

*The Greater Princeton Area*

SUMMER ISSUE  
JULY/AUGUST 2017

# Ask The DOCTOR

The Health & Wellness Magazine For You And Your Family

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## OUR DEPARTMENTS

<b>Health Articles and Q&amp;A Pages</b> .....	6
<i>Your questions answered from local physicians, medical news and information</i>	
<b>I Am Beautiful</b> .....	9
<i>Everything from tips to trends</i>	
<i>Where to go in NJ for specialty services</i>	
<b>As We Age</b> .....	16
<i>Articles and physician information just for seniors</i>	
<b>Men's Health</b> .....	19
<i>Expert tips for Men's health and fitness</i>	
<b>Kids' Health</b> .....	20
<i>Information, news and expert advice to raising healthy children from pregnancy to 18</i>	
<b>Healthy Mind &amp; Soul</b> .....	28
<i>Inspirational stories and advice on achieving mental balance and clarity</i>	
<b>Healthy Pets</b> .....	32
<i>Articles and tips to keep your pets healthy</i>	
<b>Doctor Profiles</b> .....	34
<i>Articles and tips to keep your pets healthy</i>	
<b>The Strong Lean Body</b> .....	35
<i>Tips on how to reach and maintain a healthy fitness level</i>	
<b>Healthy Home</b> .....	40
<i>Here you will find expert tips to make your home healthier, safe and fabulous</i>	
<b>For The Professional</b> .....	42
<i>Business to business resources for the busy Medical Professional</i>	
<b>Financial Health</b> .....	43
<i>Information, resources and news related to the health and well-being of your financial future</i>	
<b>The Healthy Palate</b> .....	44
<i>Recipes to enjoy and local dining options for eating out</i>	

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# ASK THE AUDIOLOGIST

## Question:

When considering a hearing aid purchase, which features should be included in the price?

## Answer:

Hearing Aids should have these features included in the initial cost of the units. These are directionality, a feedback suppression system, noise reduction/ speech enhancement and telecoil.



One of the biggest challenges for people with hearing aids is communicating in noisy environments, like restaurants, parties, and family get-togethers. Normal hearing brains can sort through all the noise and focus on important sounds. In a noisy environment, hearing aids with directionality will automatically focus their attention on sounds that cut through background noise. There are different levels of directionality, from basic to adaptive directionality. Adaptive directionality is best for people who spend a lot of time in noisy places, like conventions, outdoor gatherings, or meetings.

Feedback occurs when the sound is picked up again by the hearing aid microphone, creating a looping sound that turns into a high-pitched whine or whistle. To minimize the annoyance of feedback, a feedback suppression system is built into the aids. A computer chip in your hearing aid monitors incoming sounds for feedback signals. If a signal is detected, your hearing aid produces an equal and opposite signal to cancel out the feedback.

Noise reduction with speech enhancement further shapes speech signals in order to suppress background noise and boost speech, so you can interpret them better. If you are frequently in situations with a lot of background noise, it may be worth investing in hearing aids with advanced or premium noise reduction features.

A very significant feature in a hearing aid is the telecoil ("t-switch" or "t-coil"). The t-coil provides hearing assistance during a phone call and is also beneficial when the user is in an area where a hearing induction loop system is installed.

If you or someone you love is having difficulty hearing, listening or communicating, Dr. Fuchs invites you to contact her for an audiologic consultation either in the East Windsor office 609-448-9730 or the Pennington Office 609-303-0291.



**Horizon Audiology, Inc**

300A Princeton Hightstown Road; Suite 204

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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  
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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?

**V**aginal 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:

Dr. Helen Simigiannis, MD, FACOG  
Antheia Gynecology  
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East Windsor, NJ 08520  
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## PRINCETON WELCOMES SANTÉ INTEGRATIVE PHARMACY

By Susan Heckler

Just a few months old, Santé Integrative Pharmacy is a full-service prescription & compounding pharmacy, which offers traditional & natural healthy living solutions. As with much of the health care industry, complementary medicine is being blended with traditional medicine with wonderful outcomes. This is the concept behind Santé Integrative Pharmacy at 200 Nassau Street in Princeton.

The store interior is more reminiscent of a small town general store than a pharmacy. No fluorescent lights and impersonal big box feel. The setting is very intimate and non-intimidating. You can discuss your million questions with someone extremely informed over a cup of tea.

Each employee has a specialty and are practitioners in some form of complementary medicine including their pharmacists, homeopaths, estheticians, nutritionists, herbalists, wellness counselors and skincare specialists. They carry an extensive line of skincare, herbal, homeopathic formulas, vitamins, supplements and natural foods in addition to the traditional items found in pharmacies so some may take explanation.

For example, Diane is a wellness counselor who works with patients of cancer treatments. Caroline is an expert in supplements and nutrition. You will meet Meg, who is a skin care and makeup specialist. Santé employees are a wonderful resource of information, which is a huge contrast to the usual employee of a pharmacy who answers phones and defers to a pharmacist. They can give you the traditional recommendations and also offer you a more natural solution and help you make the informed decision you need.

The Pharmacists are experts in nutrient depletion. This is the person you need to consult with to show you what nutrients are affected by prescription and over the counter medications. Most people don't realize the indirect effect medications have on our overall health since you want to avoid any unexpected complications.

Another wonderful aspect they do is compounding. Compounding pharmacies make drugs prescribed by doctors that are specific to patients with needs that can't be met by commercially available drugs. Your medication is made individually for you based on your medical needs alone.

This is one of those places you just have to see and experience. Owners JoAnn Issenman, Barry Perzow, and pharmacist/owner Chris Castagna are such nice, approachable, knowledgeable people. You will leave there with a new appreciation of what a pharmacy can mean to you, your family and your wellbeing.

**They are open M-F from 9am-7pm and Saturdays from 9am-6pm with Sunday hours 9am-5pm. Questions? (609) 921-8820.**





# BRACES ARE BEAUTIFUL

Over the years, the reputation of braces has evolved from clunky and embarrassing to downright trendy. From the Hollywood starlets boasting their braces on the red carpet to the millions of American adults sporting them for a straighter smile, braces are in.

In fact, more than one million of the four million people wearing braces in the United States are adults, according to the Journal of Clinical Orthodontics. Adults are opting for braces for many reasons, among which is the perceived power of a perfect smile. Some say not having straight teeth holds them back from landing a new job, getting a promotion, fitting in at school or asking someone out on a date, according to the American Association of Orthodontists. Others see it as a way to improve their self-esteem and overall health.

The Journal of Clinical Orthodontists also reports that adults are willing to shell out serious money to improve their health and smile – \$4,800 is the average cost of an adult set of braces. And with today's dental technology, more options than ever before are available for enhancing those pearly whites.

Some of these options are:

## CERAMIC BRACES

Ceramics are similar to traditional braces, but feature tooth-colored brackets instead of metal. This change in color helps them blend into the tooth for a subtle look, while still having the power to correct even serious orthodontic issues

## CLEAR AND CUSTOM MOUTHPIECES

This option is comprised of a series of clear, custom aligners that you wear over the course of a treatment. The mouthpieces are made out of thin plastic and offer a discreet option. Clear aligners need to be removed during meals and are worn at least 20 to 22 hours per day.

## LINGUAL BRACES

The most inconspicuous option for people who want to keep their braces hidden, lingual braces use brackets on the back of your teeth – the lingual side. Once placed, they stay put until your orthodontist removes them.



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- ◆ No needles or anesthesia is required.
- ◆ No compression garment required.
- ◆ No down-time. Patients can resume their normal activities right after they are treated.
- ◆ Treatments could take as little as 35 minutes.
- ◆ Results can be seen as soon as 3 weeks but may take up to 3 months.
- ◆ CoolSculpting® can be very affordable but could get pricey if multiple areas need to be treated or if areas need to be re-treated down the line.
- ◆ Good candidates are those that are within 10-30 pounds from their ideal weight with noticeable lumps and bumps that are resistant to diet and exercise.

VS

#### Laser Assisted Liposuction

- ◆ Invasive—A laser and cannula are inserted through small incisions to aspirate the fat cells.
- ◆ The physician can suction as much fat as necessary and has a broader area to work with.
- ◆ Local anesthesia is infiltrated into the entire treatment area with the cannula.
- ◆ A compression garment is required to be worn for up to 6 weeks to help with post-op swelling and to ensure skin retraction
- ◆ Resume most activities after 2-3 days. All activities by 1-2 weeks.
- ◆ The procedure could take anywhere from 3-4 hours.
- ◆ Results can be seen almost right away and you could see skin retraction for up to 4 months.
- ◆ Liposuction financially could be a better option if multiple CoolSculpting® treatments are needed. It is an in-office procedure eliminating the additional hospital and anesthesia costs.
- ◆ Overweight patients can have liposuction if they have areas that are way out of proportion with the rest of their body.



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## Get Fabulous Feet

To make sure your feet are ready for their (literal) time in the sun, The American Pediatric Medical Association has some tips to get ready. Here are their top recommendations:

### THE DO'S OF FOOT CARE

- Salon foot baths are typically cleanest earlier in the day, so schedule your appointment in the A.M. If you're not a morning person, make sure that the salon filters and cleans the foot bath between clients.
- When eliminating calluses, on the heel, ball and sides of the feet, use a pumice stone, foot file or exfoliating scrub. Soak feet in warm water for at least five minutes, then use the stone, scrub, or foot file to gently smooth calluses and other rough patches.
- Bring your own pedicure utensils to the salon, because bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques.
- When trimming your nails, use a toenail clipper with a straight edge to ensure your toenail is cut straight across. Other tools, such as manicure scissors or fingernail clippers, increase the risk of ingrown toenails because of their small, curved shape. Also: See a podiatrist if you have a tendency to develop ingrown toe nails.

### THE DONT'S OF FOOT CARE

- Resist the urge to shave your legs before receiving a pedicure. Freshly shaved legs or small cuts on your legs may allow bacteria to enter. If you are receiving a pedicure and manicure, don't use the same tools for both services as bacteria and fungus can transfer between fingers and toes.
- Don't allow technicians to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.
- Don't round the edges of your toenails. This type of shape increases the chances that painful ingrown toenails will develop.
- Don't use sharp tools to clean under nails. Using anything sharp makes it easy to puncture the skin, leaving it vulnerable to infection.
- Be sure that you don't leave any moisture between toes. Anything left behind can promote the development of athlete's foot or a fungal infection.





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Nora Wessler, a grateful Wigful Thinking customer, says *"Wigful Thinking changed my life! I have alopecia and for years have felt embarrassed going out in public. That all changed when I met Caryl, the Owner of Wigful Thinking. I now feel confident and in control of my life in the public eye. I have even been approached by strangers complimenting me on my haircut. Little do they know..."*



Owner Caryl Dillon  
*Wigful Thinking*  
WIG STUDIO

# 11 NATURAL WAYS TO GET RID OF DANDRUFF

By: Krusha Vaiyda

## 1. ASPIRIN

Keep flaking in check by crushing two aspirins to a fine powder and adding it to the normal amount of shampoo you use each time you wash your hair. Leave the mixture on your hair for 1-2 minutes, then rinse well and wash again with plain shampoo.

## 2. TEA TREE OIL

Shampoos with just 5 percent tea tree oil significantly improve the severity of dandruff. You can also add a few drops of tea tree oil to your favorite shampoo as you wash normally.

## 3. BAKING SODA

Wet your hair and then rub a handful of baking soda vigorously into your scalp. Skip the shampoo and go right to rinsing. Your hair may get dried out at first, but after a few weeks your scalp will start producing natural oils, leaving your hair softer and free of flakes.

## 4. APPLE CIDER VINEGAR

Mix a quarter cup apple cider vinegar with a quarter cup water in a spray bottle and spritz on your scalp. Wrap your head in a towel and let sit for 15 minutes to an hour, then wash your hair as usual. Do this twice a week.

