

The Greater Princeton Area

FALL ISSUE
SEPTEMBER/OCTOBER 2017

Ask The DOCTOR

The Health & Wellness Magazine For You And Your Family

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Answer Your
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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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QUESTION:

Why should you go to a diplomat of The American Board of Plastic Surgery for your cosmetic surgery?

The number of physicians, dentists, and even non-physicians, that are offering cosmetic procedures has exploded in recent years. Navigating this changing landscape is becoming increasingly difficult for the prospective patient.

The reason so many different providers have stepped out of their areas of expertise to offer these cosmetic procedures is simple – it's money. We are all being challenged by decreasing insurance reimbursements and providing services that are paid for directly by the patient can help replace some of that lost revenue. The problem is that these providers frequently lack the breadth of knowledge to adequately evaluate the patient and also have only a few techniques available to them to treat the patient. It is like hiring a carpenter whose only tool is a hammer – everything gets hit with a hammer.

A common example of this is the patient interested in body contouring for an abdomen that has lost its shape over time. This could be because of weight gain, weight loss, prior surgery, or simply the effect of carrying a pregnancy to term. The approach to help the patient achieve the shape they desire could be as simple as Coolsculpting or as involved as an abdominoplasty (tummy-tuck). It could also be liposuction and may or may not also require a little skin tightening. The safe approach could also be that there needs to be some weight adjustment prior to any procedure. The point is that seeing a physician that has all options available to them, and knows how to properly assess your abdominal contour, gives you the best chance of achieving your goals.

The other common area where all types of practitioners are venturing is the use of fillers and Botox. We have family medicine doctors and gynecologists opening "Medi Spas" and offering injectables that they are doing or having their staff provide the service. I find it impossible to believe that they would be as familiar with the balance and anatomy of facial musculature as a board certified plastic surgeon. I also frequently see patients requesting fillers for conditions that can only be adequately addressed with a surgical approach. Again, if you go to someone who only has a hammer available to them you will get the hammer.

The American Board of Medical Specialties recognizes diplomats of the American Board of Plastic Surgery for their expertise in plastic surgery of the face and body. These are the providers who can fully evaluate your areas of concern and have all the tools necessary to help you achieve your goals.



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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.

What Is Functional Medicine? The Basics of Good Health!

Functional medicine is often referred to as an evolutionary, or even a revolutionary, practice of medicine. Yet just the opposite is true. Functional medicine is a back-to-basics approach to healthcare that honors the human body as an innately intelligent machine whose natural state is health.

There is no question that there is a lot of “noise” in our lives today—from stress to inflammatory foods to environmental toxins—that is causing us to be less well. As functional medicine practitioners, we seek to identify these factors and strip them away, one by one, to help our patients restore their bodies to a natural state of wellness and achieve their full healing potential.

Functional medicine is restorative and preventative healthcare that empowers people to take control of their own health under the guidance of caring and skilled healthcare professionals.

“The primary goal of functional medicine is to co-create optimal, vital health,” says Jenna Richardson,

Clinical Director at Princeton Integrative Health (PIH). “We help our patients to achieve this by getting to the root cause of disease and dysfunction, focusing on nutritional, environmental and lifestyle intervention, education and support to influence long-term health.”



Functional medicine practitioners seek to reduce a dependency on medication, when appropriate. “We won’t just give you a pill to help you feel better, but a prescription for lifelong health,” says Jenna. “We partner with you to stay ahead of the game, before symptoms are present, by identifying and addressing underlying issues and abnormalities that will prevent your body from functioning optimally.”

Optimize Your Health. Transform Your Life.

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

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

- Nutritional Counseling
- Mindfulness and Meditation
- Functional Medicine Testing
- Lifestyle Change Program

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QUESTION:

What are the effects of missing one or more teeth?

Each tooth in our mouth has a specific purpose and function. Front teeth are designed to cut or tear our food and back teeth are designed to crush the food. Adults usually have 28-32 teeth. This can vary based upon the presence of wisdom teeth and/or teeth removed for orthodontic reasons.

When teeth are missing, most people compensate by altering their chewing patterns.

Other results of missing teeth include:

- Drifting of teeth which creates a mal-occlusion (incorrect alignment of teeth)
- Formation of periodontal issues and cavities
- Ill effects on the TMJ (tempromandibular joint) which can cause muscle and head aches.
- Inconsistent wearing of teeth
- Reduced chewing ability of certain foods
- Speaking concerns
- Cosmetic concerns

It is usually recommended to replace missing teeth after their loss within a reasonable amount of time to prevent the issues noted above. Many options are available and should be discussed. The specific recommendations for each individual should be discussed with their dentist. In general, the three most common ways of replacing missing teeth include Implants, fixed or non-removable bridges, and removable prosthesis (dentures). There are advantages and disadvantages for each option. Before making any final decision, make sure all of your questions are answered and you understand what the results will be.

If you have any questions or wish to have a second opinion, call to schedule a complimentary consultation.



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[www.David YoungDMD.com](http://www.DavidYoungDMD.com)



David P. Young, DMD, DICOI

QUESTION:

What can I do to control my heavy periods?



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

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, hysteroscopy 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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ASK THE AUDIOLOGIST

Question:

What is the difference between Over-the-Counter (OTC) and Custom Fitted Hearing Aid Amplification Devices?

Answer:

OTCs are personal sound amplification devices (PSAPs). FDA defines PSAPs as being wearable consumer electronic product intended for non-hearing impaired individuals to use to augment hearing in environments, such as recreational activities. PSAPs are not intended to compensate for hearing impairment and they are one size fits all.

Custom Hearing aids on the other hand, are wearable devices designed for the purpose of aiding persons with impaired hearing. Hearing aids are considered Class 1 Medical Devices and are fitted by Audiologists or Hearing Healthcare Professionals. Hearing aids are measured to accommodate individual ears, sizes and shapes.

Improving hearing and communication requires more than increasing overall volume, which is about all PSAPs can do. Louder does not mean clearer. Louder can be noisy and uncomfortable. Most OTCs are amplifiers that make everything equally loud, including the speech you want to hear and environmental noise you don't.

Hearing aids are custom and programmed specifically to the degree and configuration of your hearing loss, providing amplification to the deficit frequencies. Instead of just making everything louder, hearing aids can actually discern between noise and speech you want to hear. Hearing aids can automatically adjust, enhancing speech while suppressing background noises. Hearing aids can help you hear better in wind, reverberant rooms, crowds, and other challenging listening environments. OTCs simply cannot do this.

Consumers are cautioned that by skipping the audiologic evaluation and health-care professional, underlying hearing issues could be missed or untreated. Untreated hearing loss has been linked to increased stress, anxiety, depression, cardiovascular disease, fall risks, dementia, and diabetes.

If you or someone you love is having difficulty hearing, listening, or communicating, Dr. Tara Fuchs and Dr. Jane Brady invite you to contact them for a consultation. Their offices are in East Windsor 609-448-9730 and Pennington 609-303-0291.



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The LIFE Center is an important part of this program. It is located at 7500 Kevin Johnson Boulevard in Bordentown. Here, seniors receive health care, nutritious meals, and participate in activities with others so they may remain active, socialize and make new friends. The LIFE Center provides one location where doctors, nurses and other healthcare professionals can provide treatment and monitor changes in an individual's health. Transportation to the Center is included.

The LIFE team will:

- Make a special healthcare plan for and with each participant.
- Manage all healthcare services for participants.
- Help participants to live safely in the community.

Participants receive all healthcare services from LIFE St. Francis. Other than emergency care, all services must be authorized by the care team. A provider within the LIFE network must deliver these services. Participants may be liable for the payment of unauthorized or out-of-network services.

Call **LIFE St. Francis** at **609.599.LIFE (5433)** to see if you or your family member is eligible.

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QUESTION: *Which hearing device is the best?*

Our patients have done remarkably well with the Oticon OPN products. Here are some of the things our patients have said: "I can hear the birds again. I can't believe it!", "I never heard this clearly with my other hearing devices and the connection to the iPhone is amazing." Not only is it the 1st hearing device to be connected to the internet, it also has research that proves OPN users experience less listening effort, better recall and better speech understanding in noise. OPN is available in 3 technology levels and is now re-chargeable. That means no more changing batteries!

Furthermore, OPN has the ability to help those patients that have tinnitus (ringing in the ears) with its tinnitus sound support features. OPN hearing devices are direct to iPhone, which means that the devices themselves serve as headphones while speaking on the phone or listening to music. This allows you to have a hands-free conversation in stereo while using your phone.

New OPN technology differs from the old in that the OPN processing chip is faster than ever and accurate enough to analyze the complicated dynamics of various soundscapes. This in turn helps patients to participate in group conversations and handle multiple speakers at the same time.



*Schedule an appointment today to experience OPN for yourself.
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Scott L. Kay, M.D., F.A.C.S.
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Artis Senior Living is bringing Memory Care to Princeton

Artis Senior Living will soon be opening a 64-suite memory care community for seniors affected by Alzheimer's and other forms of dementia at 861 Alexander Road in Princeton, N.J. The two-story, 37,000 square foot community, scheduled to open this Fall, is strategically located near the Princeton Junction train station and the US-1 corridor.

