hockey, and soccer games
- Motorized sporting events, such as monster truck shows, stock car or road races, and snowmobiling
- Movie theaters

TOOLS AND MORE

- Power tools
- Gas-powered lawnmowers and leaf blowers
- Sirens
- Firecrackers



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MOLD and Your Home

Mold is found both indoors and outdoors. Mold can enter your home through open doorways, windows, vents, and heating and air conditioning systems. Mold in the air outside can also attach itself to clothing, shoes, bags, and pets can and be carried indoors.

Mold will grow in places with a lot of moisture, such as around leaks in roofs, windows, or pipes, or where there has been flooding. Mold grows well on paper products, cardboard, ceiling tiles, and wood products. Mold can also grow in dust, paints, wallpaper, insulation, drywall, carpet, fabric, and upholstery.

You Can Control Mold inside your home you can control mold growth by:

- Controlling humidity levels
- Promptly fixing leaky roofs, windows, and pipes
- Thoroughly cleaning and drying after flooding
- Ventilating shower, laundry, and cooking areas

If mold is growing in your home, you need to clean up the mold and fix the moisture problem. Mold growth can be removed from hard surfaces with commercial products, soap and water, or a bleach solution of no more than 1 cup of household laundry bleach in 1 gallon of water.

Mold growth, which often looks like spots, can be many different colors, and can smell musty. If you can see or smell mold, a health risk may be present. You do not need to know the type of mold growing in your home, and CDC does not recommend or perform routine sampling for molds. No matter what type of mold is present, you should remove it. Since the effect of mold on people can vary greatly, either because of the amount or type of mold, you can not rely on sampling and culturing to know your health risk. Also, good sampling for mold can be expensive, and standards for judging what is and what is not an acceptable quantity of mold have not been set. The best practice is to remove the mold and work to prevent future growth.

MOLD PREVENTION TIPS

- Keep humidity levels as low as you can—no higher than 50%—all day long. An air conditioner or dehumidifier will help you keep the level low. Bear in mind that humidity levels change over the course of a day with changes in the moisture in the air and the air temperature, so you will need to check the humidity levels more than once a day.
- Be sure your home has enough ventilation. Use exhaust fans which vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.
- Fix any leaks in your home's roof, walls, or plumbing so mold does not have moisture to grow.
- Clean up and dry out your home thoroughly and quickly (within 24–48 hours) after flooding.
- Add mold inhibitors to paints before painting.
- Clean bathrooms with mold-killing products.
- Remove or replace carpets and upholstery that have been soaked and cannot be dried promptly. Consider not using carpet in rooms or areas like bathrooms or basements that may have a lot of moisture.

To learn more about preventing mold in your home, see the Environmental Protection Agency's publication A Brief Guide to Mold, Moisture, and Your Home at <http://www.epa.gov/mold/moldguide.html>



VET ON THE RUN

Dr. Emily Jarvis

By Pam Teel

Cats are extremely sensitive animals that are creatures of habit and not great fans of change; that includes their annual trip to the Veterinary office. Most cats do better in their own homes; this includes being boarded or going to a strangers house when you go away on vacation. It makes more sense to call someone into your home to take care of your pet then subject them to so much stress. Cats like a familiar environment and taking them out of that environment can cause them a lot of anxiety. As highly territorial animals, they tend to rub their scent all over various household objects in an attempt to define and set their boundaries. For pets that are attached to their familiar surroundings and their owners, one must understand that taking them away from this environment, even for a visit to the vet can be a pretty traumatic event.

This is where Dr. Jarvis comes in. She's known in this neck of the woods as the Vet on the Run; the all feline Veterinarian who makes house calls. Dr. Jarvis has had an all feline practice for the past twenty four years. Why because simply, she loves cats! Her first employment as a veterinarian was at an all feline practice. While she periodically made house calls at that time, she has been happily self employed for the past eight years strictly as a mobile cat veterinarian. Her coming to the house is less stress for the cat and for you having to take your pet away from their comfort zone.

