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SUMMER ISSUE
JULY/AUGUST 2018

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

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QUESTION:

What can I do to protect my feet this summer?

ANSWER:



Dr. Sanjay Gandhi, DPM

Wear shoes to protect your feet from puncture wounds and cuts caused by seashells, broken glass and other sharp objects. Don't go in the water if your skin gets cut—bacteria in oceans and lakes can cause infection. A puncture wound should be treated by a foot and ankle surgeon within 24 hours to avoid complications.

Remember that a jellyfish washed up on the beach can still sting if you step on it. If their tentacles stick to the foot or ankle, remove them, but protect your hands from getting stung too. Vinegar, meat tenderizer or baking soda reduce pain and swelling.

Feet get sunburn too. Don't forget to apply sunscreen to the tops and bottoms of your feet.

Sand, sidewalks and paved surfaces get hot in the summer sun. Wear shoes to protect your soles from getting burned, especially if you are living with diabetes.

People who are living with diabetes face serious foot safety risks at the beach. The disease causes poor blood circulation and numbness in the feet. A person living with diabetes may not feel pain from a cut, puncture wound or burn. Any type of skin break on a diabetic foot has the potential to get infected and ulcerate if it isn't noticed right away. People living with diabetes should always wear shoes to the beach and remove them regularly to check for foreign objects like sand and shells that can cause sores, ulcers and infections.



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Period Pains and Painkillers

By Lauren Kolacki

Once a month women experience their hormone levels drop and the thickened lining of their uterus shedding from their body. This is accompanied by mood swings, chocolate cravings and intense pressure in their abdomen. Life must go on, despite your lack of ambition, so it is easiest to pop a couple of Advil and proceed with your day.

Nonsteroidal anti-inflammatory drugs, commonly referred to as NSAIDs are the over-the-counter drugs such as Aspirin, Ibuprofen, Motrin, Advil, etc. that we take regularly to reduce our aches and pains. They are available at your local pharmacy so at first glance they do not have any extreme detrimental effects, however, that is not entirely true. There are several risks of overusing these medicines that you should be aware of.

- Heart attack and stroke— increased risk for heart attack and other heart problems by one third/ had a 19% higher risk of being hospitalized for heart failure compared to those who had used the drugs in the past.
- Interaction with antidepressants— make antidepressants less effective
- Liver damage
- Ulcers

Alternatives:

- Hot Compresses— placing something warm on the pelvic area
- Focusing on your diet—increase your intake of vitamins like B1
- Exercise— being active helps with pain



Are Redheads More Sensitive to Pain?

By Pam Teel

Everyone struggles with pain at some point of his or her life, but did you know that, according to some researchers, studies have shown that redheads are more sensitive to pain than others?

Can we truly believe that a person's hair color can have something to do with their amount of tolerance to pain? Researchers have found that people with natural red hair are more sensitive to certain types of pain than those of other hair colors. They have found that redheads require more pain killer medication for it to be effective and tend to use more anesthesia during surgery and general procedures. This may be due to a mutation in a gene that affects hair color and affects one's perception of pain. The amount of red pigment in hair can be determined by one gene. (MC1R)

Mutation in the (MC1R) gene results in the production of a substance called Pheomelanin that results in red hair and usually fair skin. The (MC1R) gene is also expressed in small amounts in the brain where pain signals are interpreted and perceived.

Studies that started just 18 years ago with the (MC1R) gene and its association with the brain is still not fully understood and still in its early stages. Up until a while ago, it was unclear just how many redheads were out there in the world, but research has shown that redheads make up 2 percent of the population.



Research on redheads and sensitivity have yielded some conclusions:

- Redheads typically have a low tolerance to cold weather
- They are less receptive to anesthesia
- Less tolerant of inflammatory pain
- More sensitive to dental work
- At a greater risk of developing sclerosis and endometriosis
- Lack vitamin D as they tend to stay out of the sun more for fear of burning more easily
- More prone to certain skin cancers

On the other hand, other researchers have found that redheads were:

- Tougher when it came to handling pain
- Less sensitive to stinging pain
- Have thicker hair and skip over the gray hair stage and go from light copper to white hair.
- More noticed by the opposite sex. When a redhead walks into a room, there's a good chance they will be noticed.
- Redheads can tolerate hot and spicy foods better.

