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FALL ISSUE
SEPTEMBER/OCTOBER 2017

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The Greater Princeton Area

Ask The DOCTOR

Celebrates its First Year

By Susan Heckler

Birthdays are always a special occasion at any age. First birthdays are particularly memorable.

One year ago, Cami Gunther, owner and publisher, had an inspiration based on the wonderful outcome of her first Health & Wellness venture, the Monmouth County's Ask the Doctor magazine. That inspiration gave birth to her second fledgling ATD publication; The Greater Princeton Area Ask The Doctor.

Our little family of publications has grown to four now. Affectionately known as PATD, the youngest prodigy has had an easy time growing, and flourishing under the tutelage of its more experienced, almost 3-year-old Monmouth version. No sibling rivalry in this family!

We hope you keep reading and enjoying, we love to hear from you!



INSIDE GUNTHER PUBLICATIONS:

Meet Stephanie Frederick, Graphic Designer

We're back with another edition of Inside Gunther Publications!



You may have read a great issue of the Family Times while looking for exciting new events to take the kids, or read an interesting health article written by a medical professional in The Greater Princeton Area Ask the Doctor. If these sound familiar to you, then you already know a bit about Gunther Publications!

With four print publications including The Millstone Times, Family Times, The Greater Princeton Area Ask the Doctor and Monmouth County's Ask the Doctor, our company targets community resources in the local market to help capture and develop new print advertising strategies.

As one of the leading independent publishers in New Jersey, our mission is to use the pages of each of our publications and free magazines as a "voice" to connect local businesses and charities with the families in their neighborhoods. We love to make a difference in our communities.

Every month, we'll be highlighting employees and clients of our company. You can get the latest scoop Inside Gunther Publications and learn more about what we do, why we do it and how much we love it!

In this "issue" of Inside Gunther Publications, we meet Stephanie Frederick, art director and graphic artist. We spoke to her about her design expertise, new projects and chasing your dreams. Read on!



Q: Tell us a little bit about yourself -where you're from, education, whatever you'd like to share!

Hi! My name is Stephanie, and I am "the girl behind the Mac." I have three kids, ages 7, 3, 10 months, and two big dogs. You can say that we have a full house! I love to craft and spend many sleepless nights browsing Pinterest for my next DIY idea.

Q: What is your current position at Gunther Publications? Give us a "day in the life" of your responsibilities!

I am the graphic artist at Gunther Publications and I am responsible for our four publications, Millstone Times, Family Times, Monmouth County's Ask the Doctor and The Greater Princeton Area Ask the Doctor.

One thing I love about my job is that no two days are ever the same. Most days I am busy designing our clients' next ad for an upcoming issue, but when deadline weeks approach you will find me laying out hundreds of pages of awesome advertisements and editorials.

Q: How do you connect with clients and customers utilizing your design skills?

I'd like to think that I bring the vision of our clients/sales reps to life. We have

an excellent foundation of teamwork here at Gunther ensuring that everyone is happy and everything is exactly to our clients wishes.

Q: Why do you enjoy working at Gunther Publications?

My favorite aspect of working for Gunther Publications is the work we do. I love designing ads, setting editorial and holding the magazines in my hands each month after print. I also am so lucky to have an in-home office and work while surround by the comfort of my family.

Q: What has been your favorite project so far?

My favorite project thus far has been an upcoming redesign of our categories in a few of our magazines. I am looking forward to seeing our little "face-lift" come alive.

Q: What advice to you have for young professionals trying to break into a similar role or industry?

To anyone entering the field of graphic design I would advise that you spend time teaching yourself all that you can before going to school. I attended a 4-year college and have my BA degree, but I truly feel that so much can be self-taught, with an endless amount of information at our fingertips. If you have a passion, chase it!

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

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"We love the Q&A. The ability to answer many common questions on a wide platform has really given us the ability to reach out to and most importantly connect with many more patients. The layout of the magazine is easy to follow and many of our patients love the fact that it's all medical related. We plan on being long-time advertisers."

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HORMONE THERAPIES: *Health Information for Older People*

I've been having hot flashes, trouble sleeping, and other symptoms my doctor says are signs of menopause. I've heard menopausal hormone therapy might help, but also that it may be risky. What do I need to know?

Menopause is a natural process that happens as a woman gets older. The amount of estrogen and progesterone her body produces begins to fluctuate and then drop. Menopausal hormone therapy (MHT), once known as hormone replacement therapy, involves taking some of these hormones to keep symptoms of menopause — like hot flashes — under control.

Though MHT has been used for decades and praised for added health benefits like lowering a woman's risk for osteoporosis and colorectal cancer, recent research has uncovered a more complicated picture. Scientists now know it matters when and how long you take MHT. Studies have shown that for some women, using MHT might increase the risk for blood clots, heart attack, stroke, and breast cancer. For more on benefits and risks of MHT, talk to your doctor and visit the NIH website. If you and your doctor decide that menopausal hormone therapy is a good idea, the FDA recommends the smallest dose for the shortest time possible.

You may hear about “natural hormones” or “bio-identical hormones,” made by pharmacists and sometimes advertised as a “natural, safer alternative” to MHT. Be cautious. The FDA says there's no credible scientific evidence to support the claims, or the safety or effectiveness of these products.

MHT isn't the only type of hormone therapy. “Anti-aging” hormone therapies aimed at both men and women are based on the same idea — an otherwise healthy person taking a specific hormone that naturally declines with age. Supporters of these hormone therapies claim benefits like improved energy, strength, and immunity, an increase in muscle, and a decrease in fat. Examples include Human Growth Hormone (HGH), melatonin, Dehydroepiandrosterone (DHEA), and testosterone. But while research on these hormones is ongoing, scientists don't yet know what the effects may be. The National Institute on Aging warns that so far, studies haven't proven any influence on the aging process, and each therapy may carry significant risks.

QUESTION:

We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?

ANSWER:



Dr. Steven Linker, OD

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

Visionaries in the optical field have come up with a clear solution to harmful exposure to UV and blue rays. They have developed no-glare protective lenses that filter out the harmful rays. We carry Crizal Prevencia No-Glare lenses which provide 25 times more UV protection that going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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



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September is Gynecologic Cancer Awareness Month

By Susan Heckler

Cancers of the ovaries, fallopian tubes, and primary peritoneum are the fifth leading cause of cancer death in women in the U.S. These cancers are often found at advanced stages. This is partly because they may not cause early signs or symptoms and there are no good screening tests for them.

The ovaries and fallopian tubes are part of the female reproductive system. There is one ovary and one fallopian tube on each side of the uterus. The ovaries store eggs and make female hormones. Eggs pass from the ovaries, through the fallopian tubes, to the uterus. The peritoneum is the tissue that lines the abdomen wall and covers organs in the abdomen. Part of the peritoneum is close to the ovaries and fallopian tubes.

The most common type of ovarian cancer is called ovarian epithelial cancer. It begins in the tissue that covers the ovaries. Cancer sometimes begins at the end of the fallopian tube near the ovary and spreads to the ovary. Cancer can also begin in the peritoneum and spread to the ovary. The stages and treatment are the same for ovarian epithelial, fallopian tube, and primary peritoneal cancers.

Another type of ovarian cancer is ovarian germ cell tumor, which is much less common. It begins in the germ (egg) cells in the ovary. Ovarian low malignant potential tumor (OLMPT) is a type of ovarian disease in which abnormal cells form in the tissue that covers the ovaries. OLMPT rarely becomes cancer.

- Ovarian Cancer Risk Factors
- Genetic predisposition
- Personal or family history of breast, ovarian, or colon cancer
- Increasing age
- Infertility

1. **ALL WOMEN are at risk**
2. **Symptoms exist - they can be vague, but usually get more intense over time**
3. **Early detection increases survival rate**
4. **A Pap test DOES NOT detect ovarian cancer**

Some things that can reduce a woman's risk of developing the disease:

- Oral Contraception: Birth control pills reduce the risk of ovarian cancer, especially among women who use them for several years. In studies, those who used oral contraceptives for three years or more had a 30 to 50 percent lower risk of developing ovarian cancer.
- Breastfeeding and Pregnancy: Giving birth to one or more children, particularly delivering the first before age 25, and breastfeeding, may decrease a woman's risk of developing ovarian cancer.
- Tubal Ligation: This is a surgical procedure in which the fallopian tubes are tied to prevent pregnancy reduces the risk of developing ovarian cancer.
- Hysterectomy: A hysterectomy has been demonstrated to reduce the risk of ovarian cancer but should not be done exclusively to avoid the risk of ovarian cancer.
- Prophylactic Oophorectomy: Oophorectomy is the surgical removal of one or both ovaries. A woman should discuss this procedure with her doctor to determine her individual risk for the disease and the benefits of prophylactic surgery.
- Healthy diet and exercise: According to the American Cancer Society, eating right, being active, and maintaining a healthy weight are important ways to reduce the risk of cancer, and other diseases.





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

QUESTION:

What can I do to control my heavy periods?

Many women begin to experience heavy and/or irregular bleeding in their 30's and 40's, as they begin to get closer to menopause. Heavy periods are more than just a hassle – they take a physical, social, and emotional toll as well. NovaSure® Endometrial Ablation is a 5 minute procedure used to treat heavy bleeding. It can be done in a doctor's office and it is performed without any incisions.

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most women report no pain and can return to most activities within a day.

This is how it works: Each month during a period, the uterine lining is shed and a new lining starts to grow. By preventing the re-growth of this uterine lining, we can stop periods sometimes permanently. Prior to the introduction of endometrial ablation as a treatment option, hysterectomy with D&C was performed to thin the lining of the uterus. Alternatively, hormones and hysterectomy were offered. With advancements in medicine, Novasure endometrial ablation has become a well recognized treatment. Dr. Simigiannis will use the Novasure to permanently remove the cells that grow a lining in the uterus. Dr. Simigiannis is committed to providing you the best experience possible by having a Board Certified Anesthesiologist available making the experience pain free.

You may return to work the day following your procedure.

Please call Dr. Simigiannis at 609-448-7800 for more information and a consultation. A full exam and evaluation is always necessary prior to any procedure. If you are still considering child bearing, this is not the procedure for you. Medical insurance eligibility is evaluated and we encourage patients to check this as well.

For more information feel free to contact:

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Is Rinsing Your Sinuses With Neti Pots Safe?

Little teapots with long spouts have become a fixture in many homes to flush out clogged nasal passages and help people breathe easier.

Along with other nasal irrigation systems, these devices — commonly called neti pots — use a saline, or saltwater, solution to treat congested sinuses, colds and allergies. They're also used to moisten nasal passages exposed to dry indoor air. But be careful. According to the U.S. Food and Drug Administration (FDA), improper use of these neti pots and other nasal rinsing devices can increase your risk of infection.

These nasal rinse devices — which include bulb syringes, squeeze bottles, and battery-operated pulsed water devices — are usually safe and effective products when used and cleaned properly, says Eric A. Mann, MD, PhD, a doctor at FDA.

What does safe use mean? First, rinse only with distilled, sterile or previously boiled water. Do not use tap water because it is not adequately filtered or treated.



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OCTOBER IS LIVER AWARENESS MONTH

By Susan Heckler

Why is the liver important?

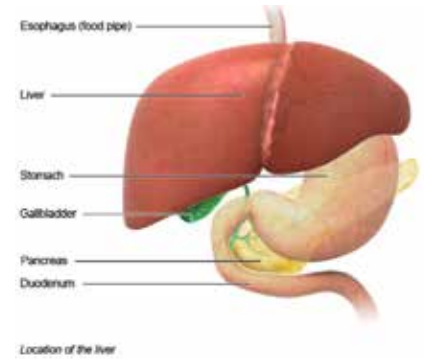
The liver is the second largest organ in your body and is located under your rib cage on the right side. It weighs about three pounds and is shaped like a football that is flat on one side. The human adult liver weighs about 3.1 pounds and is found in the right upper abdomen, below the diaphragm.

The liver performs many jobs in your body. It processes what you eat and drink into energy and nutrients your body can use. The liver also removes harmful substances from your blood.

How does a healthy diet help the liver?

Eating a healthy diet helps the liver to do its functions well and to do them for a long time. Eating an unhealthy diet can lead to liver disease. For example, a person who eats a lot of fatty foods is at higher risk of being overweight and having non-alcoholic fatty liver disease.

For people who have liver disease, eating a healthy diet makes it easier for the liver to do its jobs and can help repair some liver damage. An unhealthy diet can make the liver work very hard and can cause more damage to it.



What does a healthy diet include?

- Eating foods from all the food groups: grains, proteins, dairy, fruits, vegetables, and fats
- Eating foods that have a lot of fiber such as fresh fruits and vegetables, whole grain breads, rice and cereals

Are there diet changes for those with liver disease?

It is important for people with liver disease to maintain a healthy weight by eating a balanced diet with foods from all food groups.

- Do not eat uncooked shellfish such as oysters and clams
- Limit eating foods that have a lot of sugar or salt
- Limit eating fatty foods

Ways to Love Your Liver from the American Liver Foundation

- ✓ Avoid taking unnecessary medications. Too many chemicals can harm the liver.
- ✓ If you are a baby boomer, get tested for Hepatitis C today.
- ✓ Don't mix medications without the advice of a doctor. Mixing medications could be poisonous to your liver.
- ✓ Drink alcohol responsibly.
- ✓ Never mix alcohol with other drugs and medications.
- ✓ Be careful when using aerosol cleaners. The liver must detoxify what you breathe in. Make sure the room is well ventilated or wear a mask.
- ✓ Bug sprays, paint sprays and all those other chemical sprays you use can cause harm as well. Be careful what you breathe.
- ✓ Get vaccinated for Hepatitis A and B and make sure your children are vaccinated as well.
- ✓ If you get a tattoo, make sure you only use single needles and ink pots. No sharing!
- ✓ Exercise regularly – walk a little further, climb the stairs.
- ✓ Don't share personal use items such as combs, razors, and manicure tools.
- ✓ Teach your children what a syringe looks like and that they should leave it alone.
- ✓ If you received a blood transfusion prior to 1992, you may have hepatitis C. You should talk to your healthcare provider about getting tested.
- ✓ Use caution and common sense regarding intimate contact – hepatitis can be transmitted through blood.
- ✓ Eat a well-balanced, nutritionally adequate diet. If you enjoy foods from each of the food groups you will probably obtain the nutrients you need.
- ✓ Keep your weight close to ideal. Medical research has established a direct correlation between obesity and the development of fatty liver disease.
- ✓ Do not smoke.
- ✓ If you have any body piercing, check that the instruments used are properly sterilized or used only once.
- ✓ Increase your intake of high-fiber foods such as fresh fruits and vegetables, whole grain breads, rice, and cereals.
- ✓ At your annual physical, ask your doctor to do a complete liver blood analysis.
- ✓ Take the right dosage of medication – too much can cause trouble.
- ✓ Help someone else – sign an organ donor card.
- ✓ See your doctor for regular check-ups and share any information about health problems.