At present, she only makes house calls. If your cat needs a hospital for surgical procedures or for severe illness, she can refer local veterinarians, or specialists. The Doctor lives in the Monroe area and will travel up to twenty miles to make a house call. Her normal range includes Freehold, Manalapan, Plainsboro, Monroe Township, Cranbury, Princeton, Lawrenceville, Hamilton, Hightstown, South Brunswick, East Windsor, Highland Park, Allentown, Millstone, and other towns as well. At the house she can examine and weigh the cat, administer vaccines, obtain blood samples, check blood pressures, and more. She can tell you first hand that cats are usually more relaxed at home. Even those stressed out by her presence or by the examination are typically back to normal as soon as she is out the door. Some cats can be upset for two days after a visit to the vet's office, but then again, some that are so scared stiff might do well while being examined in the vet's office.

Dr. Jarvis has also handled her share of feral cats and semi feral cats. Her advice for those who help strays; exposure and handling are helpful. It is easiest to socialize a cat in a cage where he or she cannot escape being touched. It can take patience and sometimes years to socialize feral cats, particularly if they are loose in the house and can avoid you. Feral cats are easier to handle when their eyes are covered. If they don't see you, they are less nervous, even when your hands are on them.

For other, non feral, but difficult cats, it can help to cover them in a towel when you are trying to trim their nails. Cover the body with a folded bath towel, and allow only one front leg out at a time while you trim the nails. A lot of people find it easier to do a few nails at a time, while the cat is sleeping.

The Doctor's hour's are flexible and her fees are affordable. She sees patients when it is convenient for the owners and herself. Charges for an exam decrease up to the third cat if she is seeing more than one cat per visit.

Dr. Jarvis is full of knowledge and will answer any questions that you may have. I personally asked her about the danger of house plants to cats. There are too many ordinary toxic houseplants to list, so I've included an A to Z guide of toxic houseplants to cats and dogs that you can download and keep as a reference. <https://www.houseplantsexpert.com/poisonous-house-plants-for-cats-and-dogs.html>

The Doctor did mention that she treated a cat that ingested an Easter lily leaf. Easter lilies are very damaging to a cat's kidney. Also keep palms that people get on Palm Sunday away from cats. If ingested, they could require surgery, as they are tough leaves and cannot be digested.

If you let your cat outdoors, you also need to be aware of the plants and bushes in your yard that your cat might want to chew on. Daylilies are highly toxic to a cat. They can lead to kidney failure and death. One last tidbit from the Doctor, the black bits on a cats chin fur is probably acne and it can sometimes be avoided by not using plastic bowls.

You can reach Dr. Jarvis at: 609-915-8671
<http://emilyjarvisdvm.com/veterinary-services.html>



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HEALTHY HUMAN FOODS FOR DOGS

By Susan Heckler

Coconut & Coconut Oil- Coconut is made up of a beneficial fatty acid chain called Lauric acid, which helps fight and destroy viruses and various pathogenic bacteria, thus protecting your pets from infection and boosting their immune systems. Many diseases and ailments, like yeast infections, smelly coats, hot spots, cuts that have been infected, and even cracked paws, can all be cured with just a jar of "virgin coconut oil." Coconut Oil can help reduce cancer risks improves the digestion of your dog, normalizes thyroid function, treats arthritis, can give your dog a smooth glossy coat, as well as healthy, supple skin.

Peanut Butter (Controversial - PLEASE READ CAREFULLY)- This is a favorite treat and is recommended by many professionals as a safe snack and is added to hundreds of dog treat products. It a good source of protein, heart healthy fats, vitamin B, niacin, and vitamin E although some of the less expensive brands do contain trans-fats. There is a school of thought that most peanut butter contains Aflatoxins that are naturally occurring mycotoxins produced by a fungus called Aspergillus. These are carcinogenic and vary between brands.

Lean Meat- Lean meat (chicken, beef, pork with no visible fat) is an excellent, balanced source of amino acids, the building blocks of muscle in your dog's body. Meat is also a great source of B vitamins (Thiamin, Riboflavin, Niacin, Pantothenic acid, Pyridoxine, and Cobalamine).

Liver- Fresh liver can be cooked and then baked to make your own liver treats. Liver is an excellent source of B vitamins, Vitamin A, and Vitamin K. It is also a great source of iron. Too much liver may be toxic to dogs because of its high vitamin A content.

Salmon & Tuna - Feed your dog cooked salmon, add salmon oil to food, or slip them some of your unwanted fish skins. Tuna may be a classic cat snack. Dogs can eat tuna too, and it's healthy offering protein, vitamins on top of the omega-3 fatty acids.