The residence will be the first freestanding memory care community of its kind in Princeton. The community will be comprised of four neighborhoods designed to create an intimate environment with familiar living spaces. Each level of the community will include a central core, known as the "Town Center" flanked by two distinct "neighborhoods" that will serve as intimate living spaces. The Town Centers will feature a host of amenities including a neighborhood center for community gatherings and a studio for activities on the first floor; as well as a health center, beauty and barber shop, spa, café, and gallery on the second floor.

Influenced and refined by 20 years of operational experience, the new residence is thoughtfully designed to enhance residents' cognition and quality of life by creating a home environment that is both nurturing and comfortable. Design features include smaller-scale spaces, residential finishes, and the use of themes for wayfinding and location recognition.

The project was designed by LK Architecture of Wichita, Kan. and is being constructed by Wohlsen Construction Company of Lancaster, Pa.

About Artis Senior Living



Founded in 2012 by the Bainum family and leading senior care executives, Artis Senior Living is a premier owner-operator of memory care communities committed to providing the finest level of memory care through individually designed programs combined with a compassionate dedication to each resident's comfort and needs. Its portfolio includes nine assisted living communities in operation, dedicated to serving seniors suffering from Alzheimer's and other forms of dementia, with six communities under construction and thirty in planning. For more information on Artis Senior Living, please visit the website at <http://www.artisseniorliving.com>

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Regional Marketing: Amy Depreker
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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!

Elder Abuse

Abuse can happen in many places, including the older person's home, a family member's house, an assisted living facility, or a nursing home.

There are many types of abuse:

- Physical abuse happens when someone causes bodily harm by hitting, pushing, or slapping.
- Emotional abuse, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older person. Keeping that person from seeing close friends and relatives is another form of emotional abuse.
- Neglect occurs when the caregiver does not try to respond to the older person's needs.
- Abandonment is leaving a senior alone without planning for his or her care.
- Sexual abuse involves a caregiver forcing an older adult to watch or be part of sexual acts.
- Financial abuse happens when money or belongings are stolen. It can include forging checks, taking someone else's retirement and Social Security benefits, or using another person's credit cards and bank accounts. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission from the older person. Financial abuse is becoming a widespread and hard-to-detect issue. Even someone you've never met can steal your financial information using the telephone or email. Be careful about sharing any financial information over the phone or online—you don't know who will use it.
- Healthcare fraud can be committed by doctors, hospital staff, and other healthcare workers. It includes overcharging, billing twice for the same service, falsifying Medicaid or Medicare claims, or charging for care that wasn't provided. Older adults and caregivers should keep an eye out for this type of fraud.

Most victims of abuse are women, but some are men. Likely targets are older people who have no family or friends nearby and people with disabilities, memory problems, or dementia.

Abuse can happen to any older person, but often affects those who depend on others for help with activities of everyday life—including bathing, dressing, and taking medicine. People who are frail may appear to be easy victims.

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person:

- Has trouble sleeping
- Seems depressed or confused
- Loses weight for no reason
- Displays signs of trauma, like rocking back and forth
- Acts agitated or violent
- Becomes withdrawn
- Stops taking part in activities he or she enjoys
- Has unexplained bruises, burns, or scars
- Looks messy, with unwashed hair or dirty clothes
- Develops bed sores or other preventable conditions

If you see signs of abuse, try talking with the older person to find out what's going on. For instance, the abuse may be from another resident and not from someone who works at the nursing home or assisted living facility. Most importantly, get help.

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.*

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/1GaBpkl>.

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.



Do Men Get Breast Cancer?

While we are learning about Breast Cancer Awareness, since men have breast tissue, they can get breast cancer. It is rare, only approximately 1 percent of all breast cancer cases in the U.S. occur in men. This amounts to more than 2,000 new cases expected each year with about 400 men in the U.S. expected to die from breast cancer each year.

Many men do not know they can get breast cancer so they are not as aware of a change or not see it as important. This can result in a delay in diagnosis.



WARNING SIGNS IN MEN

Any change in the breast, chest area or nipple can be a warning sign of breast cancer in men, such as:

- Lump, hard knot or thickening in the breast, chest, or underarm area (usually painless, but may be tender)
- Dimpling, puckering or redness of the skin of the breast
- Change in the size or shape of the breast • Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple (inverted nipple) or other parts of the breast
- Nipple discharge (rare) If you notice any of the warning signs or other changes in your breast, chest, or nipple, see a doctor right away.

Risk Factors that increase the risk of breast cancer in men include:

- Older age • BRCA2 gene mutation • Family history of breast cancer
- Gynecomastia (enlargement of the breast tissue)
- Klinefelter's syndrome (a genetic condition related to high levels of estrogen in the body)
- Overweight and obesity

Information and resources are available through your doctor or Susan G. Komen® 1-877 GO KOMEN (1-877-465-6636) www.komen.org American Cancer Society 1-800-ACS-2345 www.cancer.org



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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.



What Are Healthcare-Associated Infections (HAIs)?

By Krusha Vaidya

Healthcare-associated infections, or HAIs, are infections that people acquire while they are receiving treatment for another condition in a healthcare setting. HAIs can be acquired anywhere healthcare is delivered, including inpatient acute care hospitals, outpatient settings such as ambulatory surgical centers and end-stage renal disease facilities, and long-term care facilities such as nursing homes and rehabilitation centers. HAIs may be caused by any infectious agent, including bacteria, fungi, and viruses, as well as other less common types of pathogens.

These infections are associated with a variety of risk factors, including:

- Use of indwelling medical devices such as bloodstream, endotracheal, and urinary catheters
- Surgical procedures
- Injections
- Contamination of the healthcare environment
- Transmission of communicable diseases between patients and healthcare workers
- Overuse or improper use of antibiotics

Magnitude of the Problem

HAIs are a significant cause of morbidity and mortality. At any given time, about 1 in every 25 inpatients has an infection related to hospital care. These infections cost the U.S. healthcare system billions of dollars each year and lead to the loss of tens

of thousands of lives. In addition, HAIs can have devastating emotional, financial and medical consequences.

A majority of hospital-acquired HAIs include:

- Urinary tract infections
- Surgical site infections
- Bloodstream infections
- Pneumonia

The U.S. Department of Health and Human Services (HHS) has identified the reduction of HAIs as an Agency Priority Goal for the Department and is committed to reducing the national rate of HAIs by demonstrating significant, quantitative, and measurable reductions in hospital-acquired central line-associated bloodstream infections and catheter-associated urinary tract infections.

Please visit www.health.gov/hai/prevent_hai.asp for more information on HAI specific goals, including the progress made to date.





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Benefits of an Immersion Inquiry-Based School

"So what time did you go to bed last night?" asked one kindergarten student of another, in Mandarin Chinese. Upon hearing the answer, the first student commented, in fluent Chinese, "But that wasn't enough hours for you to be healthy!" These are 5-year-old students exploring healthy lifestyle in one of their units of inquiry at YingHua International School, an English Chinese immersion school of Princeton, NJ. Some Princeton area schools are now instituting immersion programs, since studies have proven that "fully proficient bilinguals often outperform monolinguals in the areas of divergent thinking, pattern recognition, and problem solving" ¹. "Immersion learning is one of the most powerful way to learn both language and content," says Director of Academics, Joy Zhao at YingHua International School.



Not only are schools adding immersion programs, but even teaching methods have become inquiry-based focused. In traditional schools, students are instructed to not ask too many questions, instead to listen and repeat the expected answers. However, children are born to have a natural process of inquiry. Inquiry-based learning involves several steps: context of questions, framework for questions, focus for questions and different levels of questions.² We are inundated with technology, information and resources in today's world. An education institute's main focus should be educating our children to use questions, problems and scenarios to explore the world to make sense of the mass data that will guide our children to success.

As parents, we are provided with many school options. It is the responsibility of a parent to use methods of inquiry-based skills to sift through all the information to determine the best school that suites our individual children. Touring the school and asking questions are the best first steps to take on selecting a fitting school.

¹ Bialystok, 2001; Cenoz & Genesee, 1998; Hakuta, 1986; Education, Audiovisual and Culture Executive Agency, 2009; Peal & Lambert, 1962

² www.thirteen.org

Tick Removal

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

HOW TO REMOVE A TICK

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.
- Your goal is to remove the tick as quickly as possible—not waiting for it to detach. Avoid folklore remedies such as "painting" the tick with nail polish, petroleum jelly, essential oils or using heat to make the tick detach from the skin. This directly contradicts experts' advice and actually increases the likelihood of contracting tick-borne illnesses, like Lyme and Powassan virus.

FOLLOW-UP

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.



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With Jane Lynn

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Join me:

- Each Tuesday at 12:30pm on Facebook Live 
- At local workshops
- 1:1 during a free strategy session (by phone)
- On TV channel 30 (Comcast) or 45 (Verizon) for *Navigate Autism with Jane Lynn*

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!

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.