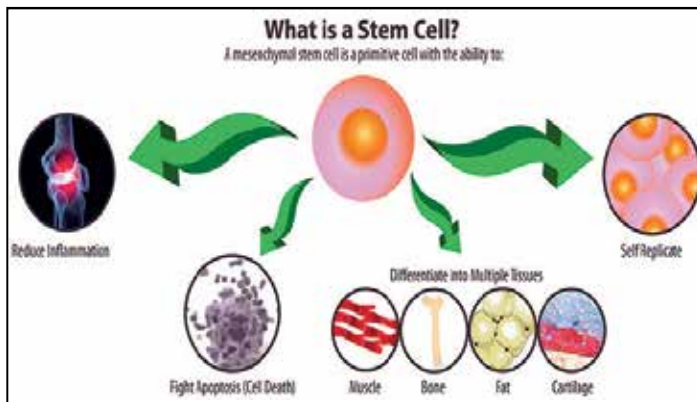


Your Liver. Your Life.

QUESTION:

Can amniotic stem cell therapy help my knee pain?

Millions of patients suffer with knee pain due to arthritis. The options for treatment, until now, have been limited to physical therapy, steroid injections, viscosupplementation injections, or joint replacement surgery. Central Jersey Spine & Wellness now offers a new cutting-edge treatment option called **amniotic membrane stem cell injections**. **Amniotic membrane stem cell injections** may be used to successfully treat patients with knee osteoarthritis when other conventional treatments have failed.



HOW DO AMNIOTIC MEMBRANE STEM CELL INJECTIONS WORK?

Amniotic stem cell injections offer the ability to heal damaged tissue naturally. With amniotic stem cell therapy, stem cells from amniotic tissues are injected directly into your knee. These stem cells have strong anti-inflammatory properties. However, stem cell therapy goes far beyond the benefits of standard "injection therapy." While cortisone and other drugs only provide temporary pain relief, stem cells actually restore degenerated tissue while providing pain relief. The growth factors in amniotic stem cells may replace damaged cells in your body. Additionally, stem cell injections contain hyaluronic acid, which lubricates joints and tendons, easing the pain and helping restore mobility. We also use precision guided fluoroscopy to ensure the stem cells are injected into exactly the right location. For optimal results.

WHAT BENEFITS DOES AMNIOTIC STEM CELL THERAPY OFFER?

- Amniotic stem cells contain no steroids. Instead, the injections rely on **naturally occurring anti-inflammatory agents**, such as cytokines.
- Amniotic stem cells contain **hyaluronic acid**, which lubricates cartilage and promotes new cartilage growth.
- Amniotic stem cells contain **growth factors**, which stimulate tissue growth.

- With amniotic stem cells, there is **no threat of patient rejection**.
- Lastly, amniotic fluid is a **highly concentrated source** of stem cells, which makes this type of stem cell injection preferable over embryonic stem cells and the patient's own stem cells (from fat or bone marrow).

ARE AMNIOTIC STEM CELL INJECTIONS SAFE?

Yes. More than 10,000 injections have been performed without a single reported adverse side effect.

- Amniotic stem cell therapy is a preferred type of stem cell therapy because the cells come from an immunoprivileged site, which means that patient-rejection is extremely rare.
- The use of amniotic stem cells is well researched, safe, and effective. Amniotic stem cells have been used by ophthalmologists and plastic surgeons for about 20 years.
- All amniotic stem cell donors go through a rigorous screening process, as determined by the Food and Drug Administration (FDA) and American Association of Tissue Banks (AATB).

AM I A CANDIDATE FOR STEM CELL THERAPY?

Patients suffering with knee pain due to arthritis may be considered as candidates for amniotic stem cell therapy. Regenerative medicine is growing in popularity and is helping more and more people live with less pain and suffering. If you have already tried conventional treatments, and are looking for another safe and effective option, consider amniotic stem cell therapy.

Call to schedule a consultation with one of our doctors to determine if amniotic stem cell therapy is right for you.



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October is Breast Cancer Awareness Month

THE FIGHT GOES ON

Breast Cancer Basics

According to the American Cancer Society, cancer starts when cells begin to grow out of control.

Breast cancer is a malignant tumor that starts in the cells of the breast and can invade surrounding tissues or spread to other areas of the body.

Here are some other breast cancer basics from the ACS:

- Most breast cancers are carcinomas, a type of cancer that starts in the cells that line organs and tissues;
- Breast cancers are often a type of carcinoma called adenocarcinoma — carcinoma that starts in glandular tissue;
- Other types of cancers can occur in the breast, too, such as sarcomas, another type of cancer that can occur in the breast and generally starts in the cells of muscle, fat or connective tissue; and
- There is currently no known cure for breast cancer, and its early diagnosis is critical to survival.



A Health Crisis

According to the National Cancer Institute, one in eight women will be diagnosed with breast cancer in their lifetime, making it one of the leading health issues for females in the United States.

The NCI advised women that receiving a high-quality mammogram and having a clinical breast exam on a regular basis are the most effective ways to detect breast cancer early.

The NCI urges women age 40 and older to receive annual mammogram screenings to provide early detection of breast cancer.

KNOW YOUR CHANCES

For many men and women struggling with the daily grind of breast cancer treatments, simply knowing their chance of survival is motivation enough for sticking to the plan.

The survival rates associated with breast cancer can be eye-opening and even lifechanging for someone diagnosed with the disease.

It is important to realize that these statistics are just that — statistics. If you're told you have a certain percentage of a chance to overcome your breast cancer, that doesn't serve as an automatic.

Taking the approach of trusting your physician's plan of action and leaning on your family, friends and faith can be an effective plan — no matter what percentage chance you are given.

It's Your Choice

Survival rates can be helpful for physicians trying to explain diagnoses and treatment options.

Some patients with breast cancer may want to know their survival statistics while others may choose to go without hearing them.

We have listed the survival rates for all five stages of cancer below, so feel free to skip it if knowing about them would be discouraging to you.

How Rates Are Determined

Survival rates are based on previous outcomes of large numbers of people. Again, they are not predictors of what will happen in a particular case

Age, health, the presence of hormone receptors on the cancer cells and the treatment received all play into a person overcoming breast cancer.

In order to get five-year survival rates, doctors study patients who were treated at the beginning of that period. Rapid improvements in treatment since then may result in a more favorable outlook for people now being diagnosed with breast cancer.

Breast Cancer Survival Rates

Below are the various stages of breast cancer and their associated five-year relative survival rates, according to the American Cancer Society.

Stage 0: 100 percent survival rate

Stage II: 93 percent survival rate

Stage IV: 22 percent survival rate

Stage I: 100 percent survival rate

Stage III: 72 percent survival rate

Women with Heart who Heal Hearts - After the Storm 316

By Susan Heckler

Throughout life, we all go through the good, the bad, the happy and the sad. Our personal rollercoaster ride takes us to the most wonderful highs...where you experience unbelievable euphoria, and without warning, the depths you never dreamed you can experience. Divorce, loss of a parent, loss of your sense of self, career change, loss of a child...any type of emotional upheaval that can leave you feeling alone, lost and without hope. No one can go through life without some bruising and scars.

How we handle these situations and what we do with that experience can make you or break you. Some choose to have their own personal pity party and claim the title of victim. Some wear their blemishes a little wiser, a little stronger and are a better person for it.

I recently met three wonderful women who have suffered their share of trauma and drama. Their personal stories do not need to be told here. Two sought help from strangers at Soulful Awakenings in Lake Como and left restored and bonded through friendship. Ellen, Jill and Shelley took the lessons they learned through their personal healing process and started their own support group After the Storm. These three ladies have been an inspiration to many women in the short 18 months since they began the journey.

After the Storm 316 is a judgment free support network for women in transition from what life throws at you that you feel you can't handle alone. They meet the 2nd Wednesday of the month at various locations in the Manalapan/Marlboro area. It is free and open to women only as they feel women can be more candid in a ladies only setting. Male Bashing is not allowed, it is all about moving forward in life.

At a meeting, you are given a monthly towel for your towel box. No, not a typo, this is their feminine version of a man's tool box. These towels are used to rebuild, reframe and reinforce your personal foundation...helping you self-love and restore confidence. These are rebuilding analogies to use as touch points and thinking points. When you start feeling yourself slip down, visualize one, touch one and think of the lesson it teaches you.



- Eraser - erase negative thoughts; cancel - stop and rewrite with a positive spin.
- Q-tip quit taking it personally - not necessarily about you.
- Happy face stickers - to remind you to smile.
- Bubbles- float away.
- Sandpaper- when someone wears you down think of it this way- they'll end up worn out and used up and you'll be polished like a diamond.
- Feather to put in your cap when you've done something you didn't think you could or were afraid to do.
- Penny- change has two sides- a good side heads up and a down side - tails.
- Look for the good in every changing situation.
- Mirror to remind yourself you are beautiful exactly as you are.
- Butterfly to remind yourself you will emerge more beautiful than before.
- Chocolate kisses- love yourself first.
- A circle - when you think you've come to the end it is really a new beginning again.
- A string with a knot in the end - when you think you've come to the end of your rope, tie a knot and swing.
- A crown to remember to keep you chins up, Princess, or your crown will slip!
- A key to remind you not to put the key to your happiness in someone else's pocket- remember to open as many new doors as possible!
- An obituary to remind you no one is guaranteed a tomorrow
- Scissors cut ties to past
- Coffee filter-shut mouth
- Envelope to keep reminders self-esteem file
- I am- board -strengths today
- Vision board of positive words
- Comb to untangle knots in your life
- Small box to pack your troubles away -
- Wildflowers to remind you to stop and smell the flowers
- Drinking straws - suck it up and move forward
- A packet of lemonade - to remind you when life hands you lemons to make lemonade
- Zippers
- Safety pins

I wish I had met these women years ago, thinking about my personal hurdles and how much easier it would have been to clear them. Friends and family may love you, but cannot relate to what you are going through. Strength comes with a helping hand, a willing shoulder and a towel box filled with affirmations of who you are and who you want to be.

If you need a little help or can even offer some, contact AfterTheStormHasPassed@gmail.com. Be one of the women with heart who can heal hearts.



Coach's Corner

By Jill Garaffa

Health & Fitness Reaching Your Goals

Dear Jill,

There's a pattern that repeats every year when I write my list of "New Year's Resolutions" or any other time of year when a milestone has been reached (like my birthday or anniversary) and I'm hoping you can help me break it. Each year, I look at all the areas of my life that need fixing. I look at my bad habits that I want to change. The first week or so things are fine. Then, I start to slip and eventually completely give up. The following year, the list of things I want to change is discouragingly similar to the year before, so it always looks like I'm trying to fix the same thing.

How can I break out of this pattern and get some momentum going in the right direction?

Frustrated,
T.J. in Holmdel, NJ

Dear T.J.,

Thank you for your courage to ask about a topic to which so many people can relate! There are a few things I can offer from a coaching standpoint to help you move forward.

First, take a look at your language. Anytime your focus is on "fixing" or "changing" something about yourself you will actually end up repelling the very thing that you say you want. The secret is to be grateful and celebrate where you are in this very moment. What accomplishments have you already achieved? Why is this area of your life not worse? (It could always be worse, right?). You are doing something right. What is it?

Coming from a place of gratitude & celebration in an area of life you'd like to transform provides more power than when you come from a place of judgment. You are either blessing or cursing the very thing you want by your intention around it.

Next, true and lasting change comes from the inside out. In order for a goal to come alive, it must be connected to something you deeply value and believe is possible. Why is this goal important to you? What is worth the sacrifice you will be making to achieve this goal?

Last, in order to create momentum, connect your goal to a clear vision & action plan. See yourself a year from now, succeeding. If this goal is a reality in one year, what actions would you need to take right now? This allows your future to pull you forward and your goals to come alive!

Wishing you clarity, focus & power!

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.seedsofchangeoaching.com or call 732-859-6962.

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

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!

10 Must-Have Skills to Be a Great Parent

1. **Know where your child is.** Know where they are, who they are with, who is in charge, and when they'll be home. This is critical especially for young teens.
2. **Get to know your children's friends.** Where your child spends their time, and who they spend it with will have a deep impact on them. Make sure you know your child's friends and their parents.
3. **Make sure your child has a healthy diet.** Their brain is growing and needs the proper nutrition. Make it healthy and avoid over-eating. Obesity is a huge issue in children today. Keep your child eating right and staying active for good health.
4. **Limit television watching and video game playing.** Children need to be active. Get the TV out of your children's room and give them other activities that will help them learn and grow. It's okay to insist that electronics be turned off and make them go outside to play.
5. **Insist on respect.** Respect for yourself and respect for others. Teaching your children good coping skills and communication is one of the best things you can do for your child. Make sure they can handle their anger in ways that will not be verbally or physically abusive to others.
6. **Be radically consistent.** Make sure your child knows if you promise consequences for good or bad behavior that you will deliver it – every time. Just don't say it if you aren't going to do it. Expect the same from your children.
7. **Teach your child about sex.** Have open and honest communication with them about sex. Not just that it's bad and they'll get pregnant and die if they have it, but talk about the joy of waiting for that special someone, and about how to take responsibility for their own body.
8. **Prepare your child for adulthood.** Ask them often how they feel about things and keep open discussions going about drugs, drinking, money, personal safety, and current events. Really work at finding out where your child is on all of these topics and talking to them from a place that they will understand you, not just lectures. For example, "What would you do if someone at school offered you drugs?" Listen to their answer and start your discussion from there.
9. **Know your child deeply.** What are their hopes, dreams, passions? Refrain from expecting your child to adopt what you think is important to pursue in life and really get to know where their heart is. Encourage them to pursue their own passions in life, this is one of the greatest things you can do for your child.
10. **Finally, take a look at your own life.** You need to be the person you hope your child will become. It just doesn't work to expect them to be one way if you aren't willing to do the same thing yourself. For example, if you want an honest child, you **MUST** be honest. That means with everyone. Showing them it's okay to lie to others will give them the message that it's okay to lie to you. Be really honest with your own personal inventory



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Our Postpartum Truth - In Her Words: My Bonding Process

By Michele Inzelbuch, LCSW, LCADC

The process of bonding with a new baby is natural for many mothers. Some new mothers hold their baby, rock them, make eye contact, talk to baby and begin to nurse. Often, within hours, mothers feel overwhelming love and attachment for their new baby. Yet, others may feel depressed or incapable of interacting with her newborn. This month, women in recovery from postpartum depression and anxiety share their experience and obstacles on bonding with baby.