Eggs- Cooked egg for your dog is a great way to give protein and digestible riboflavin and selenium, making them a healthy snack.

Cheese & Cottage Cheese- Low or reduced fat varieties given in moderation and cottage cheese are typically good to add some extra protein to your dog's diet.

Oatmeal- This is a great source of soluble fiber and a great alternate grain for dogs allergic to wheat.

Pasta - Dogs can eat pasta but pasta sauces are usually acidic, and contain a lot of

sugar and salt, which can upset your dog's tummy.

Rice/Brown Rice- This is good to use when your dog has an upset tummy and needs a bland meal.

Sweet Potatoes- Sweet potatoes are great sliced and dehydrated as a chewy treat for your dog and are another source of dietary fiber and contain vitamin B6, vitamin C, beta carotene, and manganese.

Popcorn- Air popped with no butter or salt makes a great low calorie treat containing potassium as well as the bone-building minerals phosphorous, magnesium, and calcium.

Carrots- These are great for a dog's teeth when eaten raw in thin chunks. Cooked is great too as they are low calories and high in fiber and beta carotene/vitamin A.

Pumpkin, Squash & Zucchini- Good source of fiber as well as beta-carotene/vitamin A but be sure to remove the seeds. Zucchini like other squashes makes for a delicious and healthy snack, providing potassium, folate and vitamin content make it healthy for you and your dog.

Green Beans- They are filling and low in calories

Peas- These can be added right to your dog's food, frozen or thawed and are a good source of the B vitamin Thiamin, phosphorous, and potassium.

Broccoli- This vitamin-rich vegetable can be a great occasional nutrition boost for dogs but it shouldn't make up more than 10 percent of a dog's diet as it could cause gastrointestinal irritation.

Apple Slices- Helps to clean residue off a dog's teeth, which helps to freshen her breath. Apples are a good source of fiber as well as vitamin A and C. Make sure to take out the seeds!

Cranberries- Fresh cranberries have many health benefits and provide vitamins A, B1, B2 and C, and prevent urinary tract infections.

Pears - Dogs can eat pears but no seeds or cores.

Pineapple- Small amounts are beneficial for your dog as the fruit is rich in fructose, fiber, vitamin and mineral content.

Parsley- Improves "doggie breath" and can also be a good source of calcium, potassium, and beta-carotene.

Mint - Freshens your pal's bad breath and settles upset tummies.

Turmeric- This is one of the most promising cancer prevention foods and can be found in your spice rack. The active compound in turmeric is curcumin, which has been shown to prevent the growth or spread of cancer cells in many types of cancer. It is as an anti-inflammatory and antioxidant.





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A Little Wine Is Just Fine...Doctor's Orders

By Susan Heckler

Do you like wine? Me too!! A glass to mellow out with after a long day... a touch of sweetness with your family and friends... something to celebrate with! As it turns out, wine likes you too!

Let's start this conversation by saying too much of anything can be destructive to your health. Just because it has health benefits doesn't mean you can abuse it. The American Heart Association labels moderate wine consumption as 1 or 2 four ounce glasses of wine per day.

That being said, throughout history wine has had a reputation as being some kind of health restorative. The ancient writings say it was used in a medicinal way. Our modern science and medicine have concluded that moderate consumption, especially red wine, can provide many health benefits.