Are redheads are more affected by some things and less affected than others? Only a true redhead can tell you for sure!

Hazlet Pharmacy

A MODERN PHARMACY WITH "OLD SCHOOL" VALUES

By Pam Teel

The family owned Hazlet Pharmacy has been in existence since 1959 when Anthony Jackapino decided to open his modest store; becoming the first pharmacy in Hazlet.

With the growth of the area, came the growth of the pharmacy, which is currently located in a 6,500 square foot building at 2874 highway 35 south, just off the Bethany Road intersection. With an expanded pharmacy and an expanded gift shop run by Teresa Tollefsen, Anthony's daughter, you can find an array of gifts to choose from. Some items include soaps, candles, jewelry, clothing, pocketbooks, cards, and so much more, with new product lines being added daily. Come on in and find "The Perfect Gift."

Jerry Jackapino, second generation, follows in his dad's footsteps as the head pharmacist, with four other pharmacists ready to assist you. Jerry has been a part of the pharmacy since he was a child. Jerry began working as a pharmacist in 1991 after graduating from Philadelphia College of Pharmacy and Science.

The pharmacy offers a full line medical equipment and supplies department in order to help their community gain a greater access to all types of home healthcare items. If you are looking for something special, just give them a call. They also provide assistance in picking a Medicare prescriptions drug plan, home healthcare products, diabetes shoes, Medication therapy management, Medication flavoring, immunizations, free local delivery and excellent personal services that you can't find in a chain store. They cater to your every need.

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TRANSIENT GLOBAL AMNESIA

By Lauren Kolacki

Transient Global Amnesia is a less common condition characterized by sudden onset of temporary memory loss and confusion. During an episode, an individual can become severely disoriented, forgetting where they are and how they got there. In most cases, the person experiencing this condition will remember who they are and recognize their family members but everything else becomes fuzzy. Once the person returns to a regular state of mind, their memory is usually intact, and they will have no recollection of their black out.

Researchers have yet to pinpoint a direct cause for Transient Global Amnesia, but studies have shown that the following factors may trigger the condition;

- A vascular etiology, such as venous flow abnormalities
- Hypoxia (deficiency of oxygen supply) and/or ischemia (deficiency of blood supply)
- A relation to migraine (some studies have shown that history of migraine is associated with TGA)
- Epilepsy
- Psychological factors
- Sudden immersion in cold or hot water
- Strenuous physical activity
- Sexual intercourse
- Medical procedures, such as angiography or endoscopy
- Mild head trauma
- Acute emotional distress, as might be provoked by bad news, conflict or overwork

Unfortunately, because of the lack of knowledge, there is no known prevention or treatment for this condition. Being observant of activities done before an episode could lead you to decreasing the number of triggers in your lifestyle. Talking to someone about Transient Global Amnesia can help an individual cope with the unsettling feeling that accompanies this condition.



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Matcha: The New Trend

By Lauren Kolacki

We are among a generation of trends; a new fad catches on and drives millennials wild.

Participating in the supportment of these crazes, results in a feeling of robust and prominence, however, not every fad is all it is cracked up to be. Auspiciously, we have found one with an ongoing list of benefits, Matcha tea. Matcha tea is a strain of green tea that is grown and produced in Japan. The green tea leaves are shaded from the sun, increasing their chlorophyll content and proliferating its green color. The leaves are then ground into the powder known as Matcha. Contrary to other teas, matcha is not strained before production, therefore, you consume 100% of the leaf, which has the nutritional equivalence of ten cups of green tea. Matcha is considered an antioxidant powerhouse, in that it has 137 times more antioxidants than regularly brewed green tea.