NJ Rules of Breastfeeding in Public

By Stefanie Maglio



Every mother has the basic right to breastfeed her child. It is not illegal to breastfeed your baby in the state of New Jersey or any other state in the United States. Wherever the mother is entitled to be, and with proper accommodations, she is in fact allowed to

breastfeed her baby. In certain settings, a mother may be asked to move to a more secluded location to feed her baby. However, this is rare and can only be enforced by the person in charge of the establishment. This only happens if multiple complaints are made about the conduct of the breastfeeding, and can occur when young children are present.

Despite the law that allows mothers to breastfeed in public, some women have been asked to remove themselves from certain locations while doing so. This has happened in church, Starbucks, the American Doll Store, a courtroom, school, Legoland, a baseball game, and many other public places for sure. This is not to say that every time a mother breastfeeds in one of these locations that they will be thrown out. However, this just means that mothers still have to be mindful of the environment that they are in before choosing to nurse their baby. While the law does state that it is not illegal to breastfeed in public, there are instances where it may be deemed inappropriate by the public or person in charge of the establishment.



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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 pumpkins!

Your favorite "haunt" in New Jersey is ready to give you all the thrills, chills, rides, games and attractions you love with pure Halloween happiness! It's the ULTIMATE in Halloween FUN for EVERYONE! For more information see iPlayAmerica.com/Halloween.

Can the Tooth Fairy Save Lives?

By Susan Heckler

Children start losing their teeth between the ages of 5 and 7. There is a time-honored tradition of placing your child's lost teeth under their pillow to wait for the tooth fairy. Mom and/or Dad sneaks in and slips some money under their kids' pillow to celebrate this new stage of life. Many parents save the teeth as a keepsake. Some even keep the teeth of their dogs (guilty)!

As it turns out, a study in 2003 by the National Institute of Dental and Craniofacial Research showed that baby teeth are a rich source of stem cells, somewhere between one and two dozen. These can be grown into multiple kinds of cells if needed. Later in life, these cells can be what a child needs as replacement tissue for whatever reason. This can potentially save lives and provide needed treatment.

Baby teeth banking has become another option for families. For the past 20 years, thousands of dollars have gone toward banking newborn cord blood stems cells. They've done in the hopes of treating serious illnesses for close family members, or those emerging as the baby grows.

There is one big difference if the tooth is to be used medically, the baby teeth must be kept fresh. Stem cells degrade and lose their potency over time, therefore reducing their effectiveness for treatment. It may be wise to allow a dentist to handle the tooth to ensure proper treatment. Storage facilities have opened for housing samples while scientists conduct additional research for the potential use of baby teeth's stem cells. As soon as baby teeth fall out, laboratories have created kits to aid in their preservation for future use.

There are services out there to properly preserve the teeth for future use. The teeth are placed in a liquid nitrogen cryopreservation vault, where the stem cells will continue to be undamaged and usable for years.

Don't let this take the fun out of playing Tooth Fairy. Your child never needs to know! Be the loving parent, do your winged fairy deed and put the tooth away for less happy days.



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.



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.



NEW BLOOD TEST FOR DEPRESSION

By Susan Heckler

Depression affects nearly 7 percent of U.S. adults each year. Depression comes in many forms; Major Depression (Clinical Depression), Chronic Depression (Dysthymia), Atypical Depression, Postpartum Depression, Bipolar Depression (Manic Depression), Seasonal Depression (SAD) and Psychotic Depression.

Clinical or Major Depression is marked by a depressed mood most of the day, particularly in the morning, and a loss of interest in normal activities and relationships. These symptoms are present every day for at least 2 weeks. According to WebMD, symptoms may also include:

- Fatigue or loss of energy almost every day
- Feelings of worthlessness or guilt almost every day
- Impaired concentration, indecisiveness
- Insomnia or excessive sleeping almost every day
- Markedly diminished interest or pleasure in almost all activities nearly every
- Restlessness or feeling slowed down
- Recurring thoughts of death or suicide
- Significant weight loss or gain (a change of more than 5% of body weight in a month)

There is a new blood test that measures the levels of nine genetic indicators in the blood. The test works by measuring the blood concentration of the RNA markers. A cell's RNA molecules are what interpret its genetic code and then carry out those instructions from DNA. After blood is drawn, the RNA is isolated, measured and compared to RNA levels expected in a non-depressed person's blood. A study published online September 16, 2014 in Translational Psychiatry (with funding from the U.S. National Institute of Mental Health and the Davee Foundation) established the test's effectiveness with 32 adults who were diagnosed as depressed and 32 non-depressed adults. All of the study participants were between 21 and 79 years old.

While the sample of the population that was used is small and further studies are expected, this could greatly enrich the diagnosis and treatment of depression. The test is not available to the public yet. They would need to test it out on a larger segment of the population before it would be considered for approval by the Food and Drug Administration.



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.seedsofchange coaching.com or call 732-859-6962.

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

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- Have a study partner who will support you in participating in this study and accompany you to study visits
- If female, you are post menopausal

The study doctor will discuss with you these and other requirements to determine if you are able to participate in this research study. As a study participant, you will receive study-required medical care and monitoring at no cost.

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Alzheimer's disease (AD)

is the most common cause of dementia and affects millions of people worldwide. The prevalence is expected to double over the next 20 years. AD is rare in younger and middle aged adults, but it increases after the age of 65 and becomes very common over the age of 80. Current treatments may not be completely effective. Currently, there is no cure. New therapies for AD are urgently needed.

Talk with your own personal doctor as well as your partner, family and friends before deciding if the study is right for you.

WHERE TO LEARN MORE

To learn more about the trial, please visit clinicaltrials.gov and search for NCT02880956

Are You Setting Up Your Kids to Be Emotional Eaters?

By: Erin Mumby

Do you ever bribe your kids with candy, cookies or other treats? It's a simple way to get your children to do their chores or be on the best behavior. When you use food to comfort or reward children you're emotionally feeding them. A new study says there may be a link between this parenting practice, and the development later in life of emotional eating. Emotional eating is the habit of eating to comfort or reward oneself.

Studies also suggest that there is correlation between parental emotional feeding and child emotional eating. The best way to make sure you children pick up healthy habits is to lead by example. One healthy example is to make sure that you eat dinner together as a family. This is one habit that has proven to reduce the risk of obesity in your child. A parent should also never use food as a punishment or a reward. It's also important to talk about emotions with your children.

Emotional feeding and emotional eating are two behaviors that don't always stem from hunger. The association between emotional feeding in young children and emotional eating in older children was slightly positive but still statistically significant. This association could lead to complications later in life. There was also a connection between emotional eating and a child's BMI, Body Mass Index.

It's important to be a good nutritional role model to your child. Simple things like preparing healthy breakfasts and making sure you stay active, as a family will put your children on the fast track to a healthy life. These kinds of habits will follow your children into adulthood.



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 tewel for your tewel box. No, not a typo, this is their feminine version of a man's tool box. These tewels 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 tewel 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.



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Slated to open September 29th, WICK IT Candle Factory, located at 92 North Main Street Bldg. 8 Unit C Windsor, NJ next to the David Bradley Chocolate Factory, is a retail candle store that will feature candles made from across the USA.

Candles have been used by humans for thousands of years. Whenever the electricity goes down we still remember to light a candle. The flame of the candle will always have that mystical effect on our minds.

Aside from relying on candles to light up a dark room we can use them to diffuse certain scents into a room. Aromatherapy candles utilize pleasant aromas, such as lavender, mint, eucalyptus, and jasmine to help create a soothing environment. These specially designed candles aid in the easing of the mind and body to help create a mood that will alleviate stress, anxiety and promote relaxation.

"Buying candles is an interactive experience, people love to smell all the different scents before making a decision. Our store will feature candles made in USA, from Kalamazoo, MI to Greenland, NH," says Joe Blythe, Owner

"Candles are very trendy now, they are considered decorations and many of the vessels that our candles come in can be repurposed after the candle is done burning", says Madisyn Carter, Store Manager.

Madisyn also says, "We also have plans to offer candle making parties. Here, participants will learn how to make candles in a relaxed environment and everyone leaves with their "signature candle".

WICK IT Candle Factory also plans to donate 10% of their sales to several local and global charities by having our customers choose one out of the three charities at check out at no additional cost to the customer. They are supporting Attitudes in Reverse, Autism Speaks and Charity: Water.



WICK IT Candle Factory...Come Smell the Difference.
833-226-3535 (833-CANDLE5), info@wickitcandlefactory.com or visit
www.wickitcandlefactory.com

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.



Early Warning Signs of a Learning Disability in Young Children

By Lance Halpern EdS., LPC

During the early years of a child's education starting with preschool, children learn at different rates and with different styles. But if your child has significant trouble with numbers, letters, or speech, they may have a learning disability. Learning disabilities are a category of disorders that affect how the brain processes information, making it difficult to grasp some concepts.

A child with a learning disability may understand a story perfectly when it is read to them, but will struggle to answer questions about it afterward. Another child might easily recite the alphabet from A to Z, but be unable to name individual letters when they are pointed out. Still another child may have a hard time putting together puzzles, tying her shoes, or buttoning a sweater.