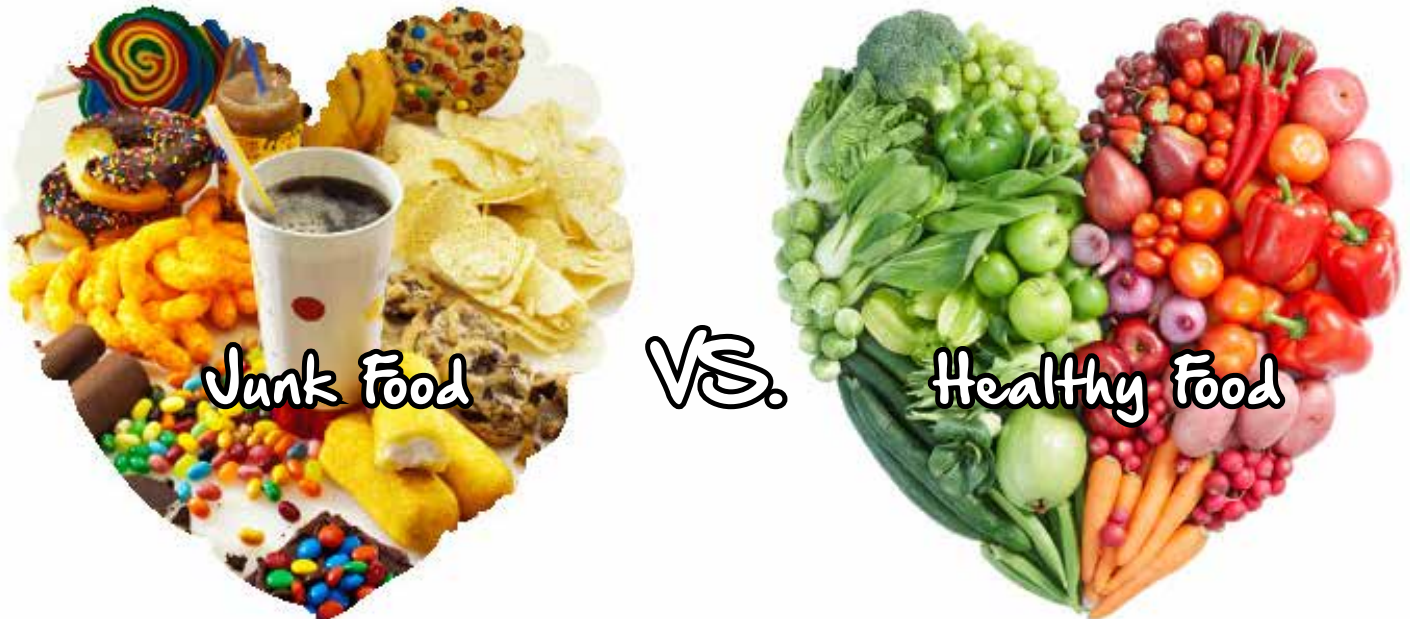
- Red wine drinkers had significantly increased their levels of good HDL cholesterol and had a more beneficial cholesterol ratio compared to the group that drank water.
- People who drank either red or white wine also reported better sleep quality than the group that drank water.
- Best results came from the group drinking red wine—which had resveratrol levels 13-fold higher than the white wine.
- Red wine also contains a lot of unique antioxidants called polyphenols that are hard to get other places and may help protect the lining of blood vessels in your heart. One of them, resveratrol, reduces the levels of LDL cholesterol that can lead to damage to blood vessels.
- The high antioxidants in red wine come from grape tannin, which is made up of the skins, seeds and stems of the grape. A more full-bodied wine such as a cabernet sauvignon will have more antioxidants than a glass of chardonnay.
- Moderate drinkers have 30 percent less risk than nondrinkers of developing type 2 diabetes
- The possibility of suffering a blood clot-related stroke drops by about 50 percent in people who consume moderate amounts of alcohol.
- Moderate drinkers are 32 percent less likely to get cataracts than nondrinkers; those who consume wine are 43 percent less likely to develop cataracts than those drinking mainly beer.
- Moderate consumption of wine (especially red) cuts the risk of colon cancer by 45 percent.
- Brain function declines at a markedly faster rate in nondrinkers than in moderate drinkers.



Junk Food...is it Kid Food?

By Susan Heckler

When you think of the term Junk Food, what comes to mind? My definition is high calorie, nutrient poor convenient food loaded with sodium, sugar and fat which all generations seem to love. Apparently 25% of the population now consumes predominantly junk food diets, which is concurrent with the rising list of chronic disease.



Junk food isn't really kid food, since not only kids are consuming it. The problem is kids are the target market for the advertising. Look at the packaging with cartoon and movie characters on it. Observe the time slot and channels for the television advertising of these types of products.

The report by the Federal Trade Commission "Review of Food Marketing to Children and Adolescents" highlighted the problem and for a while, it looked like action was going to be taken. The report, which was created in 2008 and 2012, exposed how much money America's 44 biggest food and beverage companies were spending to promote their products. In the 2008 report, the FTC's study revealed that these companies spent an amazing \$1.6 billion to push these junk foods to kids. The good news is that highlighting this information to policy makers and politicians created a minor improvement in advertising strategies. In the updated 2012 report, the FTC cited that these company's spending on junk-food marketing had fallen by 20 percent from the 2008 report. Additionally, these same businesses were spending more to encourage healthier options to youngsters.