L.M. did not get to hold her newborn for two weeks after her baby's birth. Due to complications, nurses cared for the infant leaving L.M. feeling like a stranger to her own child. Once she came home, she eventually became more comfortable though she struggled for some time. "When she cried I felt it in my insides and I wouldn't leave her, but she felt like a stranger," she described. "My anxiety left me second guessing everything."

J.D. explained, "I struggled tremendously to bond. I looked at him and knew that I SHOULD love him, and I did on a more logical level, but not emotionally." For the first six weeks, she was only able to hold her son when he needed comfort or to be fed. "As much as I felt no bond, I had anxiety whenever he was out of my sight," she added. J.D. also struggled with holding the baby for fear that she would drop him or hurt him. Eventually, she began to feel an emotional connection with her son.

M.W. tells us, "I didn't feel that love when he was born; just the triumph of having birthed a baby without any pain meds." Her anxiety began upon discharge when her son would stay behind in the NICU. Yet, her fear was not about leaving her son. "It was the new responsibility of being a parent, of having an infant whom I would have to care for," M.W. explained. "The first time I really felt bonded... it [was]

around a year and a half, we were walking, and he placed his hand in mine. BOOM! There it was, the feeling I thought I'd never have." With the help of medications and therapy, M.W. and her son formed a healthy and happy relationship.

M.T. struggled with being separated from her daughter. "When I was not holding her, in eye or ear shot of her, my anxiety became unbearable," she shared. "I could not focus, my heart would race and I would be nauseous." M.T.'s anxiety and fears made her feel she was missing a part of "my physical being." With time and effort to heal, the separation from her baby was no longer a struggle.

Ways to encourage healthy bonding include delaying newborn testing allowing for immediate skin-to-skin contact and the first-latch nursing experience. Keep the baby in the room instead of the nursery. Hold and touch your baby. Look into their eyes and talk to them. These are important tools to raising a healthy and well-adjusted child. If your postpartum mental health prevents these actions from immediately happening, remember, it is never too late to bond with your child.

For the new mom from a survivor: "The most important thing is LOVE. If you're not feeling that right now, have faith that you will."

If you or someone you know has concerns regarding PPD or is showing symptoms, do not ignore them. You are not alone and there is help out there. Please reach out to the Central Jersey Family Health Consortium at 732-937-5437, the Perinatal Mood and Anxiety Disorder Program at Monmouth Medical Center at 732-923-5573, or Michele Inzelbuch, LCSW, LCADC at 732-704-4331.

Michele D. Inzelbuch LCSW, LCADC

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Additional Support for Grandparents Raising Grandchildren

Grandparents can access a variety of information via the Internet and through state agencies the New Jersey Aging Services, Department of Health and Human Services. For grandparents or for friends, teachers, and social service staff who know of grandparents raising grandchildren, the following information and Internet resources may be of assistance.

- National Extension Website for Family Caregiving: http://www.extension.org/family_caregiving. There is a special section on Raising Grandchildren. In addition there is information on the extension website on parenting.
- American Association of Retired Persons (AARP): www.aarp.org. ARP provides information on financial assistance for grandparents, becoming the best grandparent, support groups in local communities, and other resources.
- Generations United: www.gu.org. This advocacy organization works on family issues across the lifespan. They have a specific link to information on grandparents raising grandchildren.
- Children's Defense Fund: www.childrensdefense.org. The CDF educates the nation about the needs of children and encourages preventive investment before they get sick or into trouble, drop out of school, or suffer family breakdown.
- CYFERnet: <http://www.cyfernet.org/>. CYFERnet is designed to be used by anyone who needs comprehensive children, youth, or family information including: educators, researchers, parents, youth agency staff, community members, human services and health care providers, students, policy makers, youth, or media.
- Fostering Connections: <http://www.fosteringconnections.org/>. This site discusses the federal Fostering Connections Act and services.
- Grandfamilies State Law and Policy Resource Center: <http://www.grandfamilies.org>.
- This is a website that was developed and maintained by several national organizations. Laws pertaining to grandparent are available from all 50 states.
- Grandfamilies of America: <http://www.grandfamiliesofamerica.com/>. Grandfamilies of America is a national organization that is staffed and governed solely by relative caregivers.

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It's National Grandparents Day September 10th *Every day should be Grandparent's Day!*

By Susan Heckler

Everyone has grandparents, whether you know them or not. Many people never had the blessing of knowing their grandparents, whether it is through family circumstances, physical distance, or their passing before you had the chance. If you have them in your life, treasure the time you have and don't waste a second of it.

Our grandparents spent much of their lives creating the future that we get to live in. If it weren't for them, your parents would never have been born, thus neither would you. The contributions they made led us to all the opportunities that we have today. If you were fortunate to have them in your life, they helped shape you into who you are today.

The older generations have so much offer as they view our world from a different perspective. Their years of wisdom provide us with well-earned advice. They are a valuable resource that many people fail to recognize, start appreciating their roles in our world.

In 1970, Marian McQuade initiated a campaign to establish a day to honor grandparents. In 1978, President Jimmy Carter signed a federal proclamation, declaring the first Sunday after Labor Day as National Grandparents Day.

Did you know:

- In 2015 (the last census), Grandparents as Caregivers numbered 7.3 million, meaning the number of grandparents whose grandchildren under age 18 were living with them in 2015.
- Almost 1.5 Million grandparents in the labor force are responsible for most of the basic care of co-resident grandchildren under age 18.
- The number of grandparents responsible for the basic needs of one or more grandchild under age 18 living with them in 2015 was 2.6 million. Of these caregivers, 1.6 million were grandmothers and 1.0 million were grandfathers.
- The number of grandparents in the labor force responsible for their own grandchildren under age 18. Among them, 368,348 were 60 years or older.

To celebrate them, do something grand with your grandparents or older adults in your community! That's right...if your grandparents are not close by or on this earth, borrow someone else's.

- Visit them; spend quality time...they will not be here forever.
- Call them if you can't visit, ask questions, and listen to the answers. Let them reminisce and tell you about family history and what they personally experienced.
- If they are no longer with you, do something in their memory that would make them smile.
- Share your photos and your day with them
- Include them in your life as much as possible.

Multigenerational Living

By the time people reach senior citizen status, they have likely cared for children, making sure they were safe, sound and healthy.
So when the time comes to consider late-in-life living situations, it's no wonder that their adult children are opening their homes to return the favor.

Multigenerational Living: By the Numbers

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

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

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

Why the Growth?

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

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

Multigenerational Home Plans

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

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

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



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Go to <http://www.state.nj.us/humanservices/dmahs/home/mltss.html>.

SENIOR CENTERS

There are eight senior centers partially funded by the Monmouth County Office on Aging, and they are located throughout the County. They are situated in the community centers and provide activities for seniors, such as recreation, health screening, education and counseling. They are open Monday through Friday. Transportation can be arranged for those who are unable to drive or take public transportation.

LEGAL SERVICES

South Jersey Legal Services, Inc. provides legal services to seniors, including advice on Living Wills and guardianships. The number is 856-964-2010.

NUTRITION SITES

At twelve sites throughout the County, including two Kosher sites, hot noontime meals are served to people 60 years and older. Educational and recreational programs, as well as counseling are also offered. Home delivered meals are provided to homebound elderly, once a day, Monday through Friday, with a suggested donation.

TRANSPORTATION

The Special Citizens Area Transportation (SCAT) program provides transportation services to elderly residents of Monmouth County to nutrition sites, food shopping medical appointments and non-competitive employment. Services are not available in all towns please call for information at 732-431-6480.

ADULT PROTECTIVE SERVICES

Is a program that investigates reports of abuses, neglect or exploitations of vulnerable adults age 18 and over living in the community. This includes cases of self neglect. APS provides or arranges for community based services for the client and/or caretaker. The telephone number is 732-531-9191.

RESIDENTIAL MAINTENANCE

Residential Maintenance provides emergency home cleaning through the ARC organization with supervision facilitating follow-up services by the referring agency. For information call 732-389-5256.

HOME HEALTHCARE

Home healthcare is provided by the Visiting Homemaker-Health Aide Service sponsored by Family and Children's Service. Aides provide personal care, meal preparation, and food shopping, and perform household tasks necessary to maintain a healthy environment. For homemaker service call 732-531-9111, any time of the day or night. A 24 hour answering services are available, seven days per week.

HOME REPAIR/BARRIER FREE

The Office on Aging offers a limited, home repair/barrier free program to qualified seniors. Call 732-431-7999 for details.

FOR FRAUD, SCAMS AND CRIMES:

Call your local police department or 9-1-1

For Information on: PAAD, LIFELINE, and other important Senior Programs, call our Office at 732-431-7450 or 1-877-222-3737.

QUESTION:

What's the best way to treat knee arthritis? Consider a non-surgical treatment that really works!

Osteoarthritis of the knee is the #1 leading cause of disability in the U.S. Over 27 million people suffer with knee arthritis and that number continues to grow. With knee arthritis, the cartilage breaks down and wears away, leaving the bones to rub together causing pain swelling stiffness and limited range of motion. As the cartilage breaks down, the knee loses its lubricating fluid. We found that by replacing this lubricating fluid with a natural substance called Hyalgan, the lubrication is restored and many patients experience amazing pain relief.



WHAT IS HYALGAN AND HOW DOES IT WORK?

Hyalgan is a natural lubricating fluid that acts as a lubricant and shock absorber inside the knee joint. The substance in Hyalgan is hyaluronic acid which is normally found in high levels in healthy joints. Replacing the hyaluronic acid with Hyalgan lubricates the joint and reduces pain. Hyalgan has been administered over 40 million times and has been proven to provide long-lasting relief of knee pain from osteoarthritis.

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

If you have had injections like this in the past and experienced poor results, there is still hope! Many doctors in this area offer similar injections, but very few use precision fluoroscopy guidance. Fluoroscopy guidance ensures that the pain relieving Hyalgan reaches the knee capsule where it bonds with the joint fluid to create a lubricating and cushioning layer. Without fluoroscopy, it is estimated that doctors "miss" the capsule over 30% of the time resulting in poor results. We want each and every one of our patients to have the greatest chance of success, so every injection is done with precision fluoroscopy guidance to ensure that the Hyalgan gets into the capsule 100% of the time. Because of this, patients who previously felt little to no relief with non-fluoroscopy guided injection are now getting excellent results.

The other "big difference" in our results is the multitude of other supportive care options that we have available to enhance the effectiveness of the Hyalgan procedure. These options include state of the art medical laser treatment, physical therapy, manipulation, corrective osteoarthritis bracing (takes pressure off the damaged section of the knee), and natural anti-inflammatory products. The combination of these treatments offers you what we feel is the most comprehensive non-surgical knee treatment program available.

DOES IT HURT?

Many of our patients report that they feel little to no pain at all! We do everything possible to minimize any pain from the procedure, from pain relieving spray and a local anesthetic, to precision guidance that ensures we are always in the right spot.

WILL MY INSURANCE COVER HYALGAN?

This procedure is covered by most major insurance companies including Medicare. Our insurance department pre-verifies every patient.

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

Dr. Scot Paris is the medical physician who performs the Hyalgan injection. Dr. Paris is trained as a general surgeon and has extensive experience with a variety of surgical procedures. With his conservative approach, he has excelled in the non-surgical treatment of knee pain with the use of fluoroscopy guided Hyalgan injections.

SO HOW DO I KNOW IF YOUR KNEE PAIN TREATMENT PROGRAM WILL HELP ME?

If you are tired of suffering with painful arthritis of the knee, and you want to see if the latest advances in non-surgical treatment can help, all you have to do is call 732-683-1800 to set up a risk free consultation. During the consultation all of your questions will be answered in a warm and friendly environment. Knee replacement surgery is a very extreme measure to take without considering all of your other options first. Once it's done there is no turning back. For that reason we encourage you to schedule an appointment to see if you are a candidate for Hyalgan treatment.

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

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SEPTEMBER IS HEALTHY AGING MONTH

Tips for Reinventing Yourself And Aging Healthy & Happy

By Mia Ingui

Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older. Think it's too late to "reinvent" yourself?

Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive Director of Healthy Aging®, it's never too late to find a new career, a new sport, passion, or hobby. Worthington is the creator of September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older.

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine (www.healthyaging.net). Maybe they will help you think outside the box:

1. Be **positive** in your conversations and your actions every day. When you catch yourself complaining, change your inner voice and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
2. Have negative friends who complain all of the time? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
3. How's your **smile**? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
4. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
5. Find your inner passion and do it! Take a music class or art class!

Prostate Cancer Awareness Month

By Mia Ingui

September is the official Prostate Cancer Awareness month, bringing men who have or in the future may have prostate cancer a step closer to treatment and cure.

What is prostate cancer?

Prostate cancer is the second most common cancer in men, trailing only behind skin cancer. This form of cancer develops in a man's prostate, the walnut-sized gland that lies below the bladder and produces some of the fluid in semen.

Who is affected by it?