Children with learning disabilities usually have normal or above normal intelligence, but they have trouble expressing their knowledge. Because it is so difficult for children with learning disabilities to master certain tasks, they often experience frustration, anger, low self-esteem, and even depression. Your child may know just what they want to accomplish, to say or write or do, but getting there isn't a straight path.

Red flags that could indicate a learning disability in young children include:

- Delayed speech
- Pronunciation problems
- Difficulty learning new words
- Difficulty learning to read
- Trouble learning numbers/the alphabet
- Short attention span
- Difficulty following directions
- Poor grasp of a crayon or pen

Diagnosing learning disabilities is controversial. Some experts believe they are over diagnosed, a handy catchall for a host of normal differences in learning styles. Diagnosing learning disabilities in preschoolers and very young children is particularly controversial because they learn at such vastly different rates. That doesn't mean you should ignore any concerns you have now. Careful diagnosis is important and early intervention can make a big difference in your child's academic future.

If you are worried about your child's competence with reading, writing, numbers, or speech, talk about it with people who are familiar with your child, such as your child's teacher. Teachers are usually adept at spotting the early warning signs of a learning disability. If your child's teacher hasn't already raised the issue with you, don't hesitate to bring up your concerns. The signs of a learning disability can be already strong at a young age and the advice to "wait and see" if your child is

just suffering from a momentary setback, and will catch up in no time is truly inappropriate without the concern being formally evaluated and substantiated by a psychologist who is experienced in education matters and has documented familiarity within the school culture.

Learning disabilities are permanent and don't go away, but much can be done to help your child compensate for the disability and learn to work around the problem when identified as soon as possible. As a parent, one of the most important things you can do is support your child and assist with positive learning experiences. Don't try to be an expert on treating learning disabilities yourself. Your job is to provide encouragement, love, and patience and to seek out psychological experts who have the skills to help your child learn.

Talking to Children about Tragedy

By Susan Heckler

We all watch the nightly news with a feeling of dread, especially if our children are within ear shot. There is a fine line of what we can do to protect them from the evils of the world and how we can prepare them to deal with it in a healthy way. As a parent, it is natural for you to try and insulate your child from the negatives in life. Unfortunately, with social media and the digital age we live in, it is nearly impossible unless you moved off the grid. It is a balance to prepare your child for real life without instilling fear of it.

Explaining any tragedy in terms that a young child will comprehend is difficult. Can you really explain the irrational rationally?

There are the man-made tragedies and then there are "acts of G-d" which may be weather related or part of earth's growing pains like earthquakes. Any discussion you have needs to be age appropriate. You can't get into the history of terrorism, gun control, sexual preferences and politics with a preschooler. Actually, The American Psychiatric Association and the American Academy of Pediatrics recommend avoiding the topic with children until they reach a certain age - around 8, but again, it depends on the child. Prior to this age, children struggle to process it.

When to speak to them is almost as important as what you say. Find times when conversation is conducive, such as when riding in the car or before dinner. It is best if you start the conversation so you are prepared for it and don't interrupt them- allow them to express their ideas and understanding before you respond. Of course, always reinforce that you are there for them to provide safety, comfort, and support. A hug can't hurt.

With young children; preschool to kindergarten, its recommended parents keep their stories simple, and reinforcing of the parents' beliefs. Some recommend that an analogy to a movie or cartoon that the child can relate to may help. Try to focus on the positives, such as the heroes of the story. Conceivably, parents want their children to know that a bad man hurt people or to know that someone with a serious illness felt angry and hurt people.

Elementary school kids are very inquisitive and will ask many more interrogative questions. As a parent, you need to decide how much you want to share. It is suggested to avoid children from seeing pictures or the news. These images will stick with children longer than words.

Once your child is a "tween", chances are they heard about it before you did. With their smart phones in hand, the world is at their fingertips. With them, it may be better to listen to them, let them vent their fears and anxieties and then respond.

It is normal to experience a wide range of emotions, including fearfulness, shock, anger, grief and anxiety. You may notice your child's behaviors responding to the event...trouble sleeping, difficulty with concentrating on school work or changes in appetite. This is normal for everyone and should begin to disappear in a few months.

Unfortunately, we all need to stress the ability to communicate at all times. Be approachable to all subjects, it is okay to show your own vulnerability and sadness when tragedy occurs, but you need to show your child that you are in control of yourself and manage such events emotionally. It is okay to be upset and it is okay to reach out for help.

Your child should have their phone with them when they are not with you. You need to remain reachable at all times. Your child needs to know that if something doesn't feel right, they should bring it to the attention of an adult. This is a good time to reassure them that all safety measures are taken by you and their school to ensure their well-being.

When your child walks away from the conversation, they should have the feeling that life is good, people are good and that events like these are terrible but rare. The conversation can even expand into how we can all make the world a better place.



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.

Saving on Pet Care Costs

Healthcare for your pet can be a major expense. Veterinarians use sophisticated medical technology to ensure a long, healthy life for your four-legged family member. This type of treatment comes at a cost.

Keeping your pet healthy with regular checkups can be effective in preventing emergency visits and higher bills. As a pet owner you are responsible for keeping your pet safe and healthy. Preventive maintenance is one of the best ways to avoid costly appointments.

REGULAR CHECKUPS

An annual check-up can make the difference in preventing serious illnesses or forking over big bucks to treat an illness. Keep in mind that it is much cheaper to protect your pet from common illnesses than it is to treat an infection.

It is also risky to withhold your pet from its check-ups. These appointments can catch health issues in your pet before they become a real problem.

During these check-ups, it is likely your pet will receive its annual vaccines. While some vaccines are optional, be sure to get your vet's opinion on which shots should be administered.

Depending on your pet's medical history, your vet can recommend which vaccines are most important.

FLEA AND TICK PREVENTION

Parasites are a serious danger to your pets. They can cause medical problems that range from discomfort to life-threatening blood loss. Preventing fleas and ticks is as easy as applying a topical ointment or giving your pet a pill once a month. Purchasing these medicines in bulk will be considerably less expensive than purchasing them monthly. Talk to your vet about which type of medicine will be the most effective in preventing parasites among your pets. Discuss any potential side effects that may come with the different types of medicines.

PET HEALTH INSURANCE

For Americans, health insurance is now required by law. You may be overwhelmed by the cost of health insurance for your family. Luckily, health insurance for your pet is much more affordable and can help you save money on preventive maintenance and emergency situations. According to Pet Insurance Quotes, the average American will pay \$41 per month for a pet insurance plan in 2016. This premium may be higher or lower depending on the coverage selected, your pet's age and its medical history. Having an insured pet will lessen the amount of stress you will already feel during an emergency situation.



How to Teach Your Children to Play Safely With Dogs

By: Erin Mumby

Did you know that most dog bites to children come from the family dog or another familiar dog? Over 75% of dogs that bite children are owned by a child's family or friend. It is important that kids know how to interact with Even if the dog loves a child, they can easily snap or bite if provoked by the child. Here are some tips to help kids stay safe when they meet a new puppy or play with an old familiar dog:

ASK PERMISSION BEFORE PETTING

If your child sees an unfamiliar dog, teach them to ask the owner if they can pet the dog. The dog's owner will know how their animal will react to a new person. When the dog warms up to you, gently stroke him underneath his chin. Teach your children that a safe dog is one that has a soft body and relaxed with a happy face! A dangerous dog will be one that has its mouth closed or open with tight lips.

SHOW THE DOG YOU'RE FRIENDLY

Instead of attacking the new dog with hugs, your child should extend its palms up to the dog. The dog will have the opportunity to sniff your child. Reaching out can startle an unfamiliar dog.

BE A ROCK, OR A TREE!

Teach your child to be a "tree" if a dog is overly friendly. Stay still! Fold your hands and look at your feet and count in your head until the dog goes away or an adult helps. If a dog actually jumps on your child, teach them to be a "rock." Curl up on the ground

and protect your face and neck with your hands and arms.

THINK LIKE A DOG

Ask your son or daughter: "Would you be happy if your somebody started poking you?" It is important to teach children to not provoke their pets. It can be difficult for children to understand that their pet may not always welcome their attention. If a dog leaves the room, they might want to escape the attention of your child. It's important to let your child know to let your dog have some alone time.

CHILDREN SHOULD NEVER TRY TO TAKE FOOD AWAY FROM A DOG

Kids should be taught to never interfere with a dog that is chewing something. Their little fingers could be mistaken for a snack! Tell your kids to leave dogs alone when they are eating. They should also be taught to let sleeping dogs lie! Our pets need their rest too. Kids should know that they should never break up a dog fight. They should never get in between two dogs that are acting hostile.

MOST DOGS DON'T LIKE KISSES.

Children kissing and hugging a dog too tightly is the major cause of facial bites to kids. Telling your children to think like a dog is a great general rule in keeping them safe and sound around your dog.

Dr. James Cally, DMD

Cosmetic and Family Dentistry



James Cally DMD is a graduate of Boston University's Goldman School of Dentistry. He received his undergraduate degree from Syracuse University. He has been practicing for over 25 years having been licensed in both Massachusetts and New Jersey.

He initially practiced in Boston, MA under the guidance of several prominent general and cosmetic dentists.