## 5. MOUTHWASH

To treat a bad case of dandruff, wash your hair with your regular shampoo, and then rinse with an alcohol-based mouthwash. Follow with your regular conditioner.

## 6. COCONUT OIL

Before showering, massage 3-5 tablespoons of coconut oil into your scalp and let sit for about an hour. Shampoo normally. You can also look for a shampoo that already contains coconut oil.

## 7. LEMON

Just massage 2 tablespoons lemon juice into your scalp and rinse with water. Then stir 1 teaspoon lemon juice into 1 cup water and rinse your hair with it. Repeat this daily until your dandruff disappears.

## 8. SALT

Grab a saltshaker and shake some salt onto your dry scalp. Then work it through your hair, giving your scalp a massage. You'll find you've worked out the dry, flaky skin and are ready for a shampoo.

## 9. ALOE VERA

Stop yourself from scratching by massaging Aloe Vera into your scalp before shampooing. The cooling effects of Aloe Vera will soothe the itch.

## 10. GARLIC

Crush garlic and rub it into your scalp. To avoid that potent smell, mix crushed garlic with honey and massage into the scalp before washing as usual.

## 11. OLIVE OIL

Massage about 10 drops into your scalp and cover with a shower cap overnight. Follow your regular shampoo routine in the morning. For a quicker cure, look for a shampoo that contains olive oil.

## QUESTION:

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## TIPS FOR BATTLING FRIZZ IN THE SUMMER

*By Mia Ingui*

Take it from a girl whose struggle each day is to tame her natural frizzy hair...there truly is no worse time of the year than the summer for those who battle with frizzy hair. The summer is your time of relaxation, and all you really want to do is get out of bed, throw on your bathing suit, and jump in the pool. But, when the only way your hair will stay tame is to spend four hours styling it, the summer proves to be a difficult time! Risk embarrassment leaving the house with your natural hair drizzling everywhere, or spend a ridiculous amount of time styling it only to have it get wet, and then frizzy again. I did my research, and these are the products that are acclaimed for the wonders they work on frizzy hair.

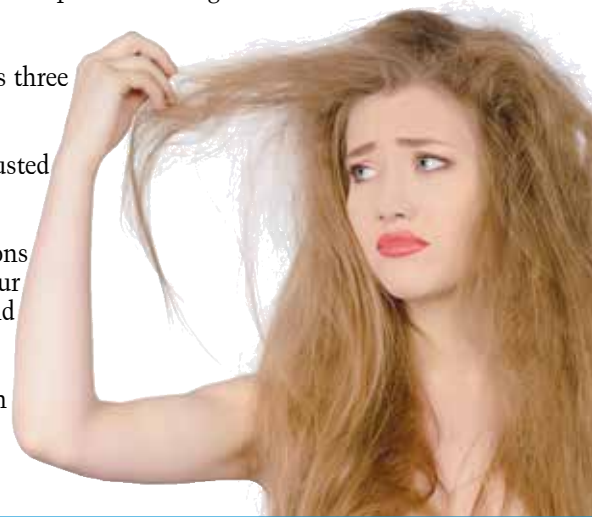
**Living Proof No Frizz Shampoo:** If your hair is thin, opt for a silicone free shampoo like Living Proof. Packed with the anti frizz molecule OFPMA, this will keep fine hair frizz free all day.

**Aussie Moist 3-Minute Miracle Condition:** An oldie but goodie. All it takes is three minutes to get your hair hydrated and frizz free.

**Moroccanoil Frizz Control:** Though a little pricey, Moroccanoil is the salon trusted brand that contains argan oil, a Godsend for over processed, fried, frizzy hair.

**Garnier Fructis Style and Sleek Spray:** This one is silicone-free, delivers tons of shine, and contains argan oil so it won't dry out strands. Tip: Mist it on your hands, and then use your fingertips to smooth out any problem spots, like around your forehead or along your part.

**John Frieda Full Touch Up Flyaway Brush:** For a quick touch up! Applied with a mascara like wand to tame a frizzed out hairline.





# EXTENDING SHOE LIFE

By Susan Heckler

Shoes are expensive, and some of us develop an attachment to our favorites. To keep them looking and smelling great and a welcome addition to our closet, here are some helpful tricks for happy shoes and happier feet. You may want to check with manufacturers before trying these cleaning hacks.

Toothpaste can put a whiter smile on your shoes as well as your teeth. It acts well as a cleaning agent for dirty sneakers. Just apply a bit of toothpaste to an old toothbrush, work it into the dirty spots on the rubber, making sure to scrub the sides well. Then work the toothpaste into the fabric of the shoes. Let it sit for a few minutes, and then wipe it off with a damp towel.

Rubbing alcohol, available at supermarkets and drug stores, can be used to safely remove stains from finished leather. Use a Q-tip, or a cotton ball, and soak it up gently with some rubbing alcohol. Rub the alcohol into the stain on the shoes, and let that sit for about 30 minutes.

Barefooting can lead to sweaty, stinky shoes. Removing smelly odors is a vital part of cleaning shoes! Try putting a bit of baking soda into your shoes to freshen them up, and let them sit overnight. Baking soda has special properties that enable it to effectively remove odors from many objects and appliances around the house.

Suede surfaces scratch and stain very easily. Nail files come super-handly. First use a soft cloth to gently rub the area with the stain, to try and remove as much of the surface spotting as possible. Gently rub the spot with a nail file or sandpaper, until the stain has diminished in appearance. Take it slow so you only remove as little suede as possible.

As you know from laundry, vinegars are great for removing odors, because they have great acidic properties. Try soaking stinky sneakers in a vinegar solution, using around two cups of vinegar mixed in with two gallons of water. Dunk the shoes in, and keep them submerged.

Patent leather shoes are extremely easy to care for, and usually can easily be given a shine with store-bought patent leather cleaners. Better yet, try applying some mineral oil or petroleum jelly on a clean cloth, and rub off the scuff marks on the shoes. Use a little more to buff the entire shoe to be consistent.

Spilled grease on your blue suede shoes? Cornmeal can be rubbed into greasy areas on suede shoes and left on to soak up the grease or oil from the stain.

Afterward, brush it off with a cloth.

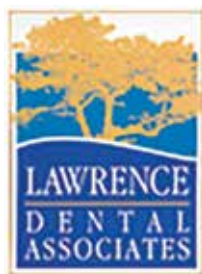
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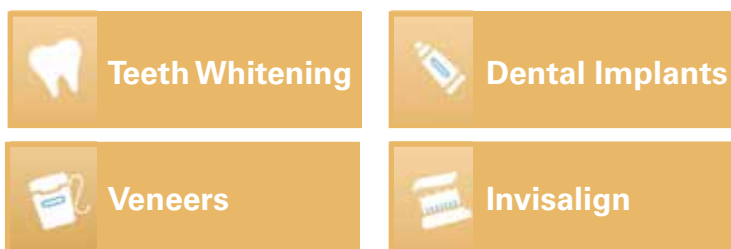


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## DO'S AND DON'TS OF DRY SHAMPOO

By Aleena McIlvaine

Instead of throwing your hair in a bun or putting on an ever popular "dad hat" when you're having a bad hair day, simply spritz a bit of dry shampoo throughout your roots, give it a little tousle, and be on with the rest of your day feeling confident. When it comes to using dry shampoo products, whether it be a spray or powder, no one knows exactly what they're doing. Everyone understands that it must cover their roots in order for it to make a difference in the look and feel of their hair, however, not many people really think about how to go about this. One of the biggest mistakes is simply applying it too close to the head, when it should be about ten inches away from the roots. Many people start out quite concerned because the spray comes out white, but this goes away as soon as it is brushed out. The product should sit for a minute or two before either brushing or combing it through with your fingers. This will leave your hair refreshed and looking brand new.

Dry shampoo can not only breath life back into oily hair, it can also help curls last longer, keep bobby pins in place, and hold a tease (backcomb) for longer. The starch or silica in the dry shampoo will coat the natural oils in the hair which keeps the curls from clumping together. The same products also keep bobby pins from slipping out of place by giving them a little extra grip. Dry shampoo has many other odd but practical uses other than keeping your hair looking clean. If you feel your brows are looking a bit sparse, you can spray some on your finger or a q-tip and brush it through your brows for a more naturally full look. The same starch that pulls oil out of your hair, can also pull oil/grease out of real oil stains in clothing, you simply spray the dry shampoo on the problem area before throwing it in the washer.

A good dry shampoo is a must have for any beauty lover. It keeps your hair looking fresh and clean between washes and can be used for other everyday quick fixes. Most products won't cost more than about \$15, which is a steal for something that can really save you from a bad hair day. It's not hard to love your hair when it always looks freshly washed thanks to dry shampoo.





# AUGUST IS NATIONAL BREAST FEEDING MONTH: *The Pregnancy Project*



**W**hen it comes to eating for health, it's important to make food choices that are backed by robust scientific evidence, packed with essential nutrients, and that can help to prevent us from getting sick. For infants, one food that meets all these requirements is breast milk.

During National Breastfeeding Month, we are excited to highlight the Birth to 24 Months and Pregnancy Project, which aims to advance the knowledge base on what is known about the impact of how we feed our babies and health. Breast milk is an important subject in this review.

At the Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS), we're passionate about the work we do each day to help all Americans reach their highest standard of health. One of our major initiatives – the Dietary Guidelines for Americans – has been the Nation's go-to source for science based nutrition advice for over 30 years. ODPHP partners with the Center for Nutrition Policy and Promotion (CNPP) at the U.S. Department of Agriculture (USDA) to develop each edition of the Dietary Guidelines, which is published every 5 years.

To date, the Dietary Guidelines has provided nutrition guidance for adults and children ages 2 years and older due to the unique nutritional needs, eating patterns, and developmental stages of children from birth to 2 years (24 months) that pose challenges to creating population nutrition advice with adequate scientific evidence. Similarly, pregnant and breastfeeding moms have distinct needs that have been addressed in the Dietary Guidelines, however, not with a comprehensive focus.

To ensure that future editions of the Dietary Guidelines include guidance for Americans of all ages and life stages, ODPHP and CNPP have undertaken the Birth to 24 Months and Pregnancy Project to begin a review of the evidence on nutrition and health for these groups. Congress also enacted a law requiring these groups be included in the 2020 Dietary Guidelines. This initiative will follow a rigorous evidence-based process informed by a broad range of experts in the field of nutrition and health of young children and women who are pregnant, including pediatrics, psychology, and economics.

Beginning with the ninth edition of the Dietary Guidelines for Americans, expected in 2020, this policy will be expanded to address the needs of infants and toddlers (from birth to age 2 years), as well as women who are pregnant. This critical expansion of the Dietary Guidelines will help ensure that the path to healthy eating starts as early as possible in life.



# AUGUST IS *PSORIASIS* AWARENESS MONTH

By Susan Heckler

Psoriasis is a common skin condition that changes the life cycle of skin cells, causing them to build up rapidly on the skin's surface. The condition is a chronic one, with persistent and sometimes painful symptoms. Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin. It typically affects the outside of the elbows, knees or scalp, though it can appear on any location. It is known to cause itching burning and stinging sensations.

Psoriasis is not contagious but may run in families. About one-third is traceable to family history. The malady seems to affect men and women equally, and Caucasians have almost twice the likelihood as African-Americans.

Its occurrence can range from mild cases with small areas of rash to larger, more inflamed areas of raised red areas. Symptoms can oftentimes go into remission, even without treatment, and then return without notice.

Psoriasis is associated with other serious health conditions, such as diabetes, heart disease and depression so it is not something to ignore. What you may attribute to an annoying rash may have underlying complications.

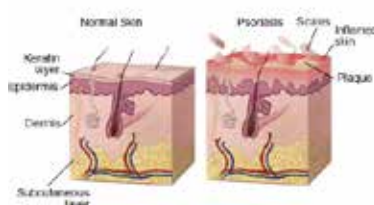
More than 7.5 million Americans have psoriasis, according to research by the National Psoriasis Foundation.