This cancer most commonly affects men who are of ages 50 or older, and actually, most men who are over age 70 already have some form of prostate cancer, though they may not experience any symptoms.

What are its symptoms?

In its earliest stages, prostate cancer can easily go unnoticed. Men can go without feeling any symptoms. But, the later symptoms include frequent urination, difficulty urinating, or a painful or burning sensation while urinating.

What causes prostate cancer?

There are some risk factors that can be controlled. Studies have shown that a diet too low in fruits and vegetables greatly aids the development of cancerous cells in the prostate. But, to debunk some common myths, prostate cancer is NOT caused by having sex.

How can I treat prostate cancer?

Screening tests are available to detect early stages of prostate cancer, but government guidelines don't require routine testing for men. Men that are between the ages of 40 and 50 should go and be tested. If tests show signs of the cancer, where the cancer has spread in the body determines the type of treatment.



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

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

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

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Dr. Sanjay Gandhi, DPM

A Step Up Podiatry



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

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

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

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Dr. Helen Simigiannis, MD, FACOG

Antheia Gynecology



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

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

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Tips for Parents of Children with Special Needs

1. **Organize all that paperwork:** In the world of special education, there are lots of meetings, paperwork, and documentation to keep track of. Try to keep a family calendar of school events, special education meetings, conferences, etc. Setting up a binder or folder to keep your child's special education documentation, meeting notices and IEPs in sequential order can also help you stay organized.
2. **Start a communication log:** Keeping track of all phone calls, e-mails, notes home, meetings, and conferences is important. Create a "communication log" for yourself in a notebook that is easily accessible. Be sure to note the dates, times, and nature of the communications you have.
3. **Review your child's current IEP:** The IEP is the cornerstone of your child's educational program, so it's important that you have a clear understanding of it. Note when the IEP expires and if your child is up for reevaluation this year. Most importantly, be sure that this IEP still "fits" your child's needs! If you're unsure, contact the school about holding an IEP review meeting.
4. **Relieve back-to-school jitters:** Just talking about the upcoming year and changes can help reduce some of that back-to-school anxiety! Talk to your child about exciting new classes, activities, and events that they can participate in during the new school year. If attending a new school, try to schedule a visit before the first day. With older students, it is sometimes helpful to explain the services and accommodations in their IEP so that they know what to expect when school begins.
5. **Keep everyone informed:** It's important that you and the school communicate early and often! If there is anything (concerns, changes, questions about the IEP) that you feel is important to share with the staff working with your child before school starts, or during the year, don't hesitate to contact them! The more protective and honest you are, the better the school staff will be able to meet your child's needs.
6. **Establish before and after school routine:** Discuss and plan the changes in you and your child's daily routine that will happen once school starts. You can even begin practicing your new schedule, focusing on morning and evening routines, and begin implementing them well in advance of the first day of school.
7. **Stay up-to-date on special education news:** Being knowledgeable about your child's IEP and their disability can help you become a better advocate for your child. Try to keep up-to-date on new special education legislation, news, and events. The more you know, the more prepared you will be to navigate the world of special education and successfully advocate for your child!
8. **Attend school events:** Take advantage of Open House, Back-to-School Night, and parent-teacher conferences to help you and your child get a feel for the school and meet the teachers, other staff, students, and families. Share the positives about working with your child, and let the teacher know about changes, events, or IEP concerns that should be considered for children in special education.



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On Friday, October 27 from 5 – 8 PM, everyone is invited to Trick-or-Treat Around the Park! It's the perfect night for guests to experience ALL the iPlay America Halloween FUN and festivities! Guests will be treated to a costume contest, photos with Super Danny, a dance party, prize raffles and BOGO pricing on ride passes! **Pre-registration required.**

iPlay America's outdoor Pumpkin Patch is great fun for everyone and, when families purchase admission for just \$5 per person, they get to choose their own pumpkin to decorate from our Decorating Station! Open every Saturday and Sunday from NOON to 4:45 PM, so remember to carve out some extra time to decorate pumpkins with your favorite punkins!

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Ready, Set, Potty Train!

By: Erin Mumby

Toilet training your child is hard. Here are some products and rewards that should make the process easier for you.

1) Potty Training Doll by Potty Patty

This doll will help your child learn how and why we use the bathroom. This female doll shows your child that what you consume will come out as urine. Help your child put the doll on the toilet when it's time to go! This is one way to get your child excited about using the toilet.

2) Fisher Price Learn to Flush Potty

This portable toilet makes music every time your child flushes the toilet. There is also a built in splashguard that makes potty training neat and clean.

3) Dinosaur Toilet Targets

These toilet targets are an easy way to train your son to use the bathroom. Tell your child to aim at the colorful dinosaurs when he needs to use the potty.

4) Pull on Training Pants

This is the perfect tool for a child that is excited to grow older. These undies are a good way to motivate children.

5) Toilet Seat Cover

Your child will get excited about using the bathroom if you use a rainbow toilet seat decal.

6) Potty Training Chart

Need a new rewards system? Try hanging a chart on the wall to take a game like approach to potty training. Once a child completes a certain amount of stops, they can win a prize at the end!

7) Potty Time With Elmo

This book is short and sweet for your little one. The book follows Elmo as he teaches his doll to use the potty. This is a great way to teach your child about the bathroom.

8) Huggies Pull Ups

These popular training pants work like both underwear and diapers! If your child has an accident, you can still dispose of them. Your child will still feel like a big kid in them!

9) Flushable Potty Protectors

These are perfect for parents and toddler on the go. They protect children of all ages from germs on public toilets. Their fun print will catch your child's eyes and keeps them focused on the target.

10) Graco 2 Tier Transition Step Stool

This stool is the perfect height for your child, because it's adjustable as they grow. It will make sure they are able to reach the sink!

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When Is My Child Ready for an Adult Seat Belt?

The time to transition your child out of a booster seat and into a seat belt usually comes when the child is between 8 and 12 years old. Keep your children in booster seats until they outgrow the size limits of the booster seats or are big enough to fit properly in seat belts.

Fitting a Child Correctly in a Seat Belt

For your child to properly fit a seat belt, he or she must:

- Be tall enough to sit without slouching;
- Be able to keep his or her back against the vehicle seat;
- Be able to keep his or her knees naturally bent over the edge of the vehicle seat; and
- Be able to keep his or her feet flat on the floor.

Additionally:

- The lap belt must lie snugly across the upper thighs, not the stomach.
- The shoulder belt should lie snug across the shoulder and chest, and not cross the neck or face.
- Never let a child put the shoulder belt under an arm or behind the back, because it could cause severe injuries in a crash.
- Keep your child in the back seat because it is safer there.

And remember, always check your child's belt fit in every vehicle. A booster seat may be needed in some vehicles and not in others. If the seat belt does not fit properly yet, the child should continue to use a booster seat.



Modeling Seat Belt Safety

As a parent, you are your kids' strongest influence when it comes to modeling safe driving practices, including buckling up every time you get in the car. Teach your family that safety is the responsibility of all passengers as well as the driver.

TRENTON, NJ — Effective September 1, new legislation set in place revised parameters relative to the use of infant/child car seats in the Garden State. New Jersey guidelines now mandate the following:

Newborn to Age 2

Children under age 2 and under 30 pounds must be in a rear-facing car seat with a five-point harness. Toddlers who are tall or have long legs must remain rear-facing until age 2 even if their knees are bent and their feet are pressed against the back seat of the car.

Age 2 to 4

Children under age 4 and 40 pounds must remain in either a rear-facing or a forward-facing car seat with a five-point harness in the back seat of a vehicle.

Age 4 to 8

Children must remain in a car seat or a booster seat — in the back seat of a vehicle — until they are at least 8 years old or 57 inches tall. Once they reach that age or height, they are allowed to use regular adult seat belts.

Age 8 and up

Children can sit in a regular seat using a seat belt. However, the New Jersey law does not specify when children over age 8 can move from the back seat to the front seat. The federal Centers for Disease Control and Prevention recommends children not sit in the front seat until age 13.

Front Seat Guidelines

If a vehicle does not have a back seat, such as a pick-up truck or a sports car, New Jersey law says a child can ride in the front seat in a car seat or a booster seat. The vehicle's passenger-side airbag must be disabled or shut off if a baby or toddler is using a rear-facing car seat strapped into the front seat of the vehicle. The force of air bags can injure small children if they deploy.

Monetary Penalties / Fines

The fines for violating the state's car seat law have risen from previous levels — \$10 to \$25 — to \$50 to \$75 under the new legislation. The law does not spell out how police would verify the age, height or weight of a child when issuing a ticket.

Exemption Removed

An individual can no longer state that they were following the manufacturer's weight and height recommendations for their car seat.

How Busy is Too Busy?

By Susan Heckler

Every child is an individual, the below is a guideline which may need some customizing based on your child's wants, needs, and abilities.

Grade-by-Grade at a Glance:

Kindergarten should be simple and free — one or two after-school activities a week are more than enough. A great choice may involve their creative and/or physical side, such as an art, dance, or music program.

Grade 1 should balance social play with one or two days of an after-school activity per week. This is a good age to try sports as an outlet to play and run and start a healthy, active lifestyle.

Grade 2 your child already has some preferences. Sports are always good and you can try swimming or skating, computers, or art or music lessons. They can start learning a musical instrument now. Give your child at least one or two days free a week for down time or unscheduled time.

Grade 3 needs time to move and socialize after school. Team sports are a great choice and so is anything to develop and use fine motor skills, such as painting, sewing, or learning to play an instrument.

Grade 4 the school work demands are higher so keep an eye on their grades so they are not too stressed. One or two activities a week are great, especially those that involve groups and socializing too.

Grade 5 is a good time to schedule some family time so it isn't overlooked with activities and a social life. At this age, they usually want to be everywhere and do everything but keep an eye out for burn out.

Middle School is a great age to keep them on the move and away from the electronics that pull them away from being social and physically active. Encourage your preteen to spend time volunteering, to join school clubs like band, chess, or foreign language clubs, or to sign up for extracurriculars with a leadership element, such as the school newspaper or student council. It is a good time to feel connected to the school community while forging friendships based in common interests and experiences. They should be spending fewer than 20 hours a week participating in after-school activities in order for their grades to not suffer.

Helping Your Child Succeed in School - Part 1

By Susan Heckler

One way to start the school year off on a positive note is to partner with your child's teacher. Sharing information is essential and both teachers and parents should take responsibility for making it happen.

If there are problems at home that may affect behavior or performance, clue the teacher in as early as possible. Teachers need to inform parents of what the school expects from their children and from them.

Check out the school handbook and website, it is a wealth of information. This will answer many questions that will arise over the year. It may clarify what the expectations are for your child, rules and regulations, how the school measures student progress and other important details.

Hopefully by now you have completed your parental scavenger hunt also known as a Supply List. Make sure your child has what they need to complete their school work.

Pay attention to the school calendar to know important dates, special days like picture day and testing, in-service days, half days etc. Get to know some of the parents in the class as well as some of your child's class mates, especially a few that live nearby to help with forgotten books and lost assignments.

If properly done, the school website is a handy tool. Most school allow direct communication with teachers by email so you can be on top of your child's progress without waiting until back to school night to make changes. If you are lucky, your school website will have assignments posted so you can stay on top of your little student.

Do your best to stay informed throughout the year by attending PTO meetings as well as back to school night, conferences etc. This is your opportunity to have face time, meet people and be a well-informed parent.

If you have the ability, it is also a good idea to volunteer in the school building. Class Mom, Chaperone, Phone Chain. Sometimes work or other commitments make it difficult for you to volunteer in the school. There may be ways to help from home.

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It's Baby Safety Month!

By Susan Heckler

Each year, children are injured by hazards in and around the home which can be prevented by using child-safety devices and reminding older children in the house to re-secure safety devices after disabling them.

Most of these safety devices are easy to find and are fairly inexpensive. To be effective, they must be properly installed. Follow installation instructions carefully. Remember, too, that no device is completely childproof; determined youngsters have been known to overcome or disable them.

Here are some child safety devices that can help reduce injuries to young children. The red numbers correspond to those on the image following the text.

1. Use Safety Latches and Locks for cabinets and drawers in kitchens, bathrooms, and other areas to help prevent poisonings and other injuries can help prevent children from gaining access to medicines, household cleaners, matches, or cigarette lighters, as well as knives and other sharp objects. Look for safety latches and locks that adults can easily install and use, but are sturdy enough to withstand pulls and tugs from children.
2. Use Safety Gates to help prevent falls down stairs and to keep children from entering rooms and other areas with possible dangers. For the top of stairs, only use gates that screw to the wall. Use safety gates that meet current safety standards. Replace older safety gates that have "V" shapes that are large enough to entrap a child's head and neck.
3. Use Door Knob Covers and Door Locks to help prevent children from entering rooms and other areas with possible dangers. Be sure the door knob cover is sturdy, and allows a door to be opened quickly by an adult in case of emergency.
4. Use Anti-Scald Devices for faucets and shower heads and set your water heater temperature to 120 degrees Fahrenheit to help prevent burns from hot water. Anti-scald devices for regulating water temperature can help reduce the likelihood of burns.
5. Use Smoke Alarms on every level of your home, inside each bedroom, and outside sleeping areas to alert you to fires. Check smoke alarms once a month to make sure they're working and change batteries at least once a year.
6. Use Window Guards and Safety Netting to help prevent falls from windows, balconies, decks, and landings. Limit window openings to four inches or less, including the space between the window guard bars.
7. Use Corner and Edge Bumpers to help prevent injuries from falls against sharp edges of furniture and fireplaces. Be sure to look for bumpers that stay securely on furniture or hearth edges.
8. Use Outlet Covers and Outlet Plates to help prevent electrocution. Be sure outlet protectors cannot be easily removed by children and are large enough so that children cannot choke on them.
9. Use a Carbon Monoxide (CO) Alarm to help prevent CO poisoning. All consumers should install CO alarms near sleeping areas in their homes. Change batteries at least once a year.
10. CPSC recommends using Cordless Window Coverings in homes with young children, in order to help prevent strangulation. If you have window blinds from 2000 or earlier and you cannot afford new, cordless window coverings, call the Window Covering Safety Council at 800-506-4636
11. Use Anchors to Avoid Furniture and Appliance Tip-Overs. Furniture, TVs and ranges can tip over and crush young children, causing deaths and injuries when children climb onto, fall against or pull themselves up on television stands, shelves, bookcases, dressers, desks, chests and ranges.
12. Use Layers of Protection with Pools and Spas. A barrier completely surrounding the pool or spa including a 4-foot tall fence with self-closing, self-latching gates is essential. If the house serves as a side of the barrier, doors heading to the pool should have an alarm or the pool should have a power safety cover. Pool alarms can serve as an additional layer of protection. Sliding glass doors, with locks that must be re-secured after each use, are not an effective barrier to pools.