There is a question as to whether or not an updated report is forthcoming and if not, will the companies lapse into the same bad behavior.

As a parent, what can you do? You can start by setting an example. If your kids see you munching on no-no's; "don't do as I do, do as I say" won't get you far. Mixed messages are confusing for kids.

Keep your home stocked with healthy alternatives. Be gone candy, processed snacks, sweetened beverages, and deep fried crunchiness. Say hello to fresh fruits and vegetables that go crunch.

Food for Thought:

- Junk food in children's diets accounts for 187 extra calories per day, leading to 6 additional pounds of weight gain per year.
- Eating junk foods throughout the day causes chronically high insulin levels, which eventually prompts your cells to begin to ignore this important hormone, resulting in a condition known as insulin resistance.
- Consuming trans-fats, saturated fats and processed food is associated with up to 58 percent increase in risk of depression.
- Children who eat a lot of junk foods may develop nutritional deficiencies that lead to low energy, mood swings, sleep disturbance and poor academic achievement, among other health conditions.
- High sodium levels are a contributing factor to the over-consumption of salt that contributes to high blood pressure and heart, liver and kidney diseases.

Strawberries Scream Spring

By Susan Heckler

The strawberry, *Fragaria*, is one of the most popular berry fruits consumed worldwide. Strawberries are native to regions of the earth known as “temperate” regions; these include most of Europe, Asia, North America, and the lower half of South America, including Chile. They grow wild but they are also cultivated.

Strawberries belong to the rose family of plants (Rosaceae). Not actually fruits as their seeds are on the outside, strawberry plants are runners, and are not produced by seeds. They have an average of 200 seeds per fruit and are actually a member of the rose (rosacea) family.

In the United States, which is the world’s largest commercial producer of strawberries grows approximately 3 billion pounds per year. Strawberry varieties are often divided by growers into categories like “early season,” “mid-season,” “late-season,” “June-bearing,” or “day neutral” (which typically produce during July, August, and September). The strawberry plant is unusual in its ability to flower in “flushes” during different seasons of the year, including spring, summer, and fall.

Nutritionally, strawberries provide us with a rich variety of phytonutrients, including dozens of polyphenolic antioxidants belonging to the following nutrient groups: flavonoids, phenolic acids, lignans, tannins, and stilbenes. Strawberries are an excellent source of vitamin C (and our 5th best source of vitamin C at WHFoods); an excellent source of the mineral manganese; a very good source of fiber, iodine, and folate; and a good source of copper, potassium, biotin, phosphorus, magnesium, vitamin B6, and omega-3 fats (in the form of alpha-linolenic acid).

Growing strawberries is easy once you decide on a variety and a method. Medium-sized strawberries are often more flavorful than those that are exceptionally large. Whether you buy them at the store or order them online, as soon as you get the strawberry plants to your garden, get them in the ground as quickly as possible. Strawberry plants have a thick section of material called the “crown” between the stems and roots. Your plants should be planted so that the crown is even with the soil. Too high and the roots dry out, too low or completely bury the crown under the soil and your plants will be much more likely to suffer injury or disease.

If you are limited with space, strawberries can be grown in pots and can be quite attractive. You can also plant them in a garden and let them go crazy. Strawberries are an easy to grow fruit crop that will reward the home gardener with ample harvests for many years as they are a perennial. With favorable conditions, each strawberry plant should produce one quart of strawberries per season.

Strawberries are one of the first plants to fruit in the spring. Once picked, they will not continue to ripen so pick them ready to eat. Be gentle, they bruise easily.

There is nothing quite like the taste of a fresh juicy strawberry. They also do well frozen for future use. The abundance of recipes is mind boggling. Essentially, there is no such thing as a bad strawberry recipe!



Anytime Vegetable Egg & Cheese Bake

The cheeses and vegetable choices are suggestions; this crust-less quiche-like meal works with just about anything and great any time of day!