## *Treating Psoriasis*

A doctor can diagnose psoriasis by studying the patches on the skin, scalp or nails. Most cases are mild in terms of symptoms and require common skin care.

In terms of dealing with the condition, the National Psoriasis Foundation recommends a balanced diet to be fit and maintain a healthy weight. Avoiding certain foods may help ease psoriasis symptoms. This may require some trial and error throughout your life, so be sure to log what you've eaten following a particularly notable flare-up.

In treating psoriasis, the primary goal is to stop the cells from growing so quickly. Treatment cannot fully cure psoriasis, but there are many options that can provide significant relief.



Some of the most basic forms include:

- Common skin creams or lotions
- Baths or soaks to keep the skin hydrated
- Aloe Vera
- Non-prescription cortisone cream
- Exposing skin to small amounts of natural sunlight

# TELEMEDICINE SERVICES ARE A NEW WAY TO PROVIDE SPECIALTY CARE

By Stefanie Maglio

The purpose of telemedicine has essentially been to bring the doctor to the patient regardless of their location. Specialists tend to offer more advanced care than primary care doctors. This usually tends to mean that there are a lot less specialists. The specialists that are around are usually clustered in urban areas where the patient population is largest. Since these areas are more populated, it also means that there are large health systems in place, which can allow for teaching, research and collaboration activities. However, this is not to say that those with chronic conditions such as diabetes or heart failure don't live in rural areas where less specialists tend to be. This is where telemedicine can help solve the problem.

The patient demand has increased quite a bit over the last few years. This may be because of its convenience for the patient. Using telemedicine services reduces travel time and stress for the patient. Medical services without the need for long distance traveling may be why people have been more than satisfied with using telemedicine. It allows patients with chronic illnesses to get the special help they need without all the hassle.

The quality of telemedicine has proven to be just as efficient and beneficial as traditional in-person consultations.

However, it has also shown to be superior when it comes to specialty care. For example, those with mental health issues or ICU receive greater care and more attention through telemedicine. Greater outcomes and patient satisfaction is a direct result.

Keeping your healthcare costs to a minimum is important and typically something everyone aims to do. Telemedicine services can help do that. These services have been shown to reduce the cost of healthcare and increase efficiency through better management of chronic diseases, shared healthcare staffing, less long distance traveling time, and fewer or shorter hospital stays. All together, these will help to drastically cut down the cost of healthcare.

Overall, telemedicine has the ability to increase service to millions of people who may have otherwise not received quality healthcare. Through telemedicine, healthcare is available to patients in distant locations. Physicians, specialists, and health facilities are able to expand their reach beyond their own offices. Services, particularly to those who require specialty care, can be provided in a much easier and more efficient way through telemedicine.

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# GETTING YOUR AFFAIRS IN ORDER - IMPORTANT FOR EVERY AGE

No one ever plans to be sick or disabled. Accidents are called this for a reason. If someone were to find you lying on the floor unconscious, they need to take action on your behalf for your health and safety. This applies to everyone from 18-108.

Once you accumulate wealth or dependents, it is essential to plan in advance so your wishes are known. It's this kind of planning that can make all the difference in an emergency.

## Steps for Getting Your Affairs in Order

1. **Put your important papers and copies of legal documents in one place.** You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there is anything new to add.
2. **Tell a trusted family member or friend where you put all your important papers.** You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
3. **Give permission in advance for your doctor or lawyer to talk with your caregiver as needed.** There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

## What Exactly Is an "Important Paper"?

The answer to this question may be different for every family. Remember, this is a starting place. You may have other information to add. For example, if you have a pet, you will want to include the name and address of your veterinarian. Include complete information about:

### PERSONAL RECORDS

- Full legal name
- Social Security number
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children
- Location of birth and death certificates and certificates of marriage, divorce, citizenship, and adoption
- Employers and dates of employment
- Education and military records
- Names and phone numbers of religious contacts
- Memberships in groups and awards received
- Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors
- Medications taken regularly (be sure to update this regularly)
- Location of living will and other legal documents

### FINANCIAL RECORDS

- Sources of income and assets (pension from your employer, IRAs, 401(k)s, interest, etc.)
- Social Security and Medicare/Medicaid information
- Insurance information (life, health, long-term care, home, car) with policy numbers and agents' names and phone numbers
- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stock-brokers' names and phone numbers
- Copy of most recent income tax return
- Location of most up-to-date will with an original signature
- Liabilities, including property tax— what is owed, to whom, and when payments are due
- Mortgages and debts—how and when they are paid
- Location of original deed of trust for home
- Car title and registration
- Credit and debit card names and numbers
- Location of safe deposit box and key

## Legal Documents

There are many different types of legal documents that can help you plan how your affairs will be handled in the future. Many of these documents have names that sound alike, so make sure you are getting the documents you want. Also, State laws vary, so find out about the rules, requirements, and forms used in your State.

**Wills and trusts** let you name the person you want your money and property to go to after you die.

**Advance directives** let you make arrangements for your care if you become sick. There are two ways to do this:

- A living will gives you a say in your health care if you become too sick to make your wishes known. In a living will, you can state what kind of care you do or don't want. This can make it easier for family members to make tough healthcare decisions for you.
- A durable power of attorney for health care lets you name the person you want to make medical decisions for you if you can't make them yourself. Make sure the person you name is willing to make those decisions for you.

**For legal matters, there are two ways to give someone you trust the power to act in your place:**

- A general power of attorney lets you give someone else the authority to act on your behalf, but this power will end if you are unable to make your own decisions.
- A durable power of attorney allows you to name someone to act on your behalf for any legal task, but it stays in place if you become unable to make your own decisions.

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## HOW TO RECOGNIZE WEIGHT LOSS IN SENIORS

*It's important to be aware of weight loss in people with dementia and act immediately to help regain a healthy appetite and reduce the risk of malnutrition. The most common signs are:*

- Bones visible under the skin
- Loose clothing
- Loose rings
- Loose fitting dentures
- Leaving food on the plate

A poor diet will increase the chances of illness and many other health conditions as well as lowering someone's quality of life. Eating a wide variety of foods regularly will ensure someone's dietary needs are met.

When challenged:

- Try whetting their appetite; any increase in activity can help instigate hunger as well as digestion, so a short walk or chair-based activity may help. Don't fill stomachs with excess fluids before mealtimes as this will blunt the appetite.
- Try and use simple food cues with mealtimes such as aroma of toast or coffee in the morning or familiar cooking noises, which may all help someone with dementia to understand that it's time to eat.
- Offer small portions of food if someone has a small appetite as too much can be off-putting.
- Understanding their likes and dislikes can make a difference at mealtimes. Try some new flavors, but not to the point that someone refuses food. Think about food occasions, which may trigger a memory and connection with that particular food.
- Taste and smell diminishes with age and more so with dementia so food preferences may change day-by-day.
- Be aware that someone may not remember when they last ate and this may cause reluctance to meals.
- It's important that someone with dementia is given the opportunity to feed themselves as this helps retain a sense of independence and dignity. As dementia progresses they may become less dexterous and lose the ability to use cutlery. They make adapted cutlery, cups with handles and non-slip placemats to make things easier. If cutlery becomes difficult to use then provide finger foods. A finger food diet can be just as nutritious and served hot or cold. Pizza slices, chopped vegetables, fruit and sandwiches are all good examples.
- Be patient; mealtimes could be lengthy and involve gentle encouragement as well as appropriate supervision to reduce any risks of choking.
- If someone is losing weight then you may need to consider fortifying foods to get as much nutrition as possible into a small serving of food, especially calories and protein. Full fat milk, cheese, oils, butter, mayonnaise, avocado and peanut butter are a few ideas of foods you can use.
- Dehydration is also common among older people with dementia. Dehydration can cause headaches, confusion, irritability and constipation, which can contribute to urinary tract infections. Older people who are incontinent need to drink more, not less, to encourage the bladder to empty regularly to prevent infection and to exercise the bladder muscles. We get some of our fluids from food, particularly foods such as soup, stews, fruits and vegetables, jelly, sauces, ice-lollies and yogurt. All drinks help us to remain hydrated, including tea, coffee, water, milk, fruit-teas and fruit juices. The color and smell of urine are good indications of whether people are getting enough to drink and are keeping hydrated, so keeping an eye on this will help.

It is always recommended to speak directly with a dietitian or medical doctor to help with suggestions and advice.



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## SUN SAFETY TIPS FOR MEN

Men, especially those with lighter skin, are more likely than anybody else to get skin cancer, including melanoma—the deadliest kind of skin cancer.

When you think sun protection, you might think about a day at the beach. But over your lifetime, you get sun exposure doing everyday things like biking, working, running, or even mowing the lawn. Sun exposure is the main source of ultraviolet (UV) rays, which can cause skin cancer. And UV exposure adds up over time, increasing your risk of developing skin cancer.

Skin cancer is the most common cancer in the United States. Every year, nearly 5 million people are treated for skin cancer, at a cost of about \$8 billion. Melanoma causes around 9,000 deaths per year in the U.S.

### ***Why Are Men More Likely Than Women to Get Skin Cancer?***

Men tend to get more sun exposure than women. Men spend more time outside over their lifetimes than women, and they're more likely to work outdoors than women. Women's personal care products, like moisturizer and makeup, often contain sunscreen, while many products for men don't.

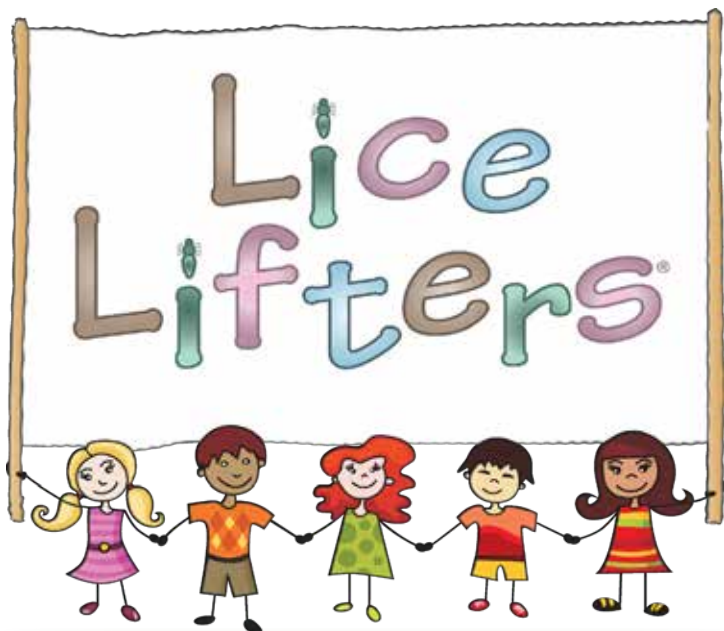
About one-third of U.S. adults get sunburned each year. Sunburn, which can increase your risk of getting skin cancer, is common among white men, young adults, and men who tan indoors. When outside on a sunny day for more than an hour, only about 14% of men use sunscreen on both their face and other exposed skin.

### ***Easy Ways to Protect Yourself***

- It's easy to protect yourself from UV exposure—
- Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.
- Stay in the shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight.
- Use a broad spectrum sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.
- If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.
- Avoid indoor tanning.







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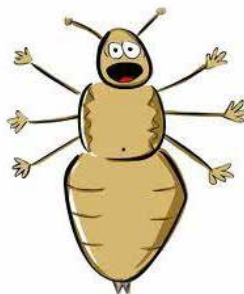
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# HISTORY OF HEAD LICE

Head lice have been around possibly as long as humans. Lice are mentioned in the Bible. There is evidence of nit combs in ancient tombs containing lice and nits. Medusa is believed to be an image of what someone looked like when they were not treated for head lice. Before modern times, there were ancient remedies or people just picked and combed out lice and their nits. Early in the 20th century, if you had a lot of money you hired a nitpicker.



Throughout history, many treatments for head lice were developed, including toxic powders not suitable for humans. During the early 1900's kerosene oil was used, which was soon followed by warnings of fire. The military started shaving heads in World War II to control lice outbreaks. Lice have been around possibly since Adam & Eve, so if you play the blame game we can blame it all on them.