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*Alissa Brotman O'Neill,
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Help with Fertility

By Erin Mumby

There are some simple lifestyle changes that can increase your fertility. This can be done if you're having a difficult time conceiving or you would like to get pregnant very soon. Here are some steps to get you started.

1.) Exercise Regularly

Physically fit women have a better chance of getting pregnant. Women who reported doing plenty of vigorous activity before trying to conceive were less likely to experience ovulatory infertility. For every hour of vigorous activity per week there was a 7 percent reduction in risk of infertility. The lowest risk of infertility was among women who exercised vigorously for five hours each week. Remember this study looked at women's exercise habits before they started trying. If you are looking to get pregnant in the coming months: start exercising now.

2.) Watch Your Weight

If you're over- or underweight, losing or gaining just a few pounds can help increase your chances of getting pregnant. Women that were under- or overweight were about 1/2 as likely to get pregnant as women that fell into the normal weight range. Overweight women overproduce male-type hormones. They also over produce estrogen, and insulin, which stop the ovaries from releasing an egg each month. If an egg is produced, it can be negatively affected. Women that are too thin have low levels of a weight-regulation hormone like leptin. Ovulation can be halted if leptin levels are too low. Men that over or underweight also have problems with fertility. Sperm quality is affected by a man's weight.

3.) Quit Your Vices

It is well known that smoking decreases fertility in both women and men. Smoking 10 or more cigarettes a day affects egg production negatively. The toxins found in cigarette have the ability to mess with the levels of estrogen in a woman's egg. This can give your egg genetic abnormalities. Smoking ages ovaries, which can even, bring menopause about a few years early. Smoking is also linked to an increased chance of miscarriage or an ectopic pregnancy. Men that smoke cigarettes have lower sperm counts and/or abnormally shaped sperm. Caffeine and alcohol can also have a negative effect on someone trying to get pregnant. Every person metabolizes caffeine and alcohol depending on their body. Drinking alcohol when undergoing fertility treatments can affect pregnancy rates. Studies show that there is a correlation between men who drink and an increased risk of miscarriage in a partner's pregnancy that results from IVF. Doctors recommend that women trying to conceive should avoid alcohol. They should also limit their caffeine intake to one cup of coffee a day. They should cut down on tea and soda as well. Men shouldn't drink that much or that often.

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QUESTION:

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

Dr. Holli Alster



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

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

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

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

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

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

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

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Mountain Biking

Looking to work up a sweat this fall? Striving to reconnect with nature and all its natural beauty? Mountain biking is your answer. It provides a combination of adrenaline-packed challenges and scenic magnificence that is unique to the sport.

Whether you're a newcomer or a seasoned veteran, there is an assortment of trail options, likely in your own backyard. Take a multi-day blast across a time-tested mountain track or simply spend a Saturday cruising through a wooded trail.

Whatever your preference, mix in some mounting biking this summer to make it one to remember.

Top 5 Trips

There are countless trails across the world waiting for you and your bike. Here are five of the best, according to Adventure Cycling Association.

- C&O Towpath: A 184-mile trek from Georgetown to Pittsburgh that gives a scenic view of the Potomac River Valley.
- Katy Trail: Snaking along the Missouri River, this trail is America's longest at 225 miles.
- Kettle Valley Railway: The ACA calls this remote, long tour the most epic rail-trail on Earth. It is in British Columbia and fields a collection of rivers, lakes and mountains.
- Colorado Hut Systems: This route is like a choose-your-own adventure, with options for all skill levels and at varying altitudes.
- White Rim Trail: Head to the back-country of Utah to find this gem with tough climbs and a system of campsite options.

Essentials

Whatever trip you decide to take this time, don't forget the essentials:

- Safety gear: Helmet, reflective lighting and gloves can make all the difference in protecting you from injury. Remember that mountain biking can be a relatively dangerous sport, so take proper precautions and always bring the essential gear.
- First-aid kit: Load your kit with small alcohol pads, bandages, tweezers, and anti-infection spray. This will help keep any minor cuts or scrapes under control.
- Repair equipment: A broken-down bike equals the end to your day, unless you bring tire levers, spare tubes and a patch kit. Keep your bike functioning with these invaluable tools.



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5 Reasons to Stop Crossing Your Legs!

By: Erin Mumby

Did you know that you should never cross your legs? This is one bad habit that you should instantly stop. Most people don't even realize that this is a bad habit. This sitting style can actually have dangerous long-term effects. Of course simply crossing your legs isn't threatening, but crossing your legs for hours on end isn't good for anybody.

1.) Nerve Damage

Sitting cross-legged for hours day after day can cause nerve damage. When your legs are compressed, you are putting pressure on nerves, tissues, and blood vessels at the spot where they meet. After time, continued pressure can cause nerve damage. Blood will fail to reach the areas it needs to. This can cause nerve pain in certain areas of your leg and even lack of sensation or numbing in others.

2.) Higher Blood Pressure

When you cross your legs while sitting, your blood vessels in your lower extremities are compressed. This forces blood to flow more slowly throughout your lower extremities. The slow down of blood flow leads to your blood pressure temporarily spiking. Your circulatory system is cut off in this area. This means the blood presses up harder against the other vessels in your body. A young healthy person won't find this dangerous. It does have the potential to hurt somebody who already has high blood pressure. This could lead to some serious heart trouble if your blood pressure is already high.

3.) Bad Posture

Your back and neck can be affected when you cross your legs while sitting! It is a ripple effect. Your body is uneven when your legs are crossed. Your body compensates by hunching over to maintain balance. This habit can lead to persistent bad posture. Bad posture results in having trouble standing tall and sitting up straight.

4.) Back Pain

Your whole spinal column is affected when you cross your legs. Crossing your legs makes your pelvis uneven. The spine is in an unnatural position if your legs are crossed. Crossing your legs can damage your spine over time, especially if you are just on one side of your body continually. Lower back pain can lead up to your leg or even start to cause sciatic pain in your arms and legs.

5.) Veiny Legs

Varicose veins, aka spider veins, are blue veins that show through thin skin. They can sometimes hurt, but it's mostly a cosmetic issue. Sitting or standing for a long period of time with crossed legs can put pressure on the blood vessels. These blood vessels in the legs with start to bulge over time. Crossing your legs traps blood in the lower part of your leg. Pressure is created this way resulting in spidery veins. You might even see them in just one leg if you always cross your legs the same way!



Is Spine Surgery Right For You? It's a Matter of Risk vs. Benefit



Many people who suffer from debilitating back pain resist surgery. But not Denise Kordulak, a 66-year-old retired x-ray technician from Neptune, NJ.

Years of pushing, lifting and carrying equipment and positioning patients played a huge toll on her back. Fourteen years ago, she had surgery to relieve her pain and restore the feeling in her feet. While it was somewhat successful, she never returned to normal.

Denise started walking with a hunched back. Last year, the pain became unbearable. She lost feeling in her left leg from the knee down, and the pain was so bad she couldn't stand for more than a few minutes.

Denise contacted Dr. Pinakin R. Jethwa, a board-certified neurosurgeon at Atlantic NeuroSurgical Specialists (ANS).

"Denise was suffering from a complex lumbar spine issue. Compression of the nerves was causing leg pain. Degeneration of discs was causing back pain. One of the bones of her spine had slipped out of place, causing her hunched back," Dr. Jethwa explains. "In an eight-hour surgery, we performed a multi-level spinal decompression and fusion operation."

The parts of the bones and discs that were compressing Denise's nerves were removed. Screws and rods were placed in the bones to stabilize and fuse the degenerated discs, and the bone that was slipped out of place was realigned into a more normal position.

"Since then, she has been pain free. She actually drove herself to the office and, for the first time in years, walked in unassisted," Dr. Jethwa adds. "Denise told me she has her life back. In her case – and many others – the benefits far outweighed the risk."

For more information about spinal decompression and fusion, contact ANS at 732.455.8225, and visit ansdocs.com.



Loud Noise Can Cause Hearing Loss Quickly or Over Time

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

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

Everyday Activities

- Music from smartphones and personal listening devices, particularly when the volume is set close to the maximum
- Fitness classes
- Children's toys

Events

- Concerts, restaurants, and bars
- Sporting events, such as football, hockey, and soccer games
- Motorized sporting events, such as monster truck shows, stock car or road races, and snowmobiling
- Movie theaters

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Q: What is Sciatica?
How Can I Treat It?

A: Sciatica happens when the sciatic nerve becomes compressed. This can happen due to inflammation, spinal subluxations, co-existing conditions, injuries, and more. Since this nerve runs from the hips down the legs, patients can feel pain in their, low back, buttocks, hips or leg muscles. Some patients even get tingling sensations in their feet due to sciatica. Many feel restricted from everyday activities.

Sciatica symptoms do not go away until the root cause, sciatic nerve compression, is treated. In some circumstances, there is an underlying musculoskeletal issue that can also contribute to sciatica pain. Sciatica should be treated with appropriate rest, ice, and manual therapy until symptoms subside enough to engage in further treatment. A stint of physical therapy should then be performed to strengthen core muscles that support the spine. We offer several avenues to relieve sciatica pain and correct the root cause of the compression. Contact us today for more information!



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Prevent Neck and Shoulder Pain Post Crossfit

By Aylin Mahmut

Crossfit is getting really popular for the past 10 years and as the interest from many people grows, there are many crossfit gyms that are opening in every corner. If you have never done it or not sure what it is, here is a little summary.

What is crossfit? Crossfit combines many movement patterns together into one. For example: if you lift the bar to shoulder level and hold it by your collar bones then squat, it is called a front squat. You pick up the bar, lift it overhead then perform a squat then you just performed a overhead squat. These are two of the many different crossfit moves.

There are different classes offered in the gyms throughout the day, and each session is about 45-60 minutes. Word out of the day (WOD) is written on the board by the coach and you start the workout with everyone else attending that session. The coach that will come around and may correct your technique, show you how to perform the specific work out or basically there if you have any questions or needs. You do not necessarily have to use the weights prescribed on the board. For example; you are new to crossfit and WOD prescribes 135# overhead squats for 8 reps, and you can only do 100# at the time, you do 100#. The point is to get you achieving your personal best. As you keep getting stronger, what you can lift will also increase so you will achieve your best personal record or as cross-fitters say you will PR. The point in anything you do is achieving your personal best, however so many of us miss the point when we are in a room with others performing the same task. Honestly, as part of our very humane nature, we all get competitive and want to do better than everyone else. During WODs, doing better than everyone else usually translates to lifting the most weight. If your muscles are not ready to pick that much weight up, then you end up sacrificing your form and compensate whichever way possible. Again your goal is to pick that weight up regardless if it looks pretty or not.

Everyone can see that at least half of the crossfit movements, require you to go overhead with the bar. Guess what? When you do not have adequate mobility in your shoulder combined with lack of strength and faulty posture, you end up snapping your elbows straight locked, lifting the bar overhead and protruding your neck forward to "complete the movement" so it counts as one repetition. The rules only say your shoulders need to pass your ears, so many athletes push their neck forward so in relativity their shoulders are behind their ears.

Your body will forgive you if it's a one or two time mistake. However, if faulty movement pattern is a bad habit of yours, then you will end up with aches and pain in somewhere your upper quadrant. Showing off to your teammates is important but when you go home, you should not cry yourself to sleep because your shoulders and your neck are hot plates. The longer you go on like this, you increase the chronicity of the problem, which makes it harder to get rid of.

Keep it simple, mobilize, improve your posture, be aware of how your body moves.

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Your Feet Can Say A Lot About Your Health



Dr. Sanjay Gandhi, DPM

Did you know the foot has 28 bones, 37 joints, 107 ligaments, 19 muscles, and numerous tendons? These parts all work together to allow the foot to move in a variety of ways, while balancing your weight and propelling you forward or backward on even or uneven surfaces. It is no wonder that most Americans will experience a foot problem that will require the care of a specialist at one point or another in their lifetime. It is important to see a Podiatrist because the foot can be a window to your health for conditions such as diabetes and poor circulation.



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Too Much Cola 'Raises Cancer Risk' Due to Caramel Color

By Mia Inqui

The chemical process during the manufacture of the caramel coloring used in soft drinks such as cola produces a carcinogen that could be raising the risk of cancer. Matching laboratory tests conducted by Consumer Reports on 11 different soft drinks showed with an analysis of average consumption by Americans, the researchers found that one can a day could be enough to expose them to potentially cancer-causing levels of the chemical known as 4-MEI (short for 4-methylimidazole).

The potential carcinogen is formed during the manufacture of the familiar caramel color that is added to many widely-consumed beverages. This chemical is not needed for taste and it used for beverage color only.

Testing on 110 samples of soda brands carried out by the Consumer Reports researchers, led by a team at the Johns Hopkins Center for a Livable Future in Baltimore, MD, found that drinks contained levels ranging from 9.5 mcg per liter (mcg/L) to 963 mcg/L.

They add: "Routine consumption of certain beverages can result in 4-MEI exposures greater than 29 mcg a day" - the level that triggers a new case of cancer in every 100,000 people consuming the drink, toxicity that was established by previous studies in mice and rats conducted by the U.S. National Toxicology Program.

Lead author of the study, Tyler Smith, a program officer with the Johns Hopkins Center for a Livable Future, says 4-MEI levels can "vary substantially across samples, even for the same type of beverage." Smith explains: In the lab sampling, Malta Goya had the highest 4-MEI concentration while Coca-Cola produced the lowest value.