Dr. Cally is conveniently located on Tamarack Circle in Skillman. We strive to give each patient individualized care by taking the time to listen to all of their concerns. Every guest to our office will be given the same kind of regard and courtesy that we would give ourselves and our family. Dr. Cally and his staff work very hard to keep all appointments on time, because we know how valuable your time is. Let us help your smile.

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Desiree is forward thinking and an educator by nature that believes in educating her patients about correction of their faulty movement patterns, techniques to prevent re-injury, postural correction, and improvement of biomechanics in their activities of daily living.

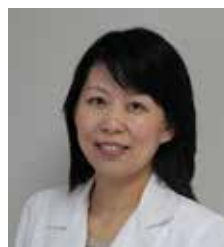
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Dr. Qingdi Geng M.D. is board certified in Internal Medicine. She graduated from Beijing Medical University and completed her residency at UMDNJ-Robert Wood Johnson Camden. She has been practicing Internal Medicine since 2009 and has extensive clinical experience. She also received the certificate of Medical Acupuncture Training

for Physicians through the Helms Medical Institute and has practiced numerous styles of acupuncture. As a doctor formally trained in Western Medicine and experienced in Traditional Chinese Medicine, she finds that acupuncture is a great complement of Internal Medicine treatments. Many patients can benefit from acupuncture without the undesirable side effects that may accompany surgery or prescription medications. Dr. Geng's vision is to provide optimal treatment for patients by combining Western and Oriental medicine.

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Dr. Leach has been servicing the Princeton and surrounding communities for over 25 years. He has an excellent reputation for achieving beautiful natural-looking results and for providing a very caring bedside manner. Awarded "Top Doctor" by the prestigious medical rating organization Castle Connolly Medical, Ltd. for 12 consecutive years, Dr. Leach performs surgical procedures such as breast augmentation/lifts, eyelid surgery, facelifts, laser assisted liposuction, neck lifts, and tummy tucks. He also performs non-invasive procedures such as CoolSculpting®, Botox®, Juvéderm®, Juvéderm® Voluma and Restylane® Silk.

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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!



OCTOBER IS LIVER AWARENESS MONTH

By Susan Heckler

Why is the liver important?

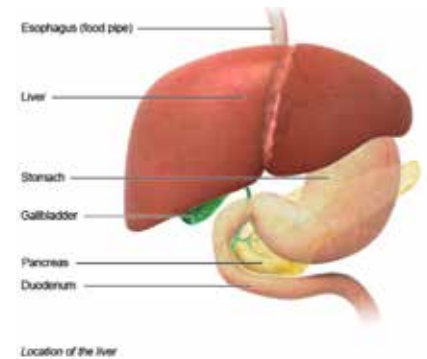
The liver is the second largest organ in your body and is located under your rib cage on the right side. It weighs about three pounds and is shaped like a football that is flat on one side. The human adult liver weighs about 3.1 pounds and is found in the right upper abdomen, below the diaphragm.

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.





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Remembering to Remember

By Susan Heckler

Your memory shapes your identity as well as holds a record of your entire life. Your ability to form memories does not occur until around the age of five.

Supposedly anyone can become a memory master by training their brain. Essentially, what you're doing is improving and expanding the connectivity between different centers in your brain. Memory training involves improving the connectivity in the brain.

Other devices to help you remember words, information or concepts include using:

- **Acronyms** - (such as ATD for "Ask The Doctor")
- **Visualizations** - (such as imagining a comb to remember you have an appointment for a haircut)
- **Rhymes** - (remembering to tunes like "Thirty days haveth September")
- **Chunking** - breaking up information into smaller "chunks" (such as organizing groups)
- **Visualize** - pay attention to photographs, charts, and other graphics to have visual cues
- **Mediation/Bridging** - a bridge is built in between the items given to be memorized
- **Stop Multitasking it** - it may actually slow you down, make you prone to errors as well as make you forgetful
- **REST**



If you're not quite ready to take up a foreign language, piano lessons or knitting, you may still be able to bolster the growth of new brain cells and neural connections by challenging your mind with various games and puzzles.

There is vast evidence that exercise produces large cognitive gains and helps fight dementia. Those who exercise have a greater volume of gray matter in the hippocampal region, which is important for memory and exercise also prevents age-related shrinkage of your brain. Research also shows that exercising four hours after learning something new helps you retain what you've just learned long-term.

The human brain has remarkable flexibility, and has the ability to regenerate and form new connections throughout your life. You lose certain memories but can make new ones and form new connections. Engaging in stimulating social activities, artistic pursuits and crafts keep your mind sharper with age and prevent cognitive decline, thus the importance of socialization versus social isolation for the elderly. Leisure activities that challenge the brain like chess and card games help maintain cognition.

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The CogniDiet is a revolutionary solution:

- No calorie counting, no points, no special foods or supplements
- No age limits, you can lose weight at 74 years old
- Fun brain exercises and experiments to eliminate old behaviors
- Group or one on one consultations available
- New book and webinar series coming in January 2018



Veronique M. Cardon

About Veronique Cardon, MS

Cardon, a holistic nutritionist, wants to prove you lose weight because you change your life style, you keep it off for the long term and you improve blood markers, even possibly eliminating a pre-diabetic status diagnosis. She does everything you would expect from a weight loss program differently.

WE PROVED IT! The CogniDiet conducted a clinical trial in 2016 with 40 women aged 41 to 74. All results are statistically significant and show a maximum weight loss of 33 lbs. and an average loss of 12 lbs. with 90% of participants losing weight. Results also showed a decrease in total cholesterol (6%), LDL (5%) and triglycerides (17%).

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Question:

What are two of the newest and most promising treatments in pain management?

Answer:

First, there is Dorsal Spinal Cord Stimulation (DSCS). What's great about living in this decade is that DSCS is now more effective and safer than ever before. The reason for that is the introduction of High Frequency (HF) DSCS within the last three years. With HF DSCS, we can achieve 70 to 80% average pain relief for both chronic low back pain and chronic leg pain. More traditional devices use low frequency stimulation, which provides less than 40% average relief of low back pain. Furthermore, when the HF DSCS device is on, it does not cause any persistent tingling in the back or the limbs, unlike the older devices. Finally, it is safe to drive with the HF device on, another big advantage over the traditional devices.

Secondly, Spine medicine and Regenerative medicine (sometimes called Biologics) have merged together in the last five years to create one of the most promising and radical new treatments - Intra-discal Stem Cell Therapy (ISCT). ISCT involves the injection of stem cells into injured or degenerating painful intervertebral discs in order to provide relief of chronic low back pain. The stem cells can come from the patients themselves via bone marrow aspiration, or from an external lab harvesting them. Two year outcome studies of ISCT are showing 60-70% average relief of chronic low back pain - results far better than the average 45% pain relief provided by Spinal Fusion Surgery. Pain relief from ISCT usually sets in within 1-2 months of the injection and the pain relief is holding at least two years so far. Longer outcome studies are pending. The procedure uses needles and does NOT involve surgery. Finally, the cost for ISCT is only a small fraction of the cost of Spinal Fusion Surgery. With efficacy and features like this, ISCT is quickly becoming the preferred treatment of discogenic low back pain.



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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.



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Nutrition Project for the Elderly

The Nutrition Project for the Elderly is an offshoot of the Older Americans Act, which provides for many of the needs of the elderly in the United States. One of these needs was determined to be nutrition. Our agency provides older Mercer County residents with nutritionally balanced and appetizing meals that are served in centers that bring people together for activities and social contact, which are important aspects of everyone's life.

Anyone 60 years of age or older, or anyone married to a person 60 years or older, may participate. Each person is asked to donate whatever he or she chooses or our suggested donation of \$1. Each person's privacy is respected, and donations are confidential.

Our caterer prepares a complete lunch each day that includes an appetizer, main entree, vegetables, bread, beverage, and dessert. All meals are specifically planned to provide at least one-third of an older person's daily nutritional needs by a qualified nutritionist. Attached are the August 2017 and September 2017 menus.

The Nutrition Project also provides other services including nutrition education/nutrition counseling and other health, educational and recreational programs. Activities include card playing and bingo.

Meals are served Monday through Friday, although sites are closed on County and/or municipal holidays. Emergencies or inclement weather may cause nutrition sites to close. Every attempt to reach participants will be made. Go to www.mercercounty.org for closure announcements.

Transportation is available to many of our sites by the County's TRADE service. Call the Nutrition Office at 609-989-6650 for information for assistance or for door-to-door transportation.