INGREDIENTS

- 5 eggs
- 2 cups egg substitute or 6 more eggs
- 1/2 cup cottage cheese (fat % your choice)
- 1/3 cup shredded pepper Jack cheese
(can substitute your favorite semi-soft, open textured spicy cheese)
- 1/3 cup shredded cheddar cheese (your favorite sharpness)
- 1/4 cup grated Romano cheese (any variety)
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon tobasco type sauce
- 1 medium summer squash, chopped
- 2 cups fresh broccoli florets
- 2 cups coarsely chopped fresh baby spinach
- 1/2 cup shredded fresh carrots
- 1/2 cup chopped tomatoes

DIRECTIONS

1. Coat an 11 x 7 baking dish with cooking spray.
2. Preheat oven to 350°. In a large bowl, whisk eggs, egg substitute, cheeses, pepper and pepper sauce until consistent and fluffy.
3. Stir in the vegetables.
4. Transfer to baking dish.
5. Bake, uncovered, 45-50 minutes or until firm.
6. Let stand 10 minutes before cutting.



Nutty Chicken & Strawberry Spring Salad

INGREDIENTS

- 2 large boneless, skinless chicken breasts or thighs
- 2 tablespoons any olive oil
- 2 tablespoons your favorite balsamic vinaigrette salad dressing
- 1 bunch fresh baby spinach
- 1 pint fresh sliced strawberries
- 4 ounces goat cheese crumbled
- 5 ounces package candied pecans

DIRECTIONS

1. Place the whole chicken meat into 2 tablespoons of balsamic vinaigrette to marinate.
2. Place the marinated chicken into a skillet with 2 tablespoons of olive oil over medium heat.
3. Cook and stir until the chicken is browned and the juice has almost evaporated (about 10 minutes).
4. Remove the chicken and let cool, slice or cube.
5. Place the baby spinach into a large salad bowl.
6. Distribute the strawberries, goat cheese, and candied pecans over the spinach.
7. Sprinkle 2 tablespoons of olive oil and 2 tablespoons of balsamic vinaigrette over the salad and top with the chicken.
8. Great warm or cold!



MOST FILLING FOODS

By Stefanie Maglio

Food is a necessity for survival. However, people eat for more reasons than just one. Some eat for enjoyment or pleasure, while others are more conscientious about what they consume on a day-to-day basis. In attempt to lose weight, become healthier, or become more physically fit, people may eat foods that are likely to fill them up quickly and with eating as little as possible. Here are some foods that will fill up your stomach quickly:

- Potatoes. They are carb-heavy, but also a vegetable.
- Apples and pears. They are filled with multiple antioxidants, as well as appetite-suppressing fibers.
- Almonds. Not only are they perfect for an on-the-go snack, but they help you stay satiated throughout the day by snacking on them. Therefore, you are less likely to eat more meals. They also contain 6 grams of protein, which can cause you to feel full.
- Lentils. These contain 13 grams of protein and 11 grams of fiber. No surprise that people have been eating lentils for decades in order to stay full.
- Greek Yogurt. Dairy foods are great for keeping an appetite at bay, especially dairy products with a lot of protein such as Greek yogurt. Not only is there ample protein, but also acids produced during yogurt fermentation are known to increase satiety.
- Eggs are an excellent choice when trying to stay satisfied. Two hardboiled eggs contain 12 grams of complete protein, which means that they contain amino acids that our bodies need but can't on their own. Studies also show that eating eggs at breakfast helped dieters feel less hungry for a full 24 hours, while also stabilizing their blood sugar levels and helping them eat fewer calories throughout the duration of the day.
- Lean beef. Certain cuts such as sirloin, tenderloin, and top round are high in protein. This means they have complete amino acids, resulting in a "fuller" feeling after eating these cuts of beef. However, be careful with red meats as too much of it has been related to heart disease, cancer, and type two diabetes.
- Avocado. This rich and creamy food is highly satisfying as it is high in fat, but the good kind. This means avocado has plant-based fatty acids which have proven to have anti-inflammatory benefits.
- Fish. Most lean cuts of fish are high in protein, which again means that there are helpful amino acids to create a full feeling after eating.
- Popcorn is a grain, which surprisingly contains 3 grams of fiber and protein each in every four cups. This is a fun, yet healthy snack that will definitely satisfy your appetite.