California listed 4-MEI as a carcinogen in 2011, under the Safe Drinking Water and Toxic Enforcement Act of 1986 - better known as Proposition 65. The authors say their results suggest that "federal regulation of 4-MEI in caramel color may be appropriate."

To estimate consumers' exposure to the potential carcinogen, the researchers took the laboratory readings and analyzed soft drink consumption using data from the National Health and Nutrition Examination Survey (NHANES).

They found the proportion of the population consuming each type of soft drink varied, with "colas being the most popular and root beer and pepper colas being the least popular."



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Underarm Health

By: Ryan Lennox

No matter what you do for work, play, or leisure, everyone has to combat sweaty armpits at some point or another. Most use deodorant or anti-perspirant to combat the sweat and the smell that comes with it. However, scientists are saying that deodorants might not be the answer for most of us.

In fact, the sweat humans produce does not have an odor. The “stink” that comes with armpit sweat actually comes from your body releasing lipids and amino acids as you burn calories. The lipids and acids breaking down turns into bacteria, which is what gives off the odor of “sweating.”

Most people use deodorants to fight off these smells, however more than 78% of the people who use deodorant should not in fact use it. People in that 78% naturally have deodorizing chemicals in their bodies, therefore negating the need to use deodorant or anti-perspirant. For some people, using deodorant can actually be harmful. The chemicals used to eliminate odors can trigger an allergic reaction on the skin and cause a rash, hives, or bumps in the armpit area.

The science behind the bacterial growth in armpits is actually quite fascinating. It splits into two groups, odor causing and non-odor causing. They work in harmony to repel toxins and excess sweat from the body in order to keep internal temperatures cool. The bacteria here is not toxic, it just gives off a sometimes disgusting smell. In fact, these microorganisms are very similar to those found in your stomach. They both break down toxins found in the body and use the energy to burn calories and thus run the body like normal.

Since most deodorant users in fact do not need to use it, there are a few tips and tricks you can use to combat armpit odor. Using mildly scented soaps can not only leave you smelling fresh from the shower, but can also reduce armpit odor throughout the day. Since your skin soaks up the chemicals in the soap, it can slowly release the good-smelling odor to combat the bacteria produced by your body.

Another way to combat armpit stink is to use non-aluminum based deodorants. Many deodorants on the market have aluminum in them to help hold them together. Coincidentally, aluminum is not particularly good for your skin. To avoid irritation and to smell better, try using non-aluminum based deodorants or anti-perspirants.

Lastly, avoid using strong antibacterial products. Since these kill both the good and bad bacteria in your armpits, they will start to smell once again. These antibiotics can be anything, from medicine to actual deodorants, but kill necessary bacteria found in armpits.

Men Can Make Their Health a Priority by Taking Daily Steps to be Healthier and Stronger

By Dr. Michael Steinberg, MD, MPH

Understanding your health risks is the first step in maximizing your health, but taking action to reduce those risks is another critical step that needs to follow.

According to studies, men are far less likely than women to seek routine preventive health services. First and foremost, get routine exams and screenings. Ask your doctor how often you need to be examined and explore the options for a range of assessments:

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

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

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

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

Skin cancer screenings – Men over the age of 50 are twice as likely to develop and die from skin cancer than women, according to the Skin Cancer Foundation. Regular visits to your dermatologist and monthly self-exams of your skin are strongly recommended. If you find any suspicious moles, new or old, visit your physician for further examination and care. Be sure to apply sunscreen with an SPF of at least 30 every time you go outside to decrease your risk for skin cancer. It is also important to avoid tanning and to wear sport UV-blocking sunglasses, hats and lip balm with an SPF to further protect yourself.

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

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

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

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

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



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Financial Health Checkup

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

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

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

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

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

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



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Do you need an Umbrella Policy?

By Susan Heckler



Thinking points:

- ***Do you have a new driver in the family?***
- ***Do you have a swimming pool or hot tub on your property?***
- ***Does your family enjoy high risk sports?***
- ***Do you own rental property?***

If the answer is **YES** to any of these, you are more vulnerable than average to potentially costly lawsuits.

Your typical homeowners and auto insurance only gives you so much liability insurance.

A personal umbrella policy affords you an extra level of liability coverage in addition your automobile or homeowner's policy. Once your liability limits have been reached, your umbrella policy will be in effect and offers significant protection against liability claims or lawsuits for serious personal injury.

Case in point, say your homeowner's insurance has a \$500,000 liability limit. If a catastrophic accident occurs and you are responsible for \$1 million in medical bills, property damage and legal fees, your umbrella policy can cover the remaining \$500,000. This protects you from being sued personally and having your assets attached.

When in doubt, speak to your insurance professional who can walk you through your insurance needs.

The Benefits of a Health Savings Account

By: Erin Mumby

Most people looking to save for retirement contribute to a 401(k) or IRA. The latest retirement savings method is a health savings account, or HSA. A HSA offers an array of tax advantages. Contributing to an HSA is a great way to build up your savings for your retirement. HSAs should be used to save for health-related costs. However, they can also be used as another form of a retirement account. A recent report from the Employee Benefit Research Institute, found that a person contributing for 40 years to an HSA could save almost a million dollars if the rate of return was 7.5 percent! These accounts offer tax advantages. Money put into an HSA is not taxed. A person with an HSA account earns tax-free interest on HSA balance. HSAs don't operate the way most traditional retirement plans do. HSAs empower savings. With an HSA, you have lower monthly healthy insurance premiums.

An HSA can be used to pay for many qualified medical expenses that are designated by the IRS. These include medical, dental, vision and prescription drug expenses. Immunizations, non-cosmetic operations, psychiatric care, oxygen, speech therapy, physical therapies, and lodging at hospitals are just a few examples of qualifying medical expenses. There are also many potentially qualifying expenses that are dependent on the patient and the situation.

To maximize your savings, it is suggested that you contribute as much as the IRS suggests. For the tax year 2017, the contribution limit for an individual is \$3,400 and the family contribution limit is \$6,750. For the tax year 2018, the HSA contribution limit for an individual is \$3,450, and the family contribution limit is \$6,900. When you reach age 55, you are allowed an additional \$1,000 annually.

To fully maximize your HSA, understand the benefits of HSAs. All the contributions remain in your HSA remain there until you use them. The money rolls over year to year. Withdrawals that are used to pay for medical expenses are never taxed. The account belongs to you and only you. If you switch employers or retire, your HSA stays with you.

It's also important to be a smart health care consumer. The money in your HSA will be used for health care. Comparison shop! Use an online calculator to see how much you will be spending on medical expenses. You can now research the cost of expensive surgeries online. You can also research the price of prescription medicines. Consider switching to some generic medicines instead of name brand ones.

Are you eligible for an HSA? You are eligible for an HSA if you are covered by an HSA qualified health plan and have no other health coverage. Other health coverage means another health plan, Medicare, or military health plans. You are also eligible for an HSA if you cannot be claimed as a dependent on somebody else's tax return.

*Best wishes for a Sweet New Year from
the staff at Gunther Publications*

Rosh Hashana Apple Kugel

Kugel is a Yiddish word for a pudding, a traditional side dish for any time of year but especially the upcoming Jewish New Year, Rosh Hashanah. This version has apples and a cinnamon crumb topping.

Ingredients:

- 12 oz. fine egg noodles (any thickness works)
- ¼ cup canola oil
- 6 baking apples, peeled (best if you use a blend)
- 6 large eggs
- ¾ cup sugar
- 1½ tsp. ground cinnamon
- 1½ tsp. kosher salt

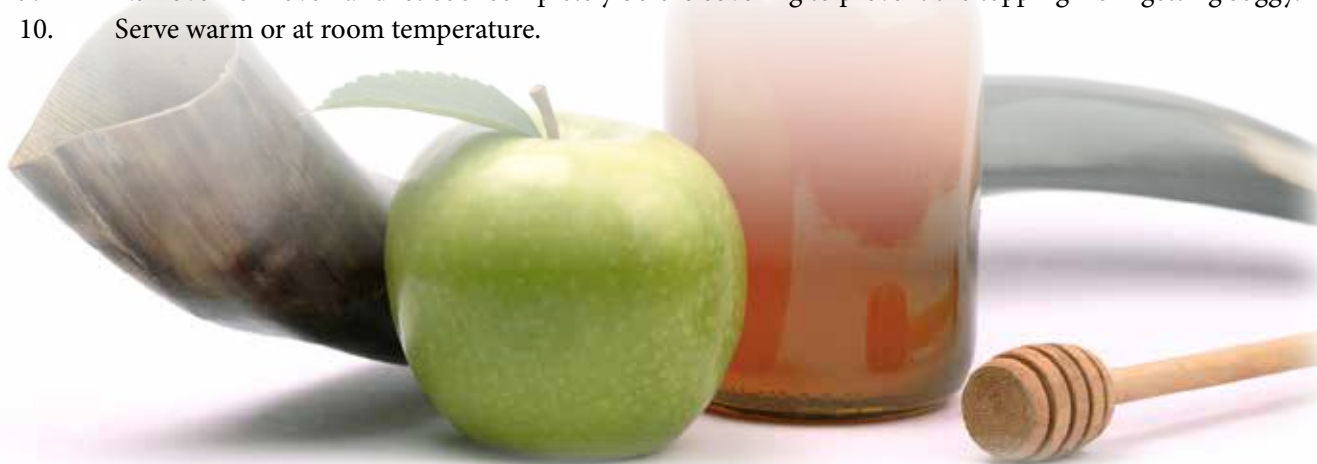


Topping Ingredients:

- ½ cup cornflake crumbs
- ½ cup sugar
- 1½ tsp. ground cinnamon
- 1 dash of ground nutmeg

Directions:

1. Cook and drain the noodles
2. Mix in the canola oil.
3. Coarsely chop apples and squeeze gently to drain the liquid.
4. Add the eggs, sugar, cinnamon, and salt to the apple mixture.
5. Add the mixture to the noodles. Stir to combine.
6. Pour mixture into a 9" × 13" baking pan lined with baking paper.
7. Mix the crumb topping in a small bowl and sprinkle over the kugel.
8. Bake covered at 350° F for 50 minutes, then uncovered for another 10 minutes.
9. Remove from oven and let cool completely before covering to prevent the topping from getting soggy.
10. Serve warm or at room temperature.



Corn: The Maze of Maize

By Susan Heckler

Summer in New Jersey has wound down and so has most of our growing season. Who doesn't love a cob of sweet Jersey corn to go with their steak, salad, mashed potatoes, and gravy? Corn is one of the universal things we love to munch whether on the cob, in a bread, as a pudding or in a cup with some salt, pepper, and cheese.

Corn is used to make various other foods and products, and can be found in almost 90% of the foods eaten all around the world.

It is believed corn originated in Mexico and was transported to the north by both indigenous people and Spanish explorers. When the pilgrims first came to the Americas, the Indians introduced them to one of their main crops: "maize." In 1609, colonists along the east coast successfully cultivated 30 acres, which yielded enough to export back home.

What Is Corn Made Of?

Corn is said to have both omega-3 and omega-6 fatty acids. Omega-3 fatty acids help control and infuse our hormones with anti-inflammatory qualities, while omega-6 fatty acids generate hormones which cause inflammation. In corn, however, the amount of omega-6 is MORE than the amount of omega-3.

The Controversy of Corn:

1. Corn is an unhealthy grain because its high sugar and starch content have close to no nutritional value.
2. Corn does not contain gluten, but when your body tries to process it, it confuses the proteins of corn with gluten, which further bewilders your immune system. It is said to hinder with the walls of your guts and severely damages your digestive system.
3. The high glycemic content of corn gets transformed into sugar easily and disturbs your body's insulin responses which weaken your immunity.
3. Corn's indigestible quality is because of its high amount of fiber, cellulose, and a series of proteins found in all grains, which our digestive systems are not equipped to break down because we lack an effective enzyme to digest it thoroughly. This can lead to conditions like leaky gut or even constipation.
4. Corn has class A proteins called lectins which our bodies break down into amino acids during digestion. We are deficient in the needed enzymes to break down lectins, so the body's constant churning of the corn makes it weaker and irritates the gut lining hence causing inflammation.
5. A 2011 Canadian study presented findings where it showed that corn contains an insecticide called BT (Bacillus thuringiensis) and other harmful poisons, which are artificial chemicals and not organic. The BT toxin is said to pile up in our blood and can eventually interfere with the proper functioning of our organs, resulting in serious long-term health issues.
6. Corn is one of the very first plants that was genetically modified (GM) and continues to be artificially evolved into different varieties, it becomes even more unhealthy to corn than it ever was. 85% of American corn is genetically modified, which is linked to major health issues.

Corn Nutrition Facts		
Serving Size: 3.5 ounces (100 grams), sweet, yellow, cooked, boiled, drained, without salt		
	Amt. Per Serving	% Daily Value*
Calories	100	
Calories from Fat	11	
Total Fat	1 g	2%
Saturated Fat	0 g	1%
Trans Fat		
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrates	20 g	8%
Dietary Fiber	3 g	11%
Sugar	3 g	
Protein	3 g	
Vitamin A 5%	Vitamin C	10%
Calcium 0%	Iron	2%

On the Positive Side:

Corn is loaded with flavonoids (which, among other things, protect against lung and oral cancers), antioxidants (such as β -carotenes), and lutein. Together, these compounds help maintain healthy mucus membranes, skin, and vision. Corn also is an excellent source of vitamin A, thiamin, and vitamin B6.

Look for organic and non-GMO, for better or worse, Jersey corn is delicious.

Ingredients:

- 1/2 cup canned drained kidney beans
- 1/2 cup canned drained cannellini beans
- 1/2 cup canned drained black beans
- 1 cup fresh roasted corn kernels (cut from about 2 ears)
- 3 chopped scallions
- 1/2 each red bell pepper and green bell pepper seeded and chopped
- 1/3 cup canola oil
- 1/4 cup tomato salsa (your choice of heat)
- 3 Tbs. apple cider vinegar
- 2 fresh garlic cloves, finely chopped
- 1/2 tsp. ground cumin
- Salt and freshly ground pepper, to taste
- 1/2 cup chopped fresh cilantro

Instructions:

1. In a bowl, combine all the beans with the corn, scallions, and bell pepper until mixed well.
2. Whisk together the oil, salsa, vinegar, to taste, garlic, and cumin in a small bowl. Season with salt and pepper. Pour over the bean mixture and stir to mix. Let stand for at least 30 minutes or for up to 2 hours to allow the flavors to intermingle. Garnish with the chopped cilantro before serving.