Below is the list of participating nutrition sites listed in alphabetical order by city/municipality:

East Windsor site <u>East Windsor Senior Center</u> 40 Lanning Boulevard East Windsor, NJ 08520	John O. Wilson Hamilton Neighborhood Service Center 169 Wilfred Avenue Hamilton, NJ 08610	Trenton sites <u>Jennye W. Stubblefield Senior Center</u> 301 Prospect Street Trenton, NJ 07618	South Ward Senior Center 870 South Broad Street Trenton, NJ 08611
Ewing site <i>Temporary site until June 30, 2017</i> 1666 Pennington Road Ewing, NJ 08618	Lawrence site <u>Lawrence Township Senior Center</u> 30 Darrah Lane East Lawrence, NJ 08648	<u>Reading Senior Citizens Center</u> 15 Ringold Street Trenton, NJ 08618	Robbinsville site <u>Robbinsville Township Senior Center</u> 1117 Route 130 Robbinsville, NJ 08691
Hamilton sites <u>Bernice C. Muha Senior Center</u> 409 Cypress Lane Hamilton, NJ 08619	Pennington/Hopewell site <u>Hopewell Valley Senior Center</u> 395 Reading Avenue Pennington, NJ 08534	<u>Samuel Naples Senior Center</u> 611 Chestnut Avenue Trenton, NJ 08611	

The Nutrition Project for the Elderly also participates in the Senior Farmer's Market Program, which was developed to provide low-income seniors with checks they can use to purchase fresh produce grown by New Jersey farmers. The Mercer County Nutrition Project for the Elderly is the lead agency and coordinator in Mercer County for the program. Eligibility checks are age and income based. Income criteria varies annually. Call 609-989-6650 for more information.

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 I: 100 percent survival rate

Stage II: 93 percent survival rate
Stage III: 72 percent survival rate

Stage IV: 22 percent survival rate

The Forgotten Muscle: Diaphragm

By: Aylin Mahmut, PT, DPT, MCMT

In school we all learned that the diaphragm is the primary muscle for inspiration. Due to its large dome shape, it kind of looks like a parachute that separates your chest cavity from your abdomen.

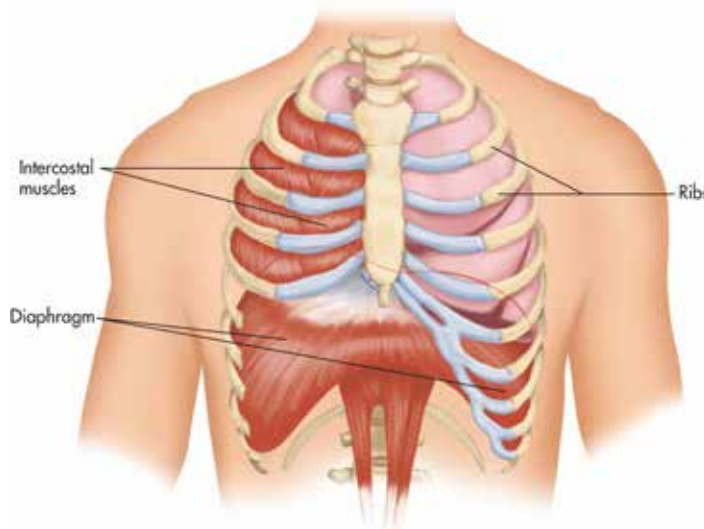
Proper breathing is very important due to its effects on blood flow to the tissue and the oxygenation. An efficient breathing pattern also creates stability for our body through the recoil of the ribcage and the change in intra-abdominal pressure.

Here is how breathing works: During inhalation, the diaphragm descends, increasing the volume of your chest to fill your lungs with oxygen. This is an active process meaning your body automatically activates your diaphragm. Exhalation is a passive process because when diaphragm just relaxes, it moves upwards, pushing all the carbon dioxide out of your lungs into the air. Sounds pretty simple right?!

Since diaphragm is a muscle, did you know it can also have trigger points that will prevent you from breathing in/out correctly? If your diaphragm has trigger points and cannot expand all the way to draw air into your lungs, that means you will have inadequate blood flow and oxygenation at the tissues, which can eventually cause tissue death. Since not breathing is not an option, your body will find ways to compensate. Your neck muscles will kick in to draw your rib cage upward so more oxygen can fill up your lungs, your low back muscles will pull your ribcage down to open it up so you can get adequate oxygen.

Breathing incorrectly will also affect your gut. Diaphragm sits on top of the kidneys, spleen, pancreas and large intestine and in front of low back muscles. A dysfunctional diaphragm and tight back muscles will also affect these organs and vice versa.

You become a chest breather when you are working so hard to take a breath in. In some cases, you may hear some wheezing or crackles.



How do you think you will perform at the gym or at your favorite sport? When your muscles demand more oxygen from your lungs, your chest even needs to work harder to get oxygen. You will get tired easier, your form will be compensated, your skeletal muscles would be compensating for your respiratory muscles therefore your strength, endurance, speed and performance will be greatly affected.

Many athletes have an INHIBITED diaphragm that cannot function properly. Wondering what the solution is?

- First step is to assess your breathing pattern; are you chest or diaphragmatic breathing while at rest?
- Second step is to see what kind of a breather you are during activity.
- If you are a chest breather in one or both, then your third step is to release those trigger points that are preventing your diaphragm from functioning properly.
- Last and fourth step is the re-assessment to see if the problem is resolved or not.



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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.

Talking About How You Will Pay For Your Future Health Needs Is "The Missing Piece of the Retirement Puzzle"

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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?**



Just For Parents: Teach Your Kids All About Money With An Allowance

The first lessons for kids about money come from their parents. You can start your kids off right by setting a good example in how you manage your own money. Next, take advantage of every opportunity to instill great money-smart habits. Here's how to teach your children about money:

ALLOWANCES

- Under the age of 10: Make allowances dependent on your child completing age-appropriate chores. This is the "first lesson in work for pay." A 10-year-old can be in charge of putting toys away. A 10-year-old can handle kitchen or garbage chores. Create a formal schedule for the allowance, such as every Saturday. It's your child's introduction to pay day.
- Age 10-15: Shift some of a child's spending from your wallet to theirs. For example, rather than hand over \$10 or \$20 when your son is heading out to the movies, raise his allowance a bit and put him in charge of managing his entertainment money. Or if your kids are gaming enthusiasts, introduce cost sharing: set your spending limit on games, and make it clear they have to cover costs beyond that.
- Age 15-18: Stretch the allowance payout period to two weeks, and then by the time they are 17, make one monthly payment. Teach your teenagers about budgeting, and help them work out a plan for making their money last the entire month - good training for when they leave home for college.

SAVINGS

- Age 12 and younger: Set an expectation that 50% of any money gifts your child receives will be put in a savings account. Make it clear that the money is 100% theirs, but encourage them to tuck it away for a savings goal. And that requires you sitting down and agreeing on a worthy savings goal, such as helping with future college costs.
- Age 13 and older: Consider matching savings contributions for teens. For every dollar of allowance or job earnings they save, you will contribute 50 cents or a dollar. It's a great motivational tactic.

BUDGETING

- Age 12-15: As your children enter their teens, consider giving them half of their allowance in cash and the other half as a spending limit on a debit card. This way they will learn how to budget their money even when they aren't paying cash. If they don't spend the debit card allowance, together you can use Online Banking to transfer their unused allowance into their own savings account.
- Age 15-18: Teach your older teenagers to monitor their bank accounts so they know how to limit banking fees. Show them how following a budget can help them spend within their means and avoid overdraft fees.

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.

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Do You Know Why Your Electric Bill Is So High?

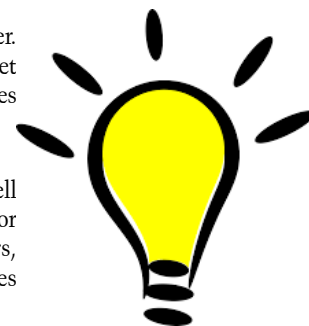
By: Erin Mumby

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!



Balsamic Tomato Chicken and Pasta

This recipe is especially for kids with lactose intolerance, who need to limit or avoid dairy products. Your taste buds will really enjoy this flavorful, lactose-free pasta dish. Serve with a side of garlic bread and your favorite vegetable.

Serves: 5 • Serving size: 1 cup of sauce with 2/3 cup of cooked pasta.

Ingredients

- | | |
|--|-----------------------|
| 18 oz. chicken breast, cut into small pieces (1/2" square) | 1 tsp. oregano |
| 1/2 c. onion, diced | 1/2 tsp. thyme |
| 2 cloves garlic, minced | 1/2 tsp. rosemary |
| 2 cans (14.5 oz.) of diced tomato | 1/4 c. tomato paste |
| 1 1/2 c. sliced mushrooms | cooking spray |
| 1/3 c. balsamic vinegar | 3 1/3 c. cooked pasta |
| 1 tsp. basil | |

Directions

1. Spray a large skillet with nonstick cooking spray.
2. Sauté onion, garlic and mushrooms in large skillet for 5 minutes over low heat.
3. Add raw chicken pieces to large skillet with onions, garlic, and mushrooms.
4. Cook chicken over medium high heat until no longer pink.
5. Once chicken is cooked, add diced tomatoes, tomato paste, balsamic vinegar, and spices to the chicken mixture.
6. Mix together well and simmer over medium low heat for 20 minutes.
7. Toss 1 cup of sauce with 2/3 cup of cooked pasta for each serving.



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.

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.

Serving Size: 3.5 ounces (100 grams), sweet, yellow, cooked, boiled, drained, without salt		
	Amt. Per Serving	% Daily Value*
Calories	103	
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	25 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.



*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.