## LICE FACTS 101

- A louse is one bug, lice are plural. Nits are the lice eggs. Sometimes nits are referred to as hatched nits but we refer to the nits as viable eggs.
- Lice are wingless bugs that range in size from as small as a pencil point to the size of a small ant (2mm to 4mm).
- Lice and nits can range in color from tan to dark brown.
- Lice do not jump or fly, they just crawl. Lice have 6 legs with claws at the end designed to cling to the hair shaft and they are masters at hiding.
- An adult female louse can lay 3-5 waterproof, hard to remove nits two times a day.
- Lice do not live on our pets.
- Lice do not burrow and they must be on a human head in order to survive.
- Nits, once removed from the head, are harmless.

## HOW YOU GET HEAD LICE

- More than 90% of head lice cases stem from head to head contact with an infected person (hair touching hair)
- Hugs (don't give up hugging, just perform regular combing head checks)
- Children working together in small spaces where heads touch (books/hand held video games)
- Cloth seats in the movie theater, on a bus, train, or plane
- Sharing dress up clothes, hats or hooded sweatshirts
- Lying on someone's bed/pillow
- Sharing brushes or hair accessories
- Using someone's towel
- Trying on clothes or hats in stores

**\*\*Less than 10% of head lice cases are from the environment**

# AGE APPROPRIATE SCREEN TIME

By Susan Heckler

**What do we mean by screen time?** Screens are everywhere. The television... the smart phone... the iPad... the tablet...video games. Unstructured playtime is more valuable for a child's developing brain than electronic media, even the educational type.

Unfortunately, this generation of parents uses the tablets and smartphones the way their parents did the TV and VCR. While my generation popped a Barney tape on the VCR or put Nickelodeon on to distract their kids, this generation of caregivers has techno on the go, ready to use at any given moment.

Your child is occupied, leaving you time to work, shop, socialize, clean or whatever it is you have to do without fussing little ones. One negative to screen time is the lack of social development and interaction with what is going on around them. He or she is sucked into the screen with very little imagination being used and not developing the ability to self sooth. You always have the option of sharing screen time with them and making it more interactive and social.

Poor quality screen time has been linked to:

- Obesity
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Loss of social skills
- Violence
- Less time for play

Some suggested "House Rules" for screen time

- No screens at mealtime
- No screens in the bedroom, parents should be around and aware of what's going on
- No screens for at least an hour before bed to avoid overstimulation
- Screen time (of any size) comes in small doses. 20-30 minutes at a time and then it leaves for a few hours
- No screens while doing homework



## Ages Newborn-2

The American Academy of Pediatrics discourages media use, except for video-chatting, by children younger than 18 to 24 months. Children can benefit from certain types of screen time, such as programming with music, movement and stories. Children at this age do not need exposure to technology. It is a form of entertainment. It is entirely up to you whether they use it and how much.

A little boredom and frustration and the lesson of dealing with it is important for their ability to develop resilience and self-regulation.

## Ages 2-5 (Preschool)

This may be a good age to introduce screen time as once they hit school, computer skills come in handy. The guideline set by the American Academy of Pediatrics is about one hour a day to start. You are in control, so be sure it is high-quality programming

## Ages 5-9 (School-age)

Many schools use devices in the context of learning – from iPads to smart boards so screen literacy is a good thing with limits. The American Academy of Pediatrics screen time recommendation for school-age children is a "personalized media plan" which replaced the 17 year-old "two-hour guideline."

Children are ready to engage with the world when they wake up in the morning. Exposure to screens at that time will start a zoning-out progression which will make it harder for them to concentrate and do their best in school.

If your child has more screen time than you want at this point, start reducing slowly and wean them off. Start reducing screen time by 10-15 minutes a day at the most.

## Ages 10+

Less is still more (beneficial) but the older they get, the harder it is to monitor. Encourage outdoor play, exercise, socialization, and after school activities. The house rules apply now more than ever so you can monitor what they are doing and with who.

Observe your own behavior, because they are. Are you addicted to your smart phone and social media? You are setting an example.



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## BATTLING BUTTERFLIES WHEN GOING



Every one of us at one time or another has felt the back-to-school jitters when preparing to start a new school year. No matter what age or grade they are, kids always will feel stressed about how many notebooks to buy, what teachers they will have, how to make new friends during the year, and more.

As a parent, all you hope for your is for your child to succeed in the upcoming school year and for them to find a way to calm their nerves before entering a new year. You play a key role in your child maintaining a healthy, happy mindset, so here are some ways to put their nerves to rest.

First, make sure your child is taking care of the basics. Make sure they are eating right and are on a good sleeping schedule, since anxiety often causes children to not focus on these things.

About a week before school, have your child start getting on a set routine, much like the way it will be once school starts.

Next, talk to your child about their fears, and assure them that it's okay to be nervous. Be open with your child and let them know that they can come to you for advice.

For when the first day is almost here, try and motivate your child by maybe planning out their first day outfit or getting their supplies ready. The first day of a new year can be daunting, but with your help, your child will be able to have a great year!





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- At local workshops
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- On TV channel 30 (Comcast) or 45 (Verizon) for *Navigate Autism with Jane Lynn*

## THE ART OF IGNORING A PUBLIC TANTRUM

*The public tantrum: An unbridled ball of emotional anguish combined with screaming, rolling, pounding and whatever other displays of discontent your child prefers to use.*

We have all experienced it. If not, we have witnessed it first-hand. Public tantrums are hardest to deal with because there is no corner or room you can send them to cool down. There are also people watching, judging and commenting. You may feel shame, embarrassment or the urge to have a meltdown yourself. Before you do, remember that you are not alone. Those on-looking parents probably aren't judging you at all. They are probably empathetic toward your situation and just happy that it isn't happening to them. So keep your emotions in check and follow these steps to temper the tantrum.

### **SIMPLY LEAVE**

Sometimes the best option for controlling a full-blown public tantrum is simply heading back to your car. When combined with a straightforward explanation of why you are leaving, this tactic can draw a line of what is



acceptable and not acceptable in public. If followed through, your child can learn from the experience and may think twice before acting the same way next time.

### **COOL-DOWN SPOT**

Even though you don't have access to your child's room or usual discipline spot, you can usually still find a quiet place to reason with your tantrum-thrower. Seek out the restroom, dressing room or parking lot and let your child cool down. Explain the consequences of another tantrum and stick to it.

### **KEEP YOUR HEAD**

Remember, your child is still trying to learn the rules of life. He or she is likely testing the boundaries or crying out for extra attention and is just unsure of how to do so. Keep your calm and just know that you are not the first parent to experience the public tantrum. Screaming at your child in public will only bring more attention to the situation.



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# When a Baby Cries

## ***BABIES ARE FRAGILE!***

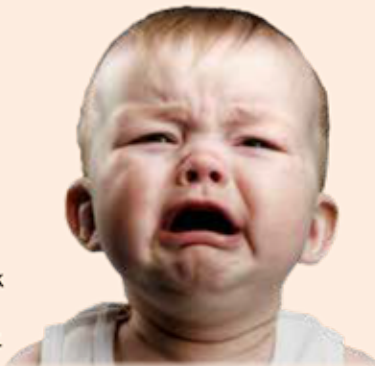
It's normal for babies to cry, even when you are trying to comfort them. Some babies cry more than others or for longer periods of time. This is normal too. It is also normal for a caregiver to become frustrated. No matter how stressed, tired, angry or frustrated you feel, you must never, ever shake a baby. Shaking a baby can kill or cause serious injuries.

### **The message is simple: NEVER SHAKE A BABY**

#### **HOW TO COPE WITH A CRYING BABY**

- Make sure the baby's basic needs (food, diapering, appropriate clothing, etc.) are met.
- Try swaddling, tightly wrapping your baby in a blanket for warmth and security.
- Offer the baby a pacifier.
- Lower the lights and noise to help calm the baby.
- Walk the baby around holding him or her close to you.
- Take the baby for a ride in a stroller or a car.
- Call a friend, relative, neighbor or medical provider for help.
- Take a break - sit down and count to 10 or 20.
- If all else fails, put the baby in the crib on his or her back. Close the door and check back every five minutes or so. Don't pick up the baby until you feel calm.

If you are a child care provider and cannot handle a crying baby, please let the parent know. Remember, a baby will outgrow crying, but shaking a baby may cause permanent damage.



#### **SHAKING A BABY IS DANGEROUS**

Shaken Baby Syndrome is a serious brain injury that occurs when a frustrated caregiver "shakes" an infant, usually to stop him/her from crying. It is considered a form of child abuse.

**Some parents, siblings, or caretakers who would not consider hitting a baby, think that shaking a baby is okay. THIS IS DANGEROUS!**

Shaking a baby can cause bleeding inside the brain which may lead to:

- Death
- Brain damage
- Retardation
- Blindness
- Paralysis
- Seizures
- Developmental delays

Protect our future by handling infants with the loving care they deserve!

***And remember, some play activities also can be dangerous, such as:***

- Vigorous, repeated tossing of a baby into the air
- Jogging while carrying an infant on the back or shoulders
- Bouncing an infant on an adult's knee or swinging the baby on an adult's leg
- Swinging the baby around by the ankles
- Spinning an infant around

#### **SYMPTOMS OF SHAKEN BABY SYNDROME**

- Constant crying
- Stiffness
- Sleeping more than usual
- Unable to wake up
- Seizures
- Dilated pupils
- Decreased appetite
- Vomiting
- Difficulty breathing
- Blood spots in eyes

If for any reason the baby has an injury, take him/her to the nearest hospital emergency room or call 911. The baby will not get better without receiving medical treatment.

#### **GETTING HELP**

***IF YOU FEEL THAT YOU CAN'T COPE, HELP IS ONLY A TELEPHONE CALL AWAY.***

**If you are feeling stressed, call the Family Helpline:**

**1 800-THE KIDS, 24 hours a day, 7 days a week**





# THE AMERICAN ACADEMY OF PEDIATRICS WARNS AGAINST JUICES FOR YOUNG CHILDREN.

***They warn it has plenty of sugar, which can cause obesity as well as cause blood sugar to skyrocket.***

Even older children should avoid concentrate juices where possible. They say that fruit juice is dangerous for children under one year old, health officials have declared.

A new policy published in May by the American Academy of Pediatrics warned parents about the previous policy said that children aged six months to six years could have up to six ounces a day of fruit juice.

Since that policy was published in 2006, however, there has been a swell of medical research into fruit juice as a driver of obesity rates and risks for dental care.

In the new recommendations, AAP researchers urge pediatricians to tell parents to mash up fresh fruit for their children, instead of giving them juice. Water and milk should be their main - if not only - liquid for young children.

Writing an accompanying commentary, Dr Steven Abrams, incoming chair of the AAP Committee on Nutrition, says parents should feel comfortable with feeding limited amounts of 100 percent fruit juice to their older children.

But, he strongly discourages consumption of unpasteurized juice.

'The policy clarifies that there is virtually no role for juice during the first year of life and that expensive juice products designed specifically for infants are not of value,' Dr Abrams writes.

'These recommendations, taken together, represent a policy goal of decreasing juice consumption, especially in small children, while ensuring an adequate intake of whole fruits.

'It balances the role of a small amount of 100 percent fruit juice in meeting these intake goals while limiting the exposure to juice and emphasizing the key roles of water and milk in a healthy diet.

'It recognizes that juice may provide some vitamins — such as vitamin C in orange juice and calcium and vitamin D in some fortified juice products — but lacks the fiber and protein critical for the growth of children.'

He adds: 'When juice is served to older toddlers, it is important that it not be sipped throughout the day or used to calm an upset child. 'It is not useful for the management of diarrhea illnesses and may predispose infants or young children to the development of hyponatremia.'