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Love Garlic? Plant It In The Fall!

Garlic can absolutely thrive out of the garden, especially if you plant it during the fall months. It is a perennial bulb that, when planted in the fall, will root, make limited growth before the first hard freeze and produce a bountiful harvest the next summer.

The Chill Factor

What many green thumbs may not realize about garlic is that it has an internal chill requirement, according to the University of Illinois agriculture extension center. When planting it in the spring, garlic should be stored in the refrigerator for at least eight weeks prior to planting. This will ensure proper chilling.

Not as much planning is needed if you decide to plant garlic in the fall, since it will obtain its chilling directly in the soil. Fall-planted garlic will also have the advantage of gaining much earlier maturity.

Planting Your Garlic

Here are the proper planting methods for garlic, according to the University of Illinois extension:

- Soil recommendations include high organic matter levels, good drainage and a couple of pounds of fertilizer per every 100 square feet.
- Lay out your planting rows 15 to 18 inches apart.
- Separate individual cloves from the main bulb and plant them about four to six inches apart in the row.
- Set your cloves tip up and one to two inches below the soil surface.

Weed Control

The University of Illinois identifies garlic as a “weak competitor,” which explains its needs for extra help fighting against garden weeds. You shouldn’t have to worry about the weeds much in the fall or winter, but be prepared to stave them off during the spring and summer seasons. Since you will likely consume your garlic, avoid all chemical-based weed killers and instead opt for mulch, straw or other organic materials that can help keep weeds from taking over. Doing so directly after planting the bulbs can also help alleviate winter soil frost.



AQUAPONICS FOR THE HOME

By Susan Heckler

Herbs you can grow inside with just water

If you have been loving your outdoor herb garden and want to keep those beauties coming, try aquaponics for the home. There are some herbs you can grow with just a glass of water. No matter what color your thumb is, fresh herbs year round are easy.

All you need is a medium-sized glass jar and fresh water to start cultivating your 12 herbs that don't require soil to grow. Your choice of jars can show your decorating flair as they will be visible, needing sunlight.



- **Cilantro** is an ingredient used in delicious dressings, rice, pasta, and a variety of other dishes. Your cilantro supply will be plentiful if you place your plant in a sunny spot.
- **Peppermint** is good as a fragrant herb, which makes a great tea, can be turned into an essential oil and tastes good. It will do well in a partially sunny or shady window.
- **Lavender** smells amazing and can be made into a tea or oil. This sun loving plant is used to soothe depression, ease migraines, and cramping, and promotes good sleep.
- **Oregano** plants grow large, but you can snip at it with kitchen scissors to trim off the leaves. Toss it on just about everything.
- **Marjoram** brings flavor to chicken and beef dishes, but is also used in lotions and bath soaps. It grows best indoors in full sunlight.
- **Basil** can be used in sandwiches, sauces, and just about everything else. It needs 6 to 8 hours of sunlight per day to thrive.
- **Chives** are an herb/onion combination, which is also a popular choice to bring in flavor and texture to dishes. Chives need a lot of water and sunlight for optimal growth.
- **Sage** is used holistically. Great in egg, chicken, lamb, or pineapple dishes. Needs moderate sunlight.
- **Lemon balm** relieves anxiety, improves digestion, and helps with better sleep. It likes a lot of sunshine.
- **Stevia** is a great alternative to sugar when you need to sweeten things up. Stevia can grow in both sunny and shadier spots.
- **Rosemary** is wonderful in chicken dishes and grows nicely in full sunlight.
- **Thyme** needs lots of sunshine to grow. You can harvest thyme and dry it out by hanging the stems before it flowers or you can eat the flowers too.

The Best Breakfast Foods for Your Health

By: Erin Mumby

It's widely known that breakfast is the most important meal of the day. However, eating breakfast isn't just enough. It's what you eat that matter. Sugary cereals and pancakes are popular choices, but they're not the smartest health wise. If you're looking to stay energized throughout the day, check out the following breakfast options.

1) Homemade Fruit Cup

Fruits like oranges, apples, and bananas will give your immune system a boost! This results in a refreshed feeling. Having a fruit salad or homemade juice is the best way to get essential minerals, vitamins, and antioxidants

Cranberries, strawberries, blueberries, and raspberries are low in calories. They help clean blood. They contain anthocyanins that improve the heart's functions. They are also known to help you look younger. A handful of berries in the morning can do you wonders!

2) Eggs

Eggs are a great source of calcium and protein. They help lower the risk of heart disease. The yolk contains antioxidants that better your vision. The choline in eggs can improve your liver, heart, and brain. Eggs can be served up a variety of ways. They are easy to make during your morning rush!

3) Greek Yogurt

Greek yogurt has grown popular due to its delicious taste and health benefits. It's rich in calcium and packed with probiotics. Greek yogurts help the good bacteria in your gut grow. Greek yogurt in the morning is a great way to increase your metabolism. To naturally sweeten plain

Greek yogurt, add some fruit or honey!

4.) Oatmeal

Oatmeal is a classic breakfast choice for a reason! Oatmeal works to help keep digestive tracts healthy. Oats fill your stomach up faster and for longer. This helps promote weight loss. The gluten free can enjoy oatmeal too!

5) Green Tea

Green tea is the perfect drink to start your day. It doesn't just warm you up! It cleanses your organs and keeps you hydrate. It is also known to fight off bad bacteria. It also is known to be instrumental in anti-aging. Its properties are beneficial for youthful looking, glowing skin!

6) Coffee

The caffeine in coffee is said to help your brain's performance in the morning. This is because caffeine increases alertness and concentration. It is also known to better your mood. Coffee is a natural diuretic and laxative so it helps your bladder and colon in the morning.

7) Chia Seeds

Chia seeds are a viscous fiber. They help your gut naturally balance out the food in your stomach. Chia seeds taste great with jelly or jam on toast. You can sprinkle some chia on yogurt. You could also incorporate chia seeds into a healthy smoothie!



The Dilemma of Deli Meats- A Bad Mood Food

By Susan Heckler

It's back to that time of year again, with the generations old question...what to pack your child for a school lunch? Sandwiches are an easy go-to, but beware what you put between the bread.

The babies of the boomers (like me) all grew up on deli meats. Tasty, convenient, long shelf life... we all wished we were an Oscar Myer wiener and our bologna had a first name!

These products are regularly packed with fillers, preservatives, sugar and salt. Whether they are prepacked in the refrigerator section or sliced fresh, these can be filled with potential dangers that can cause long and short-term health issues.

Eating one serving a day of processed meat -- or the equivalent of a single hot dog or two slices of salami -- was associated with a 42% increased risk for heart disease and a 19% increased risk for diabetes in the study, conducted by researchers from the Harvard School of Public Health.

Processed and unprocessed meats contained similar amounts of fat and cholesterol, but processed meats contained, on average, about four times more sodium and 50% more nitrate preservatives than unprocessed meats.

In addition, you have the following issues:

1. Corn syrup is a popular sweetening ingredient in consumer packaged goods. It may upset your body's natural metabolism, potentially raising the risk for obesity, heart disease, and diabetes.
2. Listeria is a bacterium found in deli meats that infects an estimated 2,500 people per year with Listeriosis. This can cause fever, muscle aches, headache, stiff neck, confusion, loss of balance and convulsions sometimes preceded by diarrhea or other gastrointestinal symptoms.
3. Nitrates are preservatives that help to prevent the spread of food-borne illnesses such as botulism and at the same time extend the shelf life. Other preservatives found in deli meats might include butylated hydroxytoluene, citric acid, corn syrup and gelatin.
4. Sodium to a degree is necessary, but often deli foods contain a disproportionate amount. Too much salt in our diet can cause our body to work harder than necessary and may cause high blood pressure. Look for low-salt meats and opt for fresh veggies instead of cheese on your sandwich for added nutrition and taste without the salt.
5. Added oils make deli meats moist and salads laden with mayonnaise may contain much more fat and oil than you need.

Good mood healthy food alternative:

- Carefully read labels and choose brands without fillers or added nitrates.
- Slice your own leftover chicken, turkey, or roast to use. It is budget friendly and you know the freshness and how it was prepared.
- As a healthy alternative opt for lean cuts of white meat and salads without mayonnaise.

Helping Cats with Allergies

Is your cat sneezing more often than purring? Scratching more frequently than cuddling?

Allergies may be to blame. The quicker you identify and eliminate the culprit behind your cat's reactions, the sooner she will be back to her cute old self.

When a cat has allergies, her immune system is overly sensitive and susceptible to everyday substances. Most of these allergens are common in most environments, but they can have major impacts on the comfort level and overall health of your favorite feline.

Symptoms

You may notice your cat sneezing or coughing more often when it is struggling with allergies. Increased scratching is also a telltale sign of an irritation that may be caused by an allergic reaction. A food allergy can cause vomiting and diarrhea, as well.

If you notice these symptoms – along with any paw chewing or swollen paws – it is important to retrace the past few days of your cat's activities.

This will help you identify potential causes and prepare you for a conversation with your veterinarian.

Causes

According to the American Society for the Prevention of Cruelty to Animals, the following substances are usually to blame for allergic reactions in cats:

- Pollens from trees, grass or weeds • Mold, mildew and dust spores
- Certain types of food • Fleas and/or topical flea-control products
- Cleaning products used around the home • Cigarette smoke
- Certain fabrics, rubber or plastic materials

Action

At the onset of any behavior you think may be linked to allergies, visit your veterinarian for a checkup.

Just like a human trying to get to the bottom of an allergic reaction, your cat will undergo a physical examination and possibly skin or blood tests to find the cause.

Your veterinarian may also recommend a special elimination diet, restricting certain aspects of your cat's daily food intake to identify and mitigate any dietary issues that may be triggering the reactions.



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September is AKC Responsible Dog Ownership Month

By Susan Heckler

Anyone can get a dog, that is the easy part. Before you do, think it through. The American Kennel Club has some excellent thinking points before you make a commitment to a wonderful fuzzy face.

1. Recognize the Commitment- Owning a dog is a long-term emotional and financial commitment. Before deciding that a certain dog is right for you, you must make an honest assessment as to whether your home is right for any dog.
2. Evaluate Your Lifestyle- All aspects of your family's life - hobbies, activities, personalities, schedules - should be evaluated before you get a dog as you need to make sure that he's suited for your lifestyle.
3. Make a List- based on your evaluation, determine what qualities you want in a dog. Consider size, energy level, grooming needs, trainability, and temperament.
4. Choose a Breed - Once you have made your list of ideal characteristics, do some research to find which breeds fit that profile and narrow your choices to the breed that seems right for you.
5. Get a Referral for a purebred dog- get your dog from a responsible, ethical breeder whose primary concern is to produce dogs of high quality, good health and stable temperament.
6. Rescue from a knowledgeable source - many rescue organizations temperament test their pups to determine personality, suitability for homes with other pets and children and where the pup is best placed. This is an excellent idea if you have other pets and small children as it could be a disaster.
7. Consider an Older Dog
8. Puppies are adorable but aren't for everyone. If an older dog better fits your lifestyle, check rescue organizations. If you are looking for a particular breed, check the breed rescue groups who rescue purebred dogs that have been lost, abandoned or surrendered due to the death or illness of their owners.
9. Expect Questions- A responsible breeder or rescue contact will ask you extensive questions about the type of home you can offer a dog because they are committed to making the right match between you and a dog. Be honest!
10. Prepare to Wait- Availability varies, and a good dog is worth waiting for.

Emergency Vet Care

There may come a time when your pet needs emergency medical care. Becoming prepared before it happens will give you an edge in saving your pet's life.

Your pet is a curious creature. It is likely that it will one day find itself in a situation that requires your immediate attention. Pets face dangers of ingesting substances that may be toxic, traffic accidents and altercations with other animals.

Do your part and learn who to call and how to react to different circumstances before they happen.

FIRST AID AT HOME

When an animal is wounded, the first step is to examine the extent of injury. There may be steps you can take to stabilize your pet at home before a ride to the veterinarian.

The American Society for the Prevention of Cruelty to Animals has laid out guidelines on how to treat your pet at home.

- External bleeding: The best way to alleviate external bleeding is to elevate the wound and apply pressure. This should cause the bleeding to slow down.
- Choking. If your pet is choking, insert your fingers in its mouth and see if you can remove the blockage. Be careful when putting your fingers in your pet's mouth, especially when it is distressed by choking.
- Heimlich Maneuver. Sometimes the lodged object may be too far in to remove it by hand. If so, perform sharp abdominal thrusts until the object is in reach to dislodge it by hand.

HAVE A PLAN

You and your vet need to have a discussion about emergency situation protocol.

- Find out if the office offers a 24-hour service. If not, inquire about the hospital they use to refer emergency situations after regular office hours.
- Keep the emergency hospital's contact information readily available.
- Most pet owners know their pets well enough to determine that something is amiss with them.
- Even if your vet doesn't perform treatment after hours, they should have an experienced person on call to take your phone call. These emergency operators will be able to determine if your pet is in need of immediate attention or if it can wait until regular office hours.
- Of course, there are definite emergencies that require attention without a call. Some may include an experience with trauma such as a traffic incident. Bloody stool, seizures, a swollen abdomen or suspicions your pet has ingested a toxic substance should be considered immediate attention emergencies.



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What Your Smile May be Saying

By Susan Heckler



A first impression is based 60 percent on your appearance, 30 percent on your tone of voice, and only 10 percent on your actual words. One of the first things people will notice about you is your smile. It reveals a lot about you, whether you are happy, amused or interested — friendly, approachable, or polite. It also, unfortunately, tells a lot about your personal hygiene.

There are two types of smiles: the Duchenne and non-Duchenne smile (named after the French neurologist Duchenne de Boulogne who first studied them). The Duchenne smile is a sincere, honest, wholehearted smile which really gives you pleasure. The non-Duchenne smile is the phony smile which people use to satisfy others but you can tell they don't really mean it. The truth is in their eyes, a genuine smile will affect the muscles around the eyes.