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Plan a day and tour several wineries on our New Jersey Wine Trails, or plan your next family gathering, corporate event or wedding at one of the many beautiful wineries that host events. Arrange your visits around the many events which New Jersey wineries host throughout the year, including music, food and wine pairings, wine dinners, *and much more!*



THE 3 BEST HIGH FAT FOODS

By Brianna Siciliano

After cutting out different food groups for various periods of times, we have all (hopefully) learned that we need every food group in our diet, including fats too! Fatty foods help us absorb fat-soluble vitamins, keep us fuller for a longer time frame, and even help our hearts stay healthy (depending on the type of fat, of course. Cookie dough doesn't do much help to our hearts!) There are many high-fat foods available, but which three are the best to eat? Avocados, olive oil, and nuts!



AVOCADOS are one of the healthiest fatty-foods in the world, giving our bodies approximately 23 grams of fat, tons of fiber, and great antioxidants (including lutein, which is an antioxidant that protects our vision). Since avocados are filled with fat, it may not be in your best interest to consume the entire avocado in one sitting. Instead, have some avocado with your breakfast (for example spread a little bit on your toast or mix some in with your vegetable omelet), lunch, and dinner (replace bad fats like mayonnaise with avocado spread).

Another source of healthy fat is **NUTS**, specifically pistachios, almonds, and walnuts. These nuts are all rich in a vitamin or mineral of some sort. Almonds, for instance, are filled with vitamin E, walnuts with plant-based omega-3 fatty acid, and pistachios with lutein and zeaxanthin (important for eye health). If you are trying to decide which of these nuts is best to keep stocked in your house snack wise, pistachios are the way to go! While a serving of almonds is anywhere from 14 to 23 almonds, and a serving of walnuts is 14 walnut halves, a serving of pistachios is 49 of the delicious nuts.



OLIVE OIL is another great choice when looking for the best high-fat foods. Known to reduce the risk of heart disease, lower blood pressure, and reduce the risk of certain cancers, olive oil should be your go-to oil. You can use oil when cooking and sautéing foods, to substitute sauce or butter when making pasta, or to replace salad dressings. Just be sure to use olive oil, like avocados and nuts, sparingly. You don't want too many calories or too much fat in your everyday diet!



Are You a Health Nut? Have a Pistachio!

By: Erin Mumby



Did you know that pistachios are one of the healthiest nuts? Pistachios have vitamins, minerals, and fats that will help improve your health. They are a great source of, calcium, iron and copper! Pistachios have a high content of oleic acids and antioxidants like vitamins A & E. Pistachios are less fat than other kinds of nut like Pecans and Macadamia nuts. Pistachios are high in protein. They help to control your appetite. Their high amount of protein keep you energized throughout the day. Pistachios make you full and are perfect for managing weight.

Pistachios are good for your blood! A healthy heart is just one great benefit. The monounsaturated fatty acids found in the nuts help to lower high blood pressure. Pistachios are also known to help lower lipids and lipoproteins in the blood. This helps, which ultimately helps to lower bad cholesterol and raise HDL cholesterol. Good cholesterol reduces the risk of cardiovascular disease.

They can also help to fight against diabetes! One cup of pistachios contains 60% of your daily-required phosphorus. Phosphorus works to break down proteins into amino acids, which helps to improve glucose tolerance.

Pistachios are known to improved digestion. They help with promoting the growth of probiotics in the digestive tract. They help with constipation. Pistachios are full of dietary fiber and nutrients. Our guts need the bacteria that pistachios provide to stay healthy.

Pistachios are available in all different forms. However, raw, unsalted pistachios are the ones that are the most nutritional. They should be in their natural color without any added food dyes. It is recommended to buy nuts that are in their natural form because they will be the least processed. Pistachios should be stored in airtight container. If this container is stored in a cool, dry place, the pistachios will be enjoyable for many months!

Pistachios are great for your skin. Vitamin E is present in pistachios. Vitamin E is great for protecting the skin from aging. Vitamin E also can help protect skin from UV rays, which will make sure that your skin isn't damaged in the sun. Raw pistachios can also benefit dry skin. The fatty acids in pistachios help to give your skin a glowing complexion. Pistachio oil is also great for the skin! Pistachio oil is used as a moisturizer to relieve dry skin. It is often found in massage and aromatherapy oils!

Consider adding a handful of these healthy nuts into your diet! Throw some in a green salad! You could also use some pistachios to make a delicious trail mix. Add some pistachios, basil, and olive for a unique pesto sauce. Grind some pistachios up and add them into a smoothie. These nuts are great on their own too! However you serve them, pistachios are a great new addition to your diet.



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KAREN THOMPSON
Founder
Lace Silhouettes Lingerie

When temperatures begin to change, that means it's time to refresh your wardrobe! Set time aside during the busy back to school season to stop in to Lace Silhouettes Lingerie in Peddler's Village where your own personal shopper will help you select your new favorite undergarments and pajamas for the new season ahead.

No wardrobe is complete without a properly-fitted bra. A fitter favorite, the Chantelle Révèle Moi Perfect Fit Underwire Bra is the pillar of everyday comfort and support. Sheer mesh panels at the top of the cups helps contain the breast, while creating the look of less bra on the body. This bra is so lightweight you'll feel like you're not even wearing it. An ultimate luxury to have in your top drawer.

While summer comes to an end, the season of the bralette is here to stay. Cosabella's soft lace and comfortable fit will exceed your expectations. Allover scallop edge lace trim lies gently on skin and proudly made in Italy. Bralettes are easy to pack and effortless to wear on your weekend getaways or just to hang around the house in! Make it matching set with our favorite thong from Cosabella. Shop our rainbow of colors to suit your every mood.

Looking for the perfect pajamas during this transitional weather? P.J. Salvage has the perfect pajama wardrobe for every warm day and every chilly evening. Shop our large assortment of long-sleeve tops, tank tops, nightshirts, boxer shorts, and long pants. You are to find your new favorite pajamas here.

This year, Lace Silhouettes Lingerie celebrates its 29th anniversary of carrying ultimate luxuries for women of all ages and sizes. Make your appointment today, because you know you're worth it.



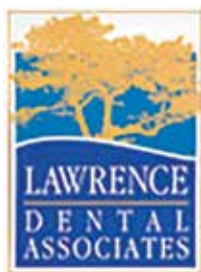
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Signs of Vitamin Deficiencies on Your Face

By Stefanie Maglio

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

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

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

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

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

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

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

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.

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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!



Wigful Thinking: Empowering Women Experiencing Devastating Hair Loss



Owner Caryl Dillon (right), with Manager Olivia Reese and Milania Reese.

Wigful Thinking was created so that women who are going through traumatic hair loss from alopecia or cancer have a safe place to regain their confidence in the way they look and feel. Today we are proud to have

served hundreds of women with real hair wigs, synthetic hair wigs, private wig consultation rooms, and "toppers" from our New Jersey salon in Hamilton, New Jersey.

"I am so glad I found you!" is often the response we receive when we meet a new client and friend.

The Wigful Thinking team has been a family-owned passion since 2014. Caryl, the owner, is a two-time cancer survivor and understands the emotional toll to women when we lose our hair and eyebrows.

"I remember... and it is important to me that every woman is taken care of with a confidential customized hair plan, support and encouragement," says Caryl.

Olivia Reese, Caryl's granddaughter, is a certified cosmetologist who has a passion for women who are battling breast cancer, alopecia and more. "I worked for a breast cancer physician and I wanted to make a difference. I knew I had to be a part of changing women's lives," says Olivia.

If you have questions about your journey, if a real hair wig, synthetic hair wig, or topper is the right option for you, give us a call at (609) 249-4811 for your confidential appointment.



Wigful Thinking will serve a growing market for a simple and highly personalized approach to non-medical, non-surgical hair augmentation solutions for those driven by fun, fashion, convenience or medical hair loss.

Wigful Thinking offers the largest selection of high-quality wigs and hairpieces available in synthetics, blends and human hair for the most discriminating buyer. Wigful Thinking is a full-service studio offering maintenance (steaming, shampoo, conditioning and styling), in addition to wig styling products and accessories. A new addition to the product line is the human hair eyebrow collection—a necessity for eyebrow hair loss.

As a two-time breast cancer survivor, I've used my skills and knowledge in creating a haven where all your needs will be met.

Our mission is supporting our customer's desire to look good and feel good with great hair solutions.

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Happier Feet

By Susan Heckler

I have noticed that if my feet are not happy, the rest of me is miserable. Blisters, bunions, rubbed raw, pinched...when you are on your feet all day it happens. No matter how expensive the shoe and how well it fits, time and gravity takes its toll.

Our poor feet are encased in shoes for terribly long stretches of time; they often become strained, blistered, and pained.

Got new shoes and no time to break them in? Try to apply heat to them with a blow dryer, to loosen them up. The material will be more pliable when you slip your feet in.

If the shoe fits but your toes are a bit squished, place them straight in the freezer. Fill two small Ziploc bags with water, and seal them tightly. Tuck the bags inside the shoes, specifically in the boxy part where your toes go, and let them sit overnight in the freezer, until the water in the bags freezes. The freezing water will slowly expand the bag to gently stretch the walls of your shoes. Let the ice melt for about 20 minutes before removing the bags.

Rubbing sandpaper on the bottoms of new shoes will improve the grip and better traction.