## TOP SAFE BABY TEETHING REMEDIES

*By Stefanie Maglio*

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

- A gentle gum massage with a clean finger can help to relieve a lot of pain.
- Gently pressing a refrigerator-chilled spoon to the baby's gums. This works best when the child has yet to have any teeth break through the surface to avoid any accidental chipping.
- Allowing the baby to chew on a cold, and or wet washcloth has been said to help with the pain of teething.
- Chilled foods such as applesauce or yogurt can help soothe gums
- Plush teething toys specifically from organic brands have fruit flavor and are machine washable.
- OTC Pain reliever is also an option. Just make sure to check with your pediatrician before giving some to the child.
- Baby Orajel Naturals is a product to use for pain relief.
- Wooden teethingers may sound dangerous but they are actually an effective option for relieving pain.
- Rubber teethingers that are BPA free.
- Sometimes all it may take is a simple distraction such as some bath time fun.
- If the baby is six months of age or older, introducing a small sippy cup with cool water can be soothing as well.

# JUVENILE ARTHRITIS

A painful disorder with no cure, juvenile arthritis is made even more painful by the fact that it puts children in great discomfort.

The goal of treatment is to relieve inflammation, control pain and improve your child's quality of life, according to the Arthritis Foundation. Most treatment plans involve a combination of medication, physical activity, eye care and healthy eating.

## WHAT IS IT?

The most common type of the disorder is juvenile idiopathic arthritis. To receive a diagnosis, a child should be younger than 16 and have initial swelling in one or more joints for at least six weeks, according to the foundation. No known cause has been identified for most forms of juvenile arthritis; some research points toward a genetic predisposition.

## ACCURATE DIAGNOSIS

The first and most critical step in treating your child's arthritis is obtaining an accurate, comprehensive diagnosis. Your child's pediatrician will likely recommend that you visit a pediatric rheumatologist, who will complete a careful exam and collect a full health history.

Along with the physical exam, your child's doctors will likely perform laboratory work, X-rays, blood work and other diagnostic tests. Depending on the age and maturity level of your child, this can be an emotionally challenging process.

## EMOTIONAL IMPACT

Parents and children alike will experience many emotions when dealing with juvenile arthritis. Sadness, guilt or anger are a few of the feelings that can accompany a diagnosis. The foundation prompts parents to keep relationships and schedules as consistent as possible, even if they feel the urge to shut down and keep to themselves.

Also, keep everyone equally involved in and informed about your child's diagnosis. Siblings especially may feel less attention from you, so it is important to maximize their involvement in communicating with and treating your child with juvenile arthritis.



# WHAT IS SWIMMER'S TEETH?

By Joely Phenex

Competitive swimmers and people who spend a lot of time in a chlorinated pool may be at risk for developing yellowish-brown or dark-brown stains on their teeth, reports the Academy of General Dentistry (AGD).

Chlorine is an antimicrobial agent used in drinking water and swimming pools to kill harmful bacteria, as defined by the Centers for Disease Control and Prevention (CDC). And although it's a necessary chemical disinfectant, the effects of chlorine on your teeth can be a cause for concern.

The chlorine included in your tap water is generally not enough to cause a dental problem, but soaking in a backyard jacuzzi or doing laps at your local swimming pool could expose you to water that's too harsh on your enamel.

Pools with too much chlorine contain pH levels that can cause enamel erosion as water occasionally seeps into your mouth during your swim session. And in recent years, more and more evidence shows the connection between improperly chlorinated pools and tooth damage.

New York University's College of Dentistry collected data in 2010 from a male patient who reported extremely sensitive teeth, dark staining and rapid enamel loss during the five-month period he began a 90-minute swimming routine in his backyard pool. Having found improper chlorination to be the cause of his enamel erosion, Dr. Leila Jahangiri, who authored the report, noted that pool water does become



a threat to your teeth when its pH level falls below 7.

When your enamel wears down, your teeth may become discolored, the edges of your front teeth may look transparent and, in later stages, you may feel extreme dental sensitivity when consuming hot or cold foods. Once this enamel erodes, chips or even cracks, the body can't repair it.

When in a public pool or on a tropical vacation, take notice of pool linings, railings and ladders. Pool water that's too acidic will eat away at these surfaces. If you notice spots of

erosion, the water may do the same to your teeth, so consider skipping your swim or pursuing a natural (but supervised) body of water. Pool pH strips are also common to local recreational supply stores, and allow you to test the water before wading in. According to the CDC, pool water should register between 7.2 and 7.8 on the pH scale.

If you're a homeowner, you might attempt to save money by maintaining your own backyard pool – but this can be tricky. Check your pool's pH balance once a week at a minimum, and budget permitting, hire a specialist to examine it upon your first use.

Ultimately, brushing with a soft-bristled toothbrush, having regular teeth cleanings and using a toothpaste specifically designed for the health of your enamel can keep your teeth strong and help modulate the effects of chlorine.

# HOW CAN I HELP MY CHILD DEVELOP HEALTHY SELF-ESTEEM?

By Brianna Siciliano

As children grow older, they become more and more observant. They listen to what other people around them—especially their peers—have to say. Kids pick up on all sorts of actions, beliefs, knowledge, and images, and unfortunately, sometimes these are not positive. How children feel about themselves can depend on many factors, including standards that have been set for themselves, the environment their time is spent in, and experiences that they have grown up through. Although some of these factors are out of your control as your child's parent, others can be influenced by you!!



If and when you hear your child make a negative comment about herself, call your child out. Let your son or daughter know that he/she is a beautiful and special blessing, and how great he/she is in different areas. Point out things that your child should be proud of, for example their hard work in a certain activity or sport, their good grades, or their great relationships with others. Different people excel in different categories! Make sure your child knows how great he or she is!

To boost your his or her self-esteem, it is important to help your child recognize and modify the negative thoughts about him or herself. Being reminded of their importance, and having their incredible abilities pointed out, is a major confidence boost to children. Saying something as simple as, "You have been doing a great job in school lately!", "All of your hard work is paying off!" "I'm very proud of you!" will let your child know that they are noticed and valued!

As a parent, it is extremely important to be careful of what you say because kids are very sensitive to parents' words. Remember to praise your child for their effort and their successes. When a child doesn't achieve something, like for example making the soccer team, he or she is in a vulnerable place. Instead of saying something like, "You'll make the team next time, you just need to work harder," say something along the lines of, "You didn't make the team, but you put in some great effort and I'm proud of you!" This will have a much better end result for your child's self-esteem.

Parents can also help by being positive role models, giving positive and accurate feedback, and being affectionate and spontaneous. Children look up to their parents and learn a lot from their home environment; if a child sees their mother loving her body, then the child will want to love their own body, too!!

Kids should grow up feeling special and great, not normal or average. With your help, your child can feel like a million bucks. Make sure your children know how loved, special, and beautiful they are!



By Jill Garaffa

## How to Make a Big Life Decision

Dear Jill,

I've heard that life coaching can help when you are having difficulty making a big decision. I feel very torn with my career and am hoping you can help. I have an opportunity to take a new job. The offer seems exciting and I think I'd really enjoy working for this other company, however: the timing, location and the salary are not ideal. I'm afraid if I don't take it, I will lose the opportunity, but if I do take it, I might regret it. How do I narrow down my choices and feel good about my decision?

Signed,  
Career Conundrum

Dear Career Conundrum:

Thanks for writing with your question! I can offer you a few suggestions to guide your thinking from a life coaching standpoint. These tips will be helpful whether you are making a decision about your career, relationship, your health or any life area.

First, before you decide about the next job, it's wise to explore why you want to leave your current job. While the names, faces and locations will change, you will likely recreate the same conditions if the core energy is not addressed first. As the saying goes, "You take yourself with you." So, consider: What needs are/are not being met at your current position? What do you love/loathe about your current position? What would need to change in order for you to be willing to stay? Remember: It takes two sets of people to make something work. If you are unhappy, then take an honest look at your role in creating the unhappiness. This could open a door to repair your current situation and help you prevent the same circumstance from repeating itself with different people in the next job.

Next: establish "conditions for happiness criteria" for your career. Distinguish what you need from what you want in your job. This will help you decide if the next position aligns with what you wish for in a career. While no job is perfect, consider your core values and what is deeply important to you so they can be honored with your new position.

Last: don't think, just decide. Try making your decision in 5 seconds. This is a very quick & simple mind trick that will help you make the right decision every time. Literally count: 5, 4, 3, 2, 1: Decide. And commit to it 100%. In your deepest instincts, in your heart & soul, you know what to do. The problem is you have spent so much time in your mind thinking about it, analyzing it, agonizing over it, playing all kinds of different scenarios out, talking yourself out of it or into it, that your mind is so cluttered up with options that you have become paralyzed with indecision. And, the longer you wait, the harder it is. You know what to do. If you weren't thinking about it so much, what is your gut telling you? Do that.

Life coaching can support you with sorting through all the details of your life and gain clarity on your best choices. Life coaching will never give you advice or tell you what to do, but instead, bring your own answers into view to build your confidence to live the life you desire.

Wishing you peace, clarity and purpose!  
jill

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

If you have a life situation where you feel stuck or stalled, and would like coaching, please email [jill@seedsofchange coaching.com](mailto:jill@seedsofchange coaching.com) or visit [www.seedsofchange coaching.com](http://www.seedsofchange coaching.com) and click "contact us" to be featured in a future column.



# OPTIMISM HELPS YOUR HEART

Smiling, laughing and simply being happy can make all the difference for our hearts. In fact, new research shows that people with higher levels of optimism may be less at risk for heart failure than those who are more pessimistic.

And with the breadth of heart failure's effect on the nation – about 5.1 million Americans are afflicted every year according to the Centers for Disease Control and Prevention – a little extra optimism is surely needed.

## Heart Failure Statistics

Other eye-opening statistics from the CDC include:

- One in nine deaths include heart failure as a contributing cause.
- About half those who develop heart failure die within five years of diagnosis.

Heart failure costs the nation about \$32 billion worth of health care services, medications and missed days of work annually.

The main behaviors that can increase your risk for heart failure are, the CDC reports:

- Smoking tobacco.
- Eating foods high in fat, cholesterol, and sodium.
- Not getting enough physical activity.
- Being obese.

## Positivity Study

In the study linking happiness to heart health, optimism was defined as “an expectation that positive things will happen.” Researchers from the University of Michigan and Harvard University analyzed the linkage between optimism and heart failure diagnoses in older adults, since statistics show that people ages 65 years and older are most prone to heart failure diagnoses.

Researchers gathered, analyzed and translated data of more than 6,800 older adults, including health history, background information and psychological data over the course of four years. They also took into account factors that could affect heart failure risk, such as chronic illnesses and demographic factors.

The findings, published in the journal “Circulation: Heart Failure,” showed that the adults who had higher levels of optimism reduced their risk of heart failure by 73 percent. Researchers deduced that staying positive may lead people to making healthier lifestyle choices, therefore reducing their risk for heart failure.



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## EVENING RITUALS CAN IMPROVE YOUR LIFE

By Briana Siciliano

Waking up happy is the perfect way to start our days! It would be incredible to wake up in a great mood everyday, right? By following evening rituals and cleansing your spirit, freeing your mind, and organizing your life (and business), you can surely have a great tomorrow.

Rituals have strong influences on our feelings, behaviors, and thoughts, and without even realizing it, we follow our own personal rituals everyday. In the morning, what's the first thing you do? Do you have a specific routine you follow, for example shutting off your alarm, using a bathroom, and brushing your teeth in that exact order?

If so, you have set your morning ritual without even realizing it! Although plenty of people follow their morning rituals, not many people follow evening rituals. It is time to change that. Evening rituals guarantee a pleasing, refreshing rest period through the night. When you lay in bed before falling asleep, you tend to think of the things you have, and have not yet, accomplished. Like morning rituals, evening rituals are not the same for everyone. Rituals are meant to be personalized, after all, so design your evening rituals around what works for you.