THE DO'S AND DONT'S OF BAGGED LETTUCE

By Stefanie Maglio

Day to day life as an adult, and especially a parent, is typically hectic. Worrying about your family and your job leaves little time for chores like grocery shopping. That's why bagged products such as lettuce and prepared salads may seem convenient. Lettuce may seem like a healthy and easy option, but before buying bagged lettuce it's important to remember some things. There is always the chance for bacteria to be growing where it shouldn't. Yes, this means unhealthy bacteria could be growing inside the bag if lettuce you picked up from the grocery store. That's why you should always look before you grab. Go for the latest "used by" date and make sure the bag is not expired. Look for any discolor or damage. These are usually a red flag, as well as any moisture that has collected which is breeding ground for bacteria.

Once you purchase the lettuce, **make sure you keep it cold.** Don't let it sit out while you out other groceries away. Try to make the lettuce a priority and store it in the fridge first thing when you get home. The same should be done with yogurts and milk. Warm temperatures can cause bacteria growth just like moisture.

Don't re-wash. Most bagged lettuce says "pre-washed" or "triple-washed". This means there is no point in rehashing the lettuce again. It can be exposed to bacteria in your sink or surrounding areas. Also, and increase in moisture, yet again, can cause harmful bacteria to grow.

Do eat the bagged lettuce or salad product quickly. It is always best to eat vegetables while they're fresh. However, this means don't buy family sized or bulk bags if you are single or only eating for two. Only purchase exactly what you need for a couple of days. The longer you keep the food, the more likely it is for bacteria to multiply and spread.



WHAT YOU SHOULD KNOW AFTER BEING INVOLVED IN A CAR ACCIDENT?

By John Bazzurro

In my practice, clients will typically come in for a consultation concerning injuries sustained in a motor vehicle accident more than one month after the accident has occurred. In general, it is after this time that people realize that they have sustained personal injuries, which warrant a visit to an attorney for advice. However, what a person does or does not do in the first 30 days after a motor vehicle accident may have a significant impact on their ability to bring a lawsuit in the future.

First and foremost, it is important that individuals involved in motor vehicle accidents report their accident to the local police or proper authorities to ensure that there is a record of the accident and to obtain the other drivers' information. In fact, N.J.S.A. 39:4-130 specifically requires that any motor vehicle accident in which a person is injured or in which the property damage is greater than \$500.00 be reported to the local police department. Often times clients will tell me that they and the other driver decided not to report the accident to the police in order to avoid having to "put it through" their insurance. In these instances, the other driver may attempt to deny that the accident even occurred. Thus it is important that the accident be reported promptly—especially where significant property damage or personal injuries are involved.

Second, it is important to know that any and all medical treatment that is required as a result of injuries sustained in a car accident be paid for by the applicable motor vehicle insurance policy as opposed to a health insurance policy. New Jersey law provides that automobile policies of insurance provide Personal Injury Protection coverage (PIP) to allow for those injured in motor vehicle accidents to receive proper medical treatment. If such medical bills are paid for by health insurance as opposed to automobile insurance, issues may arise in the future concerning the potential need to repay the health insurance company for any benefits paid. Thus, when visiting an emergency room or physician for treatment related to a car accident, you should provide them with your automobile insurance policy information.

Third, with regard to damages to your vehicle, you should obtain a copy of the police report as soon as possible (typically police departments will be able to provide same within a few days) for purposes of identifying the other drivers' insurance company. Once the insurance company is identified, they should be contacted and advised that your vehicle sustained damage due to the negligence of their driver. However, when speaking to the other insurance company, no statements should be given concerning how the accident occurred or the nature and extent of any injuries suffered. Instead, you should only provide them with a copy of the police report to show them how the accident happened. If you provide the other insurance company with a statement, that statement may be used against you in any future litigation (including traffic court) concerning the accident.

Finally, any and all "evidence" should be recorded and maintained in the event a lawsuit arises. For instance, photographs should immediately be taken of the damage to your vehicle as well as the other vehicle if possible. Additionally, photographs of any injuries sustained (bruises, cuts, scrapes, abrasions, casts and bandages) should also be taken. If anyone approaches you at the scene of the accident you should take down their contact information for potential future use.

If you are aware of these issues and comply with the actions suggested, it will make it easier for you and your attorney to properly and efficiently pursue any claims against the other drivers. However, your failure to abide by all or some of the suggestions, your failure to do so may make any claims much more difficult to pursue.

Of course, if you have any questions concerning the above, please do not hesitate to contact our office for a consultation.

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