Did those shoes rub the last time you wore them? Apply clear gel deodorant to the areas in the shoe that are most likely to cause friction with your skin to act as a lubricant.

Does wearing heels cramp your toes? Try applying tape to your second and third (or third and fourth toes) to lessen the pressure on the ball of your foot. Medical tape or Scotch tape works.

Wet feet are no fun so waterproof your canvas shoes with beeswax. Cover the entire surface of your shoes with beeswax, and then use the heat from a blow dryer to warm it and press the substance into the shoes.

Read this too late and have blisters? Try dabbing apple cider vinegar on your feet or rubbing Aloe vera gel to relieve the inflammation and redness. Soak your feet in black or green tea, which have amazing anti-inflammatory properties.



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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 lean 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.



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.

SHOULD YOU WASH BEFORE YOU WEAR?

By Susan Heckler

Clothes look flawless hanging on that rack. You know that once you wash it, it never looks quite as crisp. Do you really need wash them before taking them for a spin?

Absolutely!

Fabric often contains skin-irritating dyes and formaldehyde-releasing chemicals used for wrinkle and shrink resistance and dyes can also cause allergic reactions. Even cotton is full of pesticides and herbicides, unless it's organic. It is one of the heaviest sprayed crops.

Clothing is manufactured in factories that are less than pristine. The materials are exposed to dust, pollutants, animals, bugs.... Once the clothing is shipped to the store and is on the sales floor, it gets tried on by shoppers. Cleanliness may be an issue as well as infectious skin conditions (including fungus, bacteria, and viruses) and even scabies or lice.

This is important for anything touching your skin, including sheets and towels.

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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.



Expiration dates on Non-food Items

By Aleena McIlvaine

It is important to pay attention to the expiration dates on more than just the food in our kitchens. There are many household and beauty items that also have dates they should not be used past. Although many of them are a year or two away, it is still best to know when those dates are in order to keep everyone in the house as healthy as possible.

Some items, like sunblock or bug spray, don't really "go bad" but they do stop working as effectively as they did when you first bought them. For both products, that doesn't start to happen until about 2 years after opening, but it is still good to know if you're just reaching for whatever is left in the closet. The sunblock you're using may say SPF 50, but after sitting in the closet for 2 years, it may only protect you like SPF 30. Other products that are similar are body wash, lotion, and deodorant which all last about a year. While using these "expired" products won't do any real harm to your body, they won't protect or clean you as much as you were probably expecting them to.

Even household cleaning products have a date they should be used by. These do tend to be farther down the road, but if you are someone that likes to buy in bulk, knowing the shelf life of these products could possibly save you some money. Products such as Windex can last about 2 years when unopened, as well as laundry and dish detergent both lasting a year.

Beauty items like lipstick and mascara also have an expiration date. These dates depend on the ingredients, manufacturer, and whether or not you have already opened the product. These expiration dates are normally the number of months they can last after being opened and used and are displayed somewhere on the outside packaging. It will look like a little container with the number of months inside. Something like mascara should be replaced after about 3-4 months just to keep the risk for eye infections low, but even after opening, lipsticks can last around 2 years. Eyeshadows can also last around 2 years, as long as you're on top of keeping your brushes and face clean before use. Once a product is opened it can last anywhere from 3 months to sometimes a few years depending on what it is you're using.

Even though using these products past their "expiration" dates won't make you sick like expired food, it is definitely still useful and important to know. Whether you're thinking about buying a product in bulk or debating on replacing makeup, expiration dates can possibly save you money and will definitely keep you healthier.



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SAFETY

- Large trees around your property should be inspected annually.
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- Have dead wood removed.



HEALTH

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- Water your trees every 3-4 days during periods of drought.



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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:

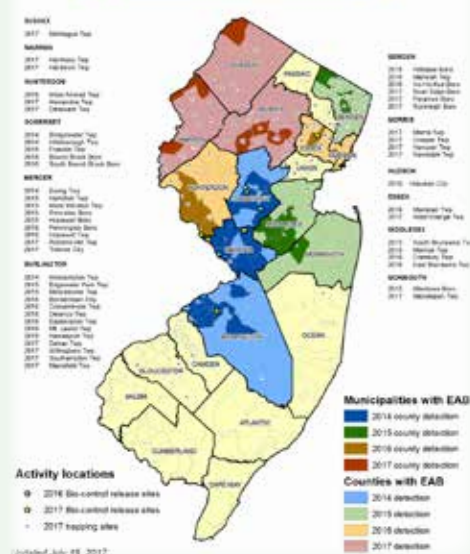
- Killed hundreds of millions of ash trees in North America.
- Caused regulatory agencies and the USDA to enforce quarantines and fines to prevent potentially infested ash trees, logs, or hardwood firewood from moving out of areas where EAB occurs.
- Cost municipalities, property owners, nursery operators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

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.

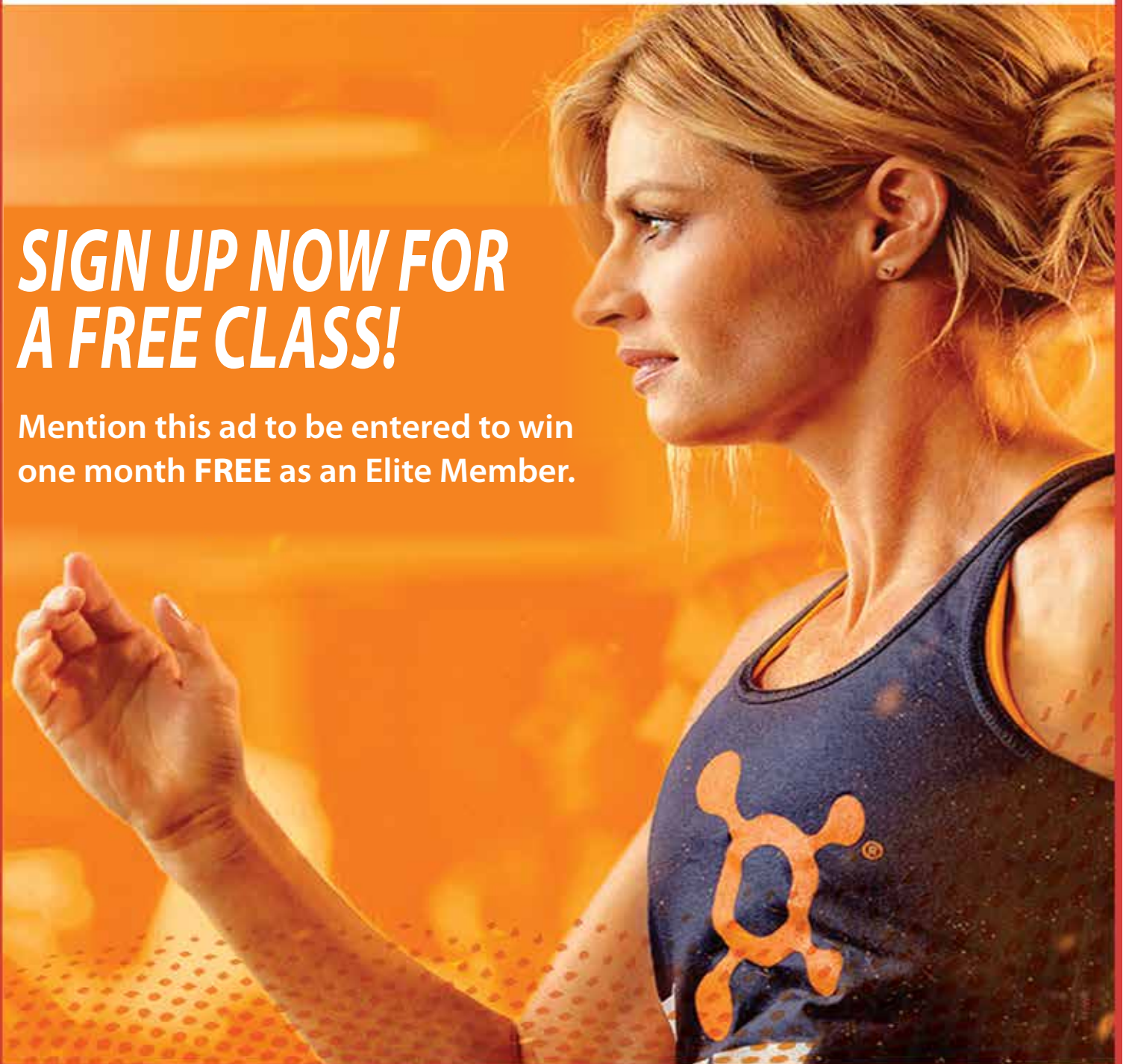
EAB Detections in New Jersey





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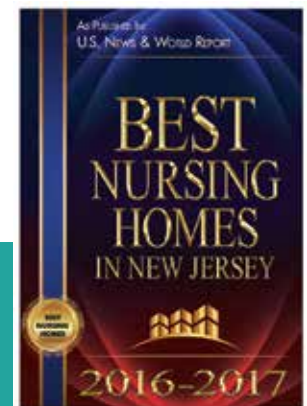
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