Evening rituals depend on your needs, but to get started on designing and following a smooth path to a great night's sleep and an even greater tomorrow, try out a few of these rituals:

- **Write down what you're proud of!** Everyday we successfully achieve many small victories (sometimes we achieve major victories!) and by the end of the night, we fail to acknowledge the progress that we make. We stress over the failures instead of successes in the middle of the night. Well, it is time to change that. By writing down three (or more) things that you are proud of, and focusing on the things that you did right throughout your day, you will wake up more motivated to continue making progress. No matter what kind of day you are having, you are bound to have at least two positive moments.
- **Make time for family!** At the end of the day, a great evening ritual could be spending time with your spouse and/or children. Reading books to little ones, talking about your child's day, and/or complimenting your spouse on something you have recently noticed and appreciated will result in a perfect way to end your day.
- **Turn off electronics!** The brightness of electronic screens keeps you up longer by tricking you into believing that it is the time to send emails, text messages, and calls instead of winding down for bed time. Put your phone, tablet, and/or laptop away and spend some time reading a book, preparing an outfit for tomorrow, or drinking a late night treat (a warm cup of milk, hot chocolate, or water; avoid sodas and caffeine!) When's the last time you slept like a baby? A few months—possibly a few years—ago? Let's change that! You deserve nothing but the best; let's make sure all your days and nights are the best they can be!

# KINDNESS –

## Teaching Kids To Be Kind To Friends



For most young children, friendships come easily. OK, so your child may not have any idea what that kid's name is, but she is playing nicely with him... until he steals her ball... and she pushes him -- time out. New friends are a lot of fun, but they also introduce uncertainty and conflict. Help your child overcome these challenges by building empathy and practicing kindness. These skills can be nourished, and playtime is the perfect time to do it. Try these games at home and help your child practice six friendly skills:

### SAY HELLO

Gather some stuffed animals or action figures. Select one and hide it behind your back. Then ask, "Where's Bunny?" Slowly and shyly bring out the friend (Bunny might be too scared and hop behind you again). Then grab another stuffed animal and have him introduce himself. "Hello, Bunny! My name is Bear!" Invite your child to keep the game going until everyone is introduced.

### SMILE

Play this feelings game in front of a large mirror. With a big smile on your face say, "Hi, friend. I'm happy to see you!" Watch your child's smile grow, too. Then let your child give it a try. Practice other feelings to contrast the many expressions we show on our faces.

### SAY PLEASE

Try this variation of Simon Says. Instead of saying "Simon Says," the person in charge must say "please" to get a response from the group. Such as: "Jump on one foot." (no response) "Jump on one foot, please." (response) You might also try the game "Mother May I?" Substitute your child's name for "mother," and then talk about how it makes us feel when we politely ask our friends for permission.

### TAKE TURNS

Create an obstacle course. Inside, you might use sofa pillows to jump on or a coffee table to crawl under. Outside you might use a hula hoop to hop through or a jump rope to walk on top of. Take turns going through each step of the course. Say "my turn" as you demonstrate, then say "your turn" as your Sproutlet follows.

### SHARE

Fill two bowls with a different type of finger food. You might fill one bowl with grapes and the other with pretzels. Then ask, "If we both want pretzels, how can we share?" Give your child some time to problem solve. You can also turn this into a fun counting game. Say, "I'm going to share this many grapes with you..." and clap your hands a number of times. Give that number of grapes to your child. Then have her take a turn clapping and sharing.

### CLEAN UP

Connect goodbye with cleaning up. At home, before a nap or an outing, say goodbye to the toy room and sing Barney's "Clean Up" song as you return toys to their places. When you are at a friend's house, your child can continue this goodbye habit. Helping with clean-up is one more way to show kindness to friend, because it shows that you care about her toys as much as you care about your toys.

## REDUCING CHILD ANXIETY ABOUT CAMP

By Susan Heckler

Summer camp memories are some of the best you can have. Whether it is a local day camp or a sleepover camp, the experience is one your child will always remember. Moms and Dads have their own fears and anxieties sending their kids off to parts unknown. How you handle your child's departure will have deep meaning to them and how they will handle being on their own.

**A child's summer camp separation anxiety can show itself in a number of ways, including:**

- Reluctance to attend the camp
- Avoiding being left alone
- Nightmares about separation
- Unrealistic fears about what may happen while they are away
- Physical complaints when separated
- Excessive distress when separation is anticipated

**Frequent physical complaints such as:**

- Nausea • Stomach problems • Headaches • Being hot or cold

**Helpful hints:**

- Remind your child that it is normal to be anxious about going away for the first time
- Show confidence that they'll have a great time
- Remind them about other anxiety causing experiences they loved
- Provide lots of attention in the days preceding the separation
- Don't drag out the goodbyes; make them short, sweet and caring.

They will survive, they will thrive, and they will look back on your crying as the bus drove away (or cheering the way every other parent who had 8 weeks of freedom ahead did), and laugh.





# DO CATS GET LONELY?

By: Ryan Lennox



Cats are animals mostly known for their independence, but just like humans, could even the most introverted cats get lonely? Scientists think that they can.

Pam Johnson-Bennett is a cat behavior consultant who has done a lot of research on whether cats get lonely, and apparently cats can get very lonely. Most loneliness stems from the owners taking frequent vacations, having long days at work, or even breaking their normal daily routine. Johnson-Bennett says that cats can show loneliness in a few ways, and none of them are particularly good for their health. "Changes in behavior, appetite, litterbox habits, or grooming could be signs that a cat is having trouble with too much time spent alone."

Dr. Carlo Siracusa, director of Animal Behavior Services at Penn Vet's Ryan Hospital, agrees with Johnson-Bennett's opinion. "If cats don't have the possibility to share spaces, proximity and time with their preferred buddies, they will get lonely." What this means is that if your cat is not exactly a social butterfly, then you are probably its friends. Therefore, spending too much time out of the house and away from the cat could make it quite upset.

When cats are left alone too long, they might start to act out of character. Their actions could range from tearing up furniture, to even using your bed and shoes as a litterbox out of spite. Cats can even become quite antisocial if left alone for too long.

Combating boredom is a task that can be easily accomplished if you are with your cat often, but becomes more of a challenge if you are frequently out of the house. For cats that are alone frequently, they often have to entertain themselves when they are not sleeping the day away. Simply leaving the television or radio on for them could give some ambient noise during the day, and can also help to control the anxiety animals have while left alone. Fun toys like cat towers, trees, and plush toys can not only entertain while you are home, but if left in an accessible location, can entertain your feline companion while you are out at work as well. However, nothing really beats sitting down and spending time with your cat if it seems to be lonely.

If you have exhausted all options when it comes to toys, then the best option to combat your cat's boredom could be introducing another cat to the family. While cats and other felines are often alone in nature, they do enjoy having a companion, just like many other animals. If this option just does not fit your lifestyle, then spending some more time around the house and home with the cat could be the best option.

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# IS YOUR PET A CHUBBY BUBBY?

By Susan Heckler

*Is Sweetie too meaty? Is Rufus rotund? Is your Pug a pudge?*

*Is your Himalayan just laying around?*

**An Estimated 59% of Cats and 54% of Dogs in the U.S. are Overweight or Obese.**

Not sure? 22% of dog owners and 15% of cat owners said their pet's weight was normal when it was actually overweight or obese. Your pet is considered overweight if any of these physical indicators are present: **excess fat covering the ribs, lack of waistline, pendulous abdominal fat.**

As in humans, dogs and cats carrying extra weight places extra demands on virtually all the organs of their bodies. Disease, a shortened life, and sometimes death are the consequences. Obesity problems include heat intolerance, decreased stamina, reproductive problems, osteoarthritis, diabetes, high blood pressure, heart disease, breathing problems, ligament injuries, kidney disease, many types of cancer and decreased life expectancy (up to 2.5 years).



**Understand that this may mean you may have 2 1/2 years less time to love your best friend for something easily preventable!!**

## EASY REMEDIES WE CAN ALL FOLLOW:

**PUPPY PORTION CONTROL:** Keep track of how much you are feeding by using a measuring cup.

**ESTABLISH A SCHEDULE:** If possible, offer meals on a set schedule. If you must free-feed, put a rationed portion down and don't refill until the next day.

**LIMIT BETWEEN-MEAL SNACKS:** Manage how many extra goodies the dog is getting. If they chew it and swallow it, they may wear it.

**CHOOSE LOW-CALORIE TREATS:** Store-bought treats and chews can be fattening. Some dogs will be just as happy with fruits, like bananas, carrots, or apple slices. Check to be sure the fruits and vegetables you share with them are safe for animals. Just because you have a large sized pet doesn't mean they HAVE to have the larger biscuits.

*If your baby is a house pet, check out the nutritional needs for what is considered a lightly active adult:*

Cats	
10 lbs.	180 to 200 calories*
Dogs	
10 lbs.	200 to 275 calories*
20 lbs.	325 to 400 calories*
50 lbs.	700 to 900 calories*

**GET MOVING!** Swimming is low-impact and can build muscles and burn calories without hurting joints. Walking, also low-impact and has the added benefit of getting both of you out of the house and into the fresh air. Fetch is fun!

Compare this to the caloric intake of humans:

Male	2500 Calories
Female	2000 Calories

## Tara L. Fuchs, AuD FAAA Horizon Audiology



As both an industrial and clinical audiologist, Dr. Fuchs' professional experience spans from pediatric through geriatric patients. Dr. Fuchs began her impressive career when she was just 16. She was asked to help enter hearing screening data after school. She became interested in hearing loss and noise induced hearing loss as a result. When she turned 18, she was certified as a hearing

technician and spent time performing industrial hearing screenings, where she worked through graduate school. She has spent time working as an adjunct professor at The College of New Jersey to help educate the next generation of hearing-health professionals. Because of her deep rooted respect and understanding of her patients' hearing circumstances, specific lifestyles and limitations, she strives to help the patient rather than simply address their hearing loss. Dr. Fuchs believes "every patient has a different need and hearing experience." Any weekend you might find Dr. Fuchs and her husband Glenn cheering on their daughter Abigail on the soccer field or their younger daughter Julia at a softball game!

Doctor Fuchs practices at Horizon Audiology, with offices located in East Windsor (609-448-9730) and Pennington (609-303-0291), New Jersey.

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Dr. Edward H. Feldman has been in practice for over 30 years. In addition to Chiropractic, Dr. Feldman studied personally with Dr. Feldenkrais. In addition he has studied with renowned Osteopathic teachers. Most recently he has finished Biodynamic CranioSacral Therapy training with one of the pioneers in the field. Dr. Feldman has also completed a post-graduate training program in advanced clinical nutrition.

*"When I came to see Dr. Feldman a year ago, I was having acute pain in my shoulder/neck area. He provided immediate relief and more importantly, worked with me so that my body re-learned how to properly move."* - Robin H.

*"I recently visited Dr. Ed Feldman for a nutritional consult and was given supplements and nutritional advice specific to my body and specifically to correct my acid reflux as well. WOW! The first day I already felt better. Within a week I felt FANTASTIC and my acid reflux is gone."* - Debbie H.

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## Dr. Yanamadula, M.D. F.A.A.P.M.R., F.A.A.P.M. Princeton Pain & Spine Institute



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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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## 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.

My goal is to educate every patient about their dental condition. I use photos and X-rays and the intraoral camera to show them exactly what's going on. I use my advanced training and knowledge of dentistry to give every patient the most up-to-date care."

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

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# DON'T LET ASTHMA KEEP YOU OUT OF THE GAME

*Today, more than ever, asthma is not a barrier to physical activity. In fact, if you keep your asthma under control, you can do it all! Need proof? Well, did you know that.....*

- At the 1984 summer Olympics, 67 of the 597 American athletes had asthma. Among them, they won 41 medals.
- Twenty percent of the athletes at the 1996 summer Olympics had asthma brought on by physical activity.
- Almost 30% of the American swimmers on the 2000 summer Olympic team had asthma and used inhalers.
- Asthma didn't hold them back, and it shouldn't hold you back, either!