If you have poorly cared for teeth, it can send a message to those who see it. Whether it be a business contact or a social contact, it is a message you shouldn't deliver. Poor dental health and an unhealthy smile is a major turn off. If you aren't taking care of your dental hygiene, people wonder what other aspects of your life you aren't taking care of.

Imagine going on a job interview or a first date. You are embarrassed by your teeth so your smile is guarded. This may lead people to the impression that you have something to hide in addition to your teeth. You may not come across as the confident, intelligent asset you can be to any person's business and life.

Visit your dentist regularly and let the world see the beauty of you in your smile.

What Are Cosmeceuticals? *Can A Product Be Both A Cosmetic and a Drug?*

Some products meet the definitions of both cosmetics and drugs. This may happen when a product has two intended uses. For example, a shampoo is a cosmetic because its intended use is to cleanse the hair. An antidandruff treatment is a drug because its intended use is to treat dandruff. Consequently, an antidandruff shampoo is both a cosmetic and a drug. Among other cosmetic/drug combinations are toothpastes that contain fluoride, deodorants that are also antiperspirants, and moisturizers and makeup marketed with sun-protection claims. Such products must comply with the requirements for both cosmetics and drugs.

The FD&C Act does not recognize any such category as "cosmeceuticals." A product can be a drug, a cosmetic, or a combination of both, but the term "cosmeceutical" has no meaning under the law.





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Exfoliate and Hydrate

Heat and humidity can obviously cause a lot of sweat to build up on your face and body, which makes your skin look dry and dull. Using an exfoliating face mask once a week will clear your skin of dead skin cells and bring some natural brightness back to your face. After exfoliating, you should always moisturize with something very hydrating. While a nice tan is something everyone wants during the summer, sitting in the sun for so many hours will quickly dry out your skin. Start getting in the habit of moisturizing your face and body now before the dry skin appears again in winter.

Your skin isn't the only thing that will need the extra moisture after sitting in the sun; your hair will need a little help too! By this time, after swimming in the ocean and chlorine pools, your hair will start to feel very dry and brittle. Getting a good trim will automatically make your hair feel lighter and much softer, but you can also go the more DIY way with a hair mask. Just like any face mask, a hair mask, like one with avocado and honey, will hydrate your locks, making it softer and healthier.

Start swapping out bright/pastel colors, for darker, cooler colors

Going from summer to fall requires a lot of swapping out of routines and products, which also applies to makeup. During the summer, when everyone is getting bronzy, we tend to use a much more vibrant color palette when doing our makeup. The brighter colors pop on the now darker tone of our skin, but moving into fall, as the skin lightens again, it is time to switch back to darker colors. Darker lip and eye colors, such as deeper golds and maroons, coordinate with the season (and the leaves) changing as well as complement the skin better. The Pantone Fall 2017 colors for this upcoming fall learn more towards "warm" and less towards the typical neutrals that you normally associate with the season. Two of the Fall 2017 colors are a very deep purple and a navy blue that reads almost black.

From dewy to matte

Not only will you most likely need to switch out the shade of your foundation for the fall, but also the finish of it. In the summer, most people use a much more sheer, dewy finish foundation or BB Cream, however, in the fall and winter months, a more matte finish is better.



Pamper Yourself with Epsom Salt

by Erin Mumby

Pedicure — Combine 1/2 cup Epsom salt and warm soapy water, then soak your feet for 5 minutes to soften skin. Remove nail polish, push back cuticles, then cut and file your nails. Soak an additional 5 minutes in a warm Epsom salt bath for super soft feet.

Hair volumizer — Combine equal parts conditioner and Epsom salt. Work the mixture through your hair and leave for 20 minutes. The result? Hair full of va-va-voom and volume!

Facial scrub — This is one of my favorite Epsom salt uses. Mix 1/2 tsp of Epsom salt with your favorite cleanser; massage into skin using small circles to give your pores a deep-cleaning. Rinse your face with cool water, pat dry. This is one of the most refreshing Epsom salt uses!

Relax — Create the perfect detox bath salts! Add two cups of Epsom salt to your very-warm bath water and soak for 15 minutes. You can purchase Epsom salt with lavender or eucalyptus for an extra-soothing bath experience. Be careful when standing up, you'll find that you are VERY relaxed after your Epsom salt bath.

Detox Bath Salts - This simple bath salts recipe will relax and soothe your body.

Sea salt texturizing hair spray — Combine 1 cup of hot water, 2 tablespoons Epsom salt, 1 teaspoon aloe vera gel and 1/2 tsp conditioner in a spray bottle. Spray salt mixture into hair and scrunch hair with your hand for pretty beachy-waves.

Body scrub — After showering, massage handfuls of Epsom salt over wet skin to exfoliate the body. Get a spa treatment at home! Get more facial scrub recipes here.

Exfoliation — For exfoliation, mix 2 cups of Epsom salt with 1/4 cup of petroleum jelly and a few drops of lavender essential oil. Gently massage into dry patches for smoother skin.

Sore muscles and arthritis — If your muscles or joints ache, an Epsom salt bath is a great way to find relief. Add 2 cups of Epsom salt to your very-warm bath water, agitate the water with your hands to dissolve it then soak for 15 minutes.

Bedtime bath for kids — Add one cup of Epsom salt to your kids' evening bath to help them sleep more peacefully.

Acne — Epsom salt has antibacterial, antifungal and antiviral properties making it a fantastic natural treatment for acne.

Blackhead removal — Mix a teaspoon of Epsom salt, 3 drops iodine and half a cup of boiling water. Dab this solution to your blackheads with a cotton ball to help naturally extract them.



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Emerald Ash Borer, A Green Menace for Ash Trees

By Susan Heckler

As a homeowner, you know that landscaping can be quite an investment, but one that enhances your home for generations. Mature trees take many years to grow and make a beautiful canopy for your yard. Like any living thing, trees need some attention now and then and a little protection too.

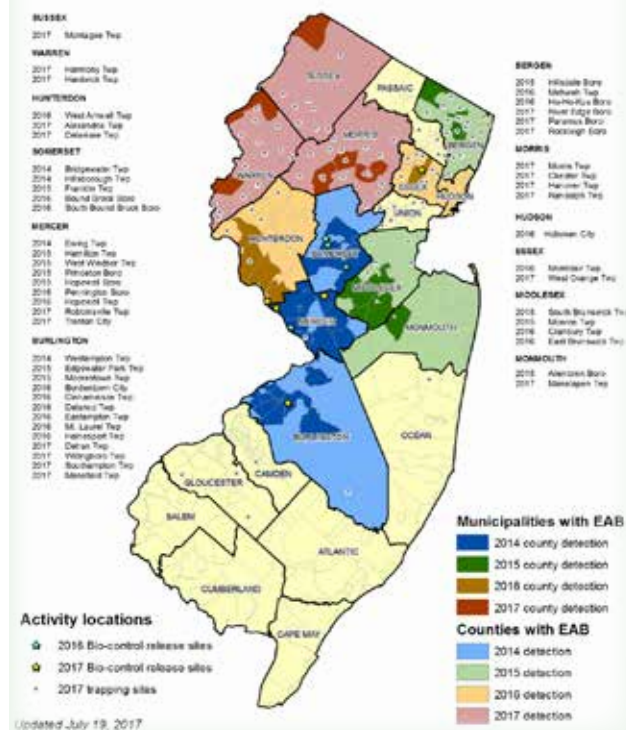
The Emerald ash borer (*Agrilus planipennis* Fairmaire) is an exotic beetle that came from northern China and Korea. It can also be found in eastern Russia, Japan, and Mongolia. It was discovered in southeastern Michigan near Detroit in the summer of 2002. The adult beetles nibble on ash foliage but cause little damage. The larvae (the immature stage) feed on the inner bark of ash trees, disrupting the tree's ability to transport water and nutrients.

The Emerald ash borer probably arrived in the United States on solid wood packing material carried in cargo ships or airplanes originating in its native Asia.

Since its discovery, EAB has:

- Killed hundreds of millions of ash trees in North America.
- Caused regulatory agencies and the USDA to enforce quarantines and fines to prevent potentially infested ash trees, logs, or hardwood firewood from moving out of areas where EAB occurs.
- Cost municipalities, property owners, nursery operators and forest products industries hundreds of millions of dollars.

EAB Detections in New Jersey



All North American ash species are at risk of EAB infestation. Usually more than one insect infests a tree. Once these invaders get into a tree, the tree always dies. There are some ash trees that are not at risk, such as the mountain ash, but that's because they are not true ash trees.

Confirmed EAB Activity in NJ

Through July 2017, emerald ash borer has been found in New Jersey in Bergen, Burlington, Essex, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Somerset, Sussex and Warren counties.



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Do You Know Why Your Electric Bill Is So High?

By: Erin Mumby

Just because you turned off the electrical appliances around your home, doesn't mean they're not using any power. Most household appliances are never "off"! They still consume power when they're in standby model. This can get costly considering most Americans have about 40 electrical appliances plugged in! According to the United States Department of Energy, the average household spends about \$1,900 annually on energy costs for their home.

Any appliance that has an external power supply still uses electricity even while powered off. This includes cell phone chargers, speakers, or any electrical device with a cubed power supply. Any electrical appliance that has a clock or LED light or display also uses electricity while turned off. These kinds of appliances include microwaves, coffee makers, TVs and DVD players. Even if you put your appliances on sleep mode will still consume electricity. Most cable boxes never even turn off! Desktop computers are the same.

The amount of electricity consumed by an appliance depends on the individual appliance. They range anywhere from 1 watt to 50 watts of electricity! 1 watt doesn't seem like much, but ten or so devices using 1 watt is a lot! For example, one cell phone charger consumes 1 watt of electricity if plugged into the wall, even when it's not charging a phone. When actually charging a phone, the charger will consume 8 watts of power. Chargers are usually the culprits behind unnecessary watt usage. This is because most households have multiple people. Now most people have multiple devices that need different chargers. Cell phones, laptops, and tablets all need to be charged quite often!

You can save money and electricity by eliminating the electricity leaking! The simplest method is to unplug electrical appliances when you aren't using them. This method is the best method because no electricity will be used at all. It's also a smart way to save your self some trouble in case there's a power surge! A power surge could burn out some of your electrical devices or appliances if they were still plugged in. Another way to cut down on costs is to use a standard surge protector. Plug your devices into the surge protector. When you're not using any of the devices, turn off the power strip. You could also invest in a smart power strip or surge protector. They will cut off power automatically to the devices are turned off, but will still supply power to those devices that are on. Make smarter choices when it comes to your electrical devices. It's not just good for your wallet; it's good for the environment!



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Generator Safety Tips to Weather a Storm

Did you know, according to The Consumer Product Safety Commission that generator accidents result in 50 deaths and 1,700 visits to the emergency room annually?

Key to safe generator use:

Never operate your generator indoors

This would include your basement, garage, or any other enclosed space because deadly levels of carbon monoxide are created. The generator should be at least 15 feet from the house to keep it away from doors and windows where exhaust gas can seep in.

Never run a portable generator in the rain

Model-specific tents are sold online.

Never refuel without letting it cool

This reduces the risk of fire or burning yourself while refueling.

Stock up on extra gasoline

To use the generator for an extended time, keep extra gas handy in ANSI-approved containers in a cool, well-ventilated place. Adding stabilizer to the gas in the can will help it last longer. We all remember the gas crunch after Sandy.

Install a transfer switch

It costs between \$500-\$1,000 on a 5,000-rated-watt or larger generator. This connects the generator to your circuit panel and lets you power hardwired appliances while avoiding the safety risk and hassle of extension cords.



September is National Preparedness Month

By Susan Heckler

Throughout September, CDC and more than 3000 organizations—national, regional, and local governments, as well as private and public organizations—will support emergency preparedness efforts and encourage Americans to take action. Are you ready for the next emergency? It could be a sprained ankle or a tropical storm. One of the best ways to prepare for emergencies is to have a kit ready.

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. Think Hurricane Sandy and listen up please.

You may think that you will have enough time to run to the grocery store, but stores quickly sell out of important supplies following emergency warnings. Unfortunately, about half of adults in the United States do not have the resources and plans in place for a possible emergency. Preparing emergency kits for your family is an important step in keeping them safe and healthy during a disaster.

Pack an anytime emergency supply kit.

Here's what you'll need:

- At Least a 3-day Supply of Food and Water
- Water – one gallon per person, per day
- Food – foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk
- Manual can opener
- Basic utensils to prepare and serve meals

Health Supplies

- 3-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

Personal Care Items

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

Safety Supplies

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle

Electronics:

- The National Oceanic and Atmospheric Administration (NOAA) provides weather updates during emergencies. Look for a radio labeled "NOAA Weather Radio."
- Flashlight
- Radio (battery-powered, solar, or hand-crank) for updates on the situation
- Cell phone with chargers
- Extra batteries

Documents:

- Keep copies of your important documents, cash, spare keys, and maps in your emergency supply kit.
- Copies of important documents such as insurance cards and immunization records
- Paperwork about any serious or on-going medical condition
- Your completed family emergency plan, complete with family and emergency contact information.



You should also keep:

- Extra cash
- Maps of the area
- Extra set of car keys and house keys

And Don't Forget about:

For Children:

- Baby supplies like bottles, formula, baby food, and diapers
- Games and activities for children

For Pets:

Food and Water:

- A 3-day supply of food and water for each pet. A cat or a dog will generally need 1 gallon for three days.
- Bowls or bottles
- Manual can opener

Cleaning Supplies:

- Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and household bleach

Health and Safety:

- Medicines and medical records stored in a waterproof container
- First aid kit with a pet first aid book

Transport supplies:

- A sturdy leash, harness, and carrier to transport pets safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for several hours.

Comfort Items:

- Pet toys and the pet's bed, if you can easily bring it, to reduce stress

Paperwork:

- Current photos and descriptions of your pets to help others identify them, and to prove that they are your pets, in case you become separated from them
- Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care

Check and replace your supplies throughout the year.



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