***Asthma — which makes it hard to breathe, and causes coughing and wheezing — affects about FIVE MILLION American kids and teens! That's almost 1 in 10!***

## WHO HAS ASTHMA?

Famous people like rapper Coolio have asthma, although he's better known for his hit songs like "Gangsta's Paradise" than for his fight against the illness. Olympians like Misty Hyman and Amy VanDyken, Tom Dolan and Karen Furneaux, and Kurt Grote also have asthma.

## PHYSICAL ACTIVITY > ASTHMA?

Things like cold or dry air, dust, pollen, pollution, cigarette smoke, or stress can "trigger" asthma. This can make your body pump out chemicals that close off your airways, making it hard for air to get into to your lungs, and causing an asthma attack.

Physical activity can trigger asthma attacks too. Experts don't know for sure why physical activity sometimes brings one on, but they suspect that fast breathing through the mouth (like happens when you get winded) can irritate the airways. In addition, when air pollution levels are high, physical activity in the afternoon is harder on the lungs than morning activity — pollution levels rise later in the day.

## GET FIT

So, should you get a doctor's note and skip gym class? Sorry, no. Doctors want their asthma patients to get active, especially in asthma-friendly activities like these: swimming, bicycling, golf, inline skating, and weightlifting.



## ***Why are these good choices if you want to be physically active?***

- They let you control how hard and fast you breathe
- They let you breathe through your nose at all times
- They don't dry out your airways
- They mix short, intense activities with long endurance workouts
- You can do them in a controlled environment (for example, a gym with air that's not too cold or dry)
- Usually you do them with other people, who can help you if an attack comes on
- Getting regular physical activity can improve your breathing, and lead to fewer asthma attacks. Just remember to follow these tips. (In fact, this is good advice for everyone, not just those with asthma.)
- Ease into it.
- Start your workout with a warm-up, and don't overdo it by running five miles on your first day if you get winded walking around the block! Finish up with a cool-down.
- Take a buddy.
- It's more fun and a friend can help if you get into trouble.
- Respect your bod.
- Stay away from the things that trigger your asthma. Help out your airways by breathing through your nose instead of your mouth. Take it easy on days when your asthma symptoms are really bugging you. And stick to the medicine routine that your doctor has set up.
- Take breaks. Treat yourself to rest and drink plenty of water.
- Mix it up. For example, try going inline skating one day and taking a long walk the next.
- Feel Good. To feel your best, do the right stuff to control your asthma. And listen to your doctors — they're on your team!

According to Dr. Stephen Redd, an asthma expert at the Centers for Disease Control and Prevention (CDC), people with asthma "should expect to live a life that really isn't affected by asthma, except for having to follow the directions." He also says to speak up if you are having symptoms, and remember to "keep a good attitude and keep working to control the disease."

So, get out there and get moving! With good habits and today's medicines, you can go for the gold — or just join your friends on the basketball court, in the pool, on the dance floor..

# AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

By Susan Heckler

The Centers for Disease Control (CDC) recommends getting 29 doses of 9 vaccines (plus a yearly flu shot after six months old) for kids aged 0 to six. No U.S. federal laws mandate vaccination, but all 50 states require certain vaccinations for children entering public schools. Most states offer medical and religious exemptions; and some states allow philosophical exemptions.

Vaccines do have some controversy; it is not our intention to advise whether or not you should get your immunizations, just to inform our readers of the recommendations.

Getting all the vaccines recommended by age 2 will help protect your child from diseases that can be dangerous or even deadly, including:

- Measles
- Whooping cough (pertussis)
- Chickenpox
- Hepatitis A and B

Doctors recommend that all pre-teens ages 11 and 12 get the following shots:

- Meningococcal vaccine- This shot protects against types of meningococcal disease, including meningitis. Meningitis is a very serious infection of the tissue around the brain and spinal cord.
- HPV shots- These shots protect against human papillomavirus (HPV), which can cause several types of cancer. The HPV vaccine is given as a series of shots over several months, starting at age 11 or 12.
- Tdap booster- This shot protects against tetanus, diphtheria and whooping cough (pertussis). It's a single shot that's given to pre-teens ages 11 or 12.
- Yearly flu shot- Getting the flu vaccine every year is the best way to protect against the flu.



As young parents, we stress and obsess about making sure our children are up to date on all of their vaccinations to be sure they have the best chance at wonderful health. Sometimes we forget that it doesn't end there. Vaccines protect not only you, but those around you too.

- Adults need to get vaccinated just like kids do. Make sure you are up to date on your shots. Even if you got all your shots as a child, you still need shots as an adult. The protection from some shots can wear off over time. Also, as you get older, you may be at risk for other illnesses, like shingles.
- An annual seasonal flu vaccine is the best way to protect yourself and others from the flu.
- Get the Tdap shot to protect against tetanus diphtheria and whooping cough (pertussis). Everyone needs to get the Tdap shot once, and pregnant women need a dose during every pregnancy.
- After you get a Tdap shot, get a Td shot every 10 years to keep you protected against tetanus and diphtheria.
- Older adults (60+) need shots to protect against diseases like pneumonia and shingles.

There may be other shots needed depending on your lifestyle choice, profession, other diagnosis, travel plans etc. Always check with your doctor.

Under the Affordable Care Act, the health care reform law passed in 2010, most private insurance plans must cover recommended shots for adults. Depending on your insurance, you may be able to get your shots at no cost to you. Talk to your insurance company to learn more.





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## STRESS & YOUR HEART HEALTH

### *How do you react to a stressful situation?*

Do you shut down or lash out? Take to unhealthy habits to deal with the pressure building up inside of you? How you handle life challenges can have a major impact on factors that have been proven to negatively impact your heart health.

Stress may affect behaviors and factors that increase heart disease risk, including high blood pressure, cholesterol levels, smoking, physical inactivity and overeating. So step back and take a deep breath — for your heart's sake.



### OVERALL BODY IMPACT

Bodies react to stress in different ways. You may experience a headache, back strain or even stomach pains if you're stressed out. Your energy level can be greatly reduced and your sleeping patterns disturbed.

All of these factors can set off a chain of events that leads to a potentially compromised cardiovascular system. When you're stressed, your body releases adrenaline, a hormone that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. Depending upon how long you're stressed, your body may experience this set of circumstances off and on for days at a time.

And although the link between stress and heart disease isn't clearly defined by organizations like the American Heart Association, chronic stress may cause some people to depend on unhealthy lifestyle habits, like drinking too much alcohol, which can increase your blood pressure and may damage the artery walls.

### DEALING WITH STRESS

Managing stress is a challenge, but a necessity if you hope to be a picture of good health. A few studies cited by the American Heart Association have examined how well treatment or therapies work in reducing the effects of stress on cardiovascular disease, and the results have shown positive links.

The best place to start when dealing with your stress is a qualified professional. Speak to your physician about how you're feeling. They will be able to refer you to a specialist who can offer effective treatment or preventive strategies.



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## HAPPY LEFT HANDED PERSON DAY, AUGUST 13!

By Susan Heckler

Back in my mother's childhood (1940's), kids were discouraged from being left handed. Her teachers went so far as to tie her right hand behind her back during penmanship lessons.

While no exact set of "left handed genes" have been discovered, people who dominantly use their left hands do have more left-handed family members.

Life is easier for lefties than it used to be, more gizmos and gadgets have been invented and produced for their use. They may still struggle with even simple tasks for that very reason.

### DID YOU KNOW?

- The word left came from an old Anglo-Saxon word (lyft). It means weak or broken.
- Up to 10% of the population are lefties.
- Close to 30 million people in the U.S. are left-handed.
- We've been dominantly using our right hands for more than 500,000 years.
- Mothers over 40 are twice as likely to have a left-handed baby.
- Lefties are 3 times more likely to be an alcoholic.
- They mostly use the right side of the brain.
- They are late bloomers – reaching puberty 4-5 months later than others.
- People with psychosis had a 20 percent likelihood of being left-handed.
- 8 Presidents were lefties- James A. Garfield, Herbert Hoover, Harry S. Truman, Gerald Ford, Ronald Reagan, George H.W. Bush, Bill Clinton, Barack Obama
- They're better at divergent thinking.
- Lefties who graduate college tend to become 26% richer than right-handed people.
- Lefties are typically better at architecture and math. (Right-handed people tend to be better at verbal skills).
- 25% of the Apollo astronauts were left-handed.
- Lefties are more likely to suffer from asthma and allergies.
- There are a few members of the royal family who were lefties, including, the queen's mother, Queen Elizabeth II, Prince Charles and Prince William.
- Lefties are more likely to have insomnia.
- Lefties can see better underwater.
- The right hand is mentioned positively 100 times in the Bible, while the left hand is mentioned only 25 times, all negatively.
- 50% of CATS are left handed.



# Ambient Physical Therapy



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# TIPS FOR INCREASING YOUR HOME'S VALUE

By Brianna Siciliano

Whether you plan to sell your home now, in a few months, or in years to come, it is never a bad idea to make home improvements. When you are eventually ready to sell your home, you will not want it to be on the market for a long time. Instead you will want buyers to fall in love with your home, so in love that buyers feel like they just have to have your home!

A great way to begin the process of increasing your home's value is to make a plan. For some homeowners, checklists are the go-to home improvement planning guide. Start this plan slowly. Instead of rushing into mini-projects like repainting, replacing, and hiring a handyman, take the time to think of everything you wish to change and/or update. Don't worry about how long it will take, and don't think about how you will get it done. Just write everything down. While doing this, write down a guesstimate of how long you think you may want to

live in the home you are currently living in. Be realistic throughout this process. Once you have finished listing items and projects, list the time and money each item will need. Then prioritize the items and projects under two categories: "needs" versus "dreams." Try your best to come to a reasonable outcome. By the time your planning process is complete, you will know what projects you can accomplish with your budget and time-frame.

The next step to increasing your home value is to tackle one room at a time. It won't be pretty if you have a half-finished kitchen, a bedroom that needs fixing, and a basement that is a quarter of the way finished. By strategizing your projects and following a plan, you will find that more care is put into each project and each item on your checklist is done in a beautifully, well thought-out way.

Don't forget that curb appeal is important. You want future buyers to be intrigued by your home's exterior. Would you be excited to tour a home that has cracked windows and a messy landscape job? Probably not. Adding plants to accentuate the beautiful details that your home has, like a beautiful front yard or a nice walkway, is a great way to catch and hold people's eyes. A helpful way to see what needs improvement is to take a picture of your home's exterior in black and white. The photo effect will point out flaws in your home's structure that you can fix. You love your home, and you want the future owners of your home to love it too. Take care of it.



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# TAKE PRECAUTIONS

When taking on any home improvement project, it is important to protect yourself from preventable injuries. Doing so involves understanding the risks associated with your specific project, as well as equipping yourself with the proper tools.

Research shows that many Americans are seriously injured by home improvement accidents every year. According to the U.S. Consumer Product Safety Commission, in 2013:

- More than 511,000 people were treated in hospitals, doctors' offices and emergency rooms for injuries related to ladder use;
- Approximately 301,425 people were injured from lawn mower-related injuries;
- Nearly 7,500 were treated for injuries related to power tools; and
- More than 569,000 injuries were related to sofas and couches, particularly in climbing them to clean hard-to-reach areas of the home.

Don't become a statistic. Follow the tips below for a safe home improvement project.

## LADDER SAFETY

One of the most dangerous places around the home is on top of a ladder. Especially if you don't scale them very often, ladders can pose balance issues. And given the height you're dealing with, a fall can be very dangerous.

Always place ladders on a firm, level surface and always avoid wet ground.

Once you're on the ladder, avoid leaning too far to one side or reaching for items. This can throw off your balance and quickly shift the weight of the ladder.

Other tips:

- Never climb a ladder without someone nearby;
- Keep your ladder away from electrical wires, tree limbs or other obstructions; and
- Use a sturdy step ladder instead of furniture or a counter-top to reach high areas.



## GENERAL SAFETY

Many injuries occur in far less dramatic ways than falling from a ladder.

Improper stretching and lifting techniques can do damage to your back, keeping you out of any home improvement projects until you recover from your injury.

When lifting heavy objects, it is important to separate your feet shoulder-width apart, bend your knees and lift with your legs.

Other tips:

- If taking on a large project, alert your friends and family ahead of time so they will be able to check on you periodically;
- Always keep a phone within reach in case of an injury; and
- If working in the heat, take frequent breaks and hydrate properly.

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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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# 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?*



## HOW TO GET THE MOST OUT OF YOUR HEALTH INSURANCE

By: Erin Mumby

It seems like everywhere you go, people are talking about the pros and cons of health insurance. Our health insurance is such an important part of our lives. Health insurance can get expensive, but it's necessary! Here are some ways to get the most out of your health insurance:

- A lot of health plans offer steep discounts on vision. LASIK surgery is usually heavily discounted through your healthcare provider. Designer sunglasses and eye glasses can even be free through certain vision plans. Vision plans also give you personalized service. Special discounts are usually given to federal employees, military personnel, and retirees.
- Some plans offer classes to keep you educated. Parenting classes and ways to cope with depression, diabetes, arthritis, and heart disease can be sometimes found through your healthcare provider. Programs for quitting tobacco use are also offered a lot. Many health plans have a lot of different tools to help you stop smoking. Coaches, hotlines, and support groups can all be found through some healthcare providers. A lot of health plans will also offer discounts on products like nicotine gum or patches to help you curb your smoking habit.
- Many plans have programs that help members keep their health in check. Some plans offer blood pressure, cholesterol, weight, height, and BMI screenings for free. Sometimes you can even get a health coach to help you meet health goals. Other important screenings are offered for free. These include important cancer screenings. You must absolutely get preventive screenings. Some plans even reward their members for being healthy. You could get extra money for exercising, eating right, or meeting goals.
- More insurers are starting to cover alternative medicine. This can include acupuncture, massage therapy, yoga, and Pilates. Some may offer free tai chi classes to fight stress. Some providers can even offer up personal trainers. Herbal medicines and supplements can sometimes be covered by your provider as well.
- Most insurers offer benefits for children and the family. Childbirth education classes can be offered. A lot of health care providers offer special care management for babies and their expectant mothers. Breast feeding classes and free pumps are offered to new moms. Discounts on child care and safety products are usually offered. These can include child proofing products, parenting books and videos, and educational books and videos for children.

Living a healthy lifestyle and keeping chronic diseases under control can help you to lower your health care costs. With the right tools from your health care provider, you can keep your health in check. Preventative care is key in ensuring a healthy lifestyle. Research your health plan and see what perks you can get to help you live your healthiest life!



# HERE'S A FRESH IDEA

## Look to locally grown organic produce for health and flavor

A great trend is happening in local farms all over the United States. More and more people are becoming preoccupied with the notion that eating organic foods is better for them.

Now there is clear evidence that eating organic produce is better for you than produce that is farmed using chemical pesticides and other insecticides that significantly reduce the amount of nutrients that can be derived from the produce.

### HARSH EFFECTS

A recent study conducted by Princeton University concluded that "pesticides used in growing common crops such as fruit, corn, cotton, soybeans, and tobacco have been found to have high toxicity to birds, mammals, and fish. Pesticide use kills not only pests, but also their natural enemies, many of which are now endangered due to ingested toxins and loss of food."

We, as human beings, are ingesting the same food as these animals. If they are harming the natural wildlife that severely, what are they doing to us?

The Food Quality Protection Act, which was drafted in 1996, states that most of the chemicals that are used in pesticides, herbicides, and insecticides "present unacceptably high health risks, particularly to infants and children." The fact of the matter is that no longer is it just relegated to the fruits and vegetables that are grown in America's Heartland. Chemicals also affect the meat and dairy products that we consume because more farmers are feeding their cattle steroids and growth hormone, something that is believed to be safe — but also controversial.

Consuming foods and beverages that come directly from animals that are raised without the use of these hormones is thought to be safer to the overall health and well-being of the population. There are questions about whether the steroids and hormones can be harmful to humans once ingested, and while the debate over hormones is far from settled, organic meats can eliminate worries about it.

### CONSIDER ORGANIC

Organic produce allows consumers to enjoy all of the natural vitamins, minerals, and other natural benefits that pesticide-free farming can bring about.

A recent consumer survey completed by students and researchers at Cornell University found that "organically grown apples were less tart at harvest and sweeter after six months of storage than conventional apples." This fact only accentuates the fact that there can be benefits to taste as well as health when you buy organically grown produce.

Another startling fact to note is what diseases you could prevent yourself from getting if you were to eat only organic foods. A battery of tests by the U.S. Department of Agriculture has found that pesticides have led to cancer, obesity, birth defects, and Alzheimer's Disease. When you consider the amount of produce that is eaten in one year, chances are that most Americans have already ingested trace amounts of dangerous pesticides.

What do we know definitively about the advantages of a diet rich in organic produce? The University of California- Davis recently found that organic tomatoes that are grown in fields without the use of chemical fertilizers have "excessive formation of antioxidants such as uercetin (79% higher) and kaempferol (97% higher)" than tomatoes grown using chemicals and insecticides.

### LOOK LOCALLY

As the United States grows ever more health conscious, it is clear that something needs to be done about the non-organic produce being grown in the United States. There are many advantages to eating organic produce that is grown by local farms.



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# It's Blueberry Season in New Jersey!

By Susan Heckler

Pick them yourself locally, buy fresh from the farm stand or favorite grocery. So why would you freeze fresh blueberries?

Berries are very good for our overall health. The vitamins contained spread a number of benefits throughout our body, but is it possible to make them even healthier?

Research is shows that freezing fruits can actually make them even healthier. With organic blueberries, anthocyanin concentration is actually more potent after a short stay in the freezer. Anthocyanins contain a number of anti-inflammatory qualities and are beneficial to your overall brain health. They may also possess anti-carcinogenic properties. The berries actually have their deep blue color because of the anthocyanin in the tissue.

Apparently, when blueberries are frozen for any period of time, the low temperatures penetrate deep within the fruit and disrupt the tissue structure – this makes the anthocyanins more available and absorbable.

## 1. Lower your risk of heart disease

The nutrients regulate and relax the elasticity of your arteries in the vascular wall, keeping them from getting damaged. This means improves your blood flow thus a healthy blood pressure in the process.

## 2. Reduced Risk of Forms of Dementia

The anthocyanin in the berries can actually increase your memory functions and shield your brain against cell damage and loss. The berries can also improve your nerve cell growth, and make communication easier between nerve cell processes, slowing the aging of cells.

## 3. Better Nervous System Health

The antioxidants in blueberries offer nerve cells protection from various forms of toxin pollution.

## 4. Enhanced Motor Function

Above the age of 70+ years, people perform and behave more functionally after consuming frozen blueberries with heightened cognitive ability and improved motor ability.

## 5. Better Digestion

The antioxidants in blueberries protect your digestive tract from any damage from outside sources.

# A BOUNTY OF BLUEBERRIES

By Ally Tringali

Blueberries are one of summer's greatest offerings. They add a hint of sweetness to your breakfast smoothies, cereals, and desserts, and make a perfect, healthy snack. So what's the best way to have a constant supply of the freshest blueberries in your home? Grow them yourself!

In order to grow the best blueberry bush with the greatest bounty, check out these tips!

- Do your research:** Do some research to see what kind of blueberry bush grows best for your area's climate. Some bushes grow better in direct sun with humidity, while others can withstand those random early summer freezes.
- Soil counts:** Believe it or not, soil has measurable acidity levels that can effect what grows in your area. The Almanac recommends that the best acidity level is between a 4 and a 5, but if your soil doesn't fit the standard level, then you can always plant your bushes in pots. To learn two great ways to test your soil acidity, check out this website.
- Chasing the sun:** In addition to having good soil, your blueberry bush needs to get the correct amount of sunlight. Search for an area that gets a lot of sunlight, or plant your bush in a pot so you can move it around during the day to get the most direct sun.
- They need space:** HGTV recommends leaving at least five feet between each blueberry bush when planting. If you want to plant your bush in a pot, choose one that is 18 inches to give them enough space to grow.
- Stay hydrated:** Blueberry bushes are easy to care for: they only need one to two inches of water per week.
- Safety first:** We aren't the only ones that love blueberries! If not protected, blueberries can be picked off by hungry birds or other animals, or eaten by bugs. HGTV recommends protecting them with a net or bamboo sticks.
- Constant supply:** According to The Almanac, blueberry bushes can live and provide fruit for years...up to 20, to be exact! To make sure that your bush is living its life to the fullest, prune your bushes every couple of years. But beware! Bushes won't provide fruit the same year that they are pruned, so alternate your pruning years between bushes.





# Grilled Summer Squash with Shallots

## INGREDIENTS:

- 4 large green & yellow squash
- 2 large shallots
- 3 tbsp. hot chili pepper olive oil
- 1 tsp. red pepper flakes
- Small handful of basil, roughly chopped
- 4 tbsp. Meyer Lemon Honey
- 1 ½ tbsp sherry vinegar
- Juice from half of a lemon
- Generous amounts of salt & black pepper



## DIRECTIONS:

1. Combine oil and pepper flakes in a small sauté pan over medium heat until fragrant. Let cool.
2. Slice squash into thick wedges, preferably 2 by 1 inch squares. Place in a large bowl with whole shallots.
3. Pour the pepper and olive oil mixture into a small bowl with vinegar, honey, basil, and some salt and pepper, and mix well.
4. Pour oil mixture over the vegetables and let marinate for at least 30 minutes, but up to an hour.
5. Light a grill, and place each squash wedge and both shallots on the grill, rotating every so often. Reserve the marinade in the same bowl.
6. Remove the shallots after 5 minutes, and chop into thick slices. Place in marinade.
7. After a total of 10 minutes, remove the squash pieces and return to the marinade bowl. Add another pinch of salt and pepper, and mix well.
8. Plate and serve, either hot, room temperature, or cold.

# Blueberry Crostata from the Kitchen of Ally Tingali

## INGREDIENTS:

### DOUGH:

- ½ cup all-purpose flour
- ½ cup pastry flour
- 1 tsp granulated sugar
- 1 tsp kosher salt
- 6 tbsp cold butter, diced
- 2 tbsp ice water

### FILLING:

- 3 cups fresh blueberries
- ¼ cup granulated sugar
- Juice and zest from 1 lemon
- 1 large egg, beaten
- Sparkling sugar



## DIRECTIONS:

1. Combine the flour, sugar, salt, and butter in a food processor until the butter is distributed throughout the flour in small chunks.
2. While the machine is running, slowly add the water, one tablespoon a time, until the dough forms a ball.
3. Turn the dough out onto a very lightly-floured surface and gently knead into a disk. Wrap in plastic and freeze for at least an hour.
4. After an hour has passed, allow the dough to soften slightly on a rimmed baking sheet.
5. Gently press the dough out into a large disk, keep the middle thicker than the ends. Place in the refrigerator for 20 minutes.
6. Combine the blueberries, sugar, lemon juice and zest in a bowl until evenly coated.
7. Preheat the oven to 425° F.
8. After 20 minutes, gently pile the blueberries in the center of the dough, and fold the edges over the blueberries. Brush with beaten egg and sprinkle with sugar.
9. Bake for 22 to 25 minutes, until the blueberries bubble and the crust is golden.
10. Let cool for at least 20 minutes before serving.



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**Q:** I often feel that I would rather live with back pain than have "SURGERY". Why should I consider having an endoscopic "PROCEDURE" instead?

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**Q:** What is an Endoscopic Discectomy? (Also known as a "Laser Procedure")

**A:** The word endoscopy refers to a physician's use of an endoscope, a small, flexible tube with a light to look inside of your body. It is the least invasive way to treat disc problems and takes about an hour. Ultimately, the patient is left with a ¼ inch scar but a lifetime of pain relief.

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