The combinations of certain compounds in Matcha is what triggers some of these beneficial effects. Studies show the caffeine and catechin combination activates your nervous system which stimulates your metabolism, therefore, it acts as a weight loss aid. The combination of caffeine and L-theanine improves alertness and production. The catechins in this product decrease oxidative stress, reduce platelet aggregation and halt the proliferation of vascular smooth muscle cells, resulting in a decreased risk of atherosclerosis, hypertension, endothelial dysfunction, ischemic heart diseases, cardiomyopathy, cardiac hypertrophy and congestive heart failure. The phytochemicals in green tea enhance your mood, cognition and just overall feeling good.



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

QUESTION:

How does The Mona Lisa Touch counteract vaginal dryness?

Vaginal dryness is extremely common during menopause. It's just one of a collection of symptoms known as the *genitourinary syndrome of menopause* (GSM) that involves changes to the vulvovaginal area, as well as to the urethra and bladder. These changes can lead to vaginal dryness, pain with intercourse, urinary urgency, and sometimes more frequent bladder infections.

These body changes and symptoms are commonly associated with decreased estrogen. However, decreased estrogen is not the only cause of vaginal dryness. It is important to stop using soap and powder on the vulva, stop using fabric softeners and anticing products on your underwear, and avoid wearing panty liners and pads. Vaginal moisturizers and lubricants may help. Persistent vaginal dryness and painful intercourse should be evaluated by your healthcare provider. If it is determined to be a symptom of menopause, vaginal dryness can be treated with low-dose vaginal estrogen, or the oral selective estrogen-receptor modulator ospemifene can be used. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical that has been FDA-approved using a gentle laser. Regular sexual activity can help preserve vaginal function by increasing blood flow to the genital region and helping maintain

the size of the vagina. The Mona Lisa Touch is a new therapy for the treatment of vaginal dryness that is non hormonal, non medication and non surgical using a gentle laser. Dr. Simigiannis is one of the leading gynecologists in the nation using this new procedure.

For more information feel free to contact:

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QUESTION:**Egg Freezing - Can I Conquer My Biological Clock?****ANSWER:**

"My biological clock is ticking..." How often do we in the fertility field hear this statement? Ironically, in today's fast-paced society, the answer is actually: Not Enough! For the aging of a female's eggs, or "ovarian reserve", is the most inevitable factor in all of reproductive medicine. Yet it is often ignored, especially when the desire for childbearing is not a pressing issue for a young woman at that point in her life. However the reality is that optimal fertility begins to decrease rapidly as women age through their 30's; in fact data demonstrates that a 35-year-old-female is half as fertile as when she was 25. As a result, a growing technology has emerged, and rapidly gained popularity, to assist in preserving one's reproductive potential; i.e. to conquer her biological clock. This therapy is known as Oocyte Cryopreservation, or "Egg Freezing".

Many worldwide studies have demonstrated scientific evidence of the safety and effectiveness of Egg Freezing with no increase in chromosomal abnormalities or birth defects, therefore, the American Society for Reproductive Medicine in 2012 deemed that it is no longer considered experimental. Furthermore, the success rate of achieving pregnancy should be similar to that Center's pregnancy rates from fresh in-vitro-fertilization (IVF) therapy. In 1986, the first baby conceived using an egg that was previously frozen and thawed was born. Today, over 2000 healthy babies have been born worldwide, and thousands of women are taking advantage of this technological breakthrough.

There are many circumstances in which egg freezing can be highly beneficial for fertility preservation. These include for social reasons, such as the elective desire to postpone childbearing, in cancer patients, especially those undergoing chemotherapy or radiation therapy, in young patients facing ovarian surgery, and for single women not yet involved in a parenting relationship. Whatever the reason may be, this treatment empowers women, in essence granting them an insurance policy to help maintain their fertility well into their future years.

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So what can cause an implant to fail (or loose integration). The first cause can be residual infection. If the natural tooth in that area or adjacent area had an infection that spread into the bone, that bacteria could have not allowed the implant to properly integrate (attach) to the bone.

A patient that is diabetic has reduced healing abilities in some cases as well as immune compromised patients.

A common cause for implant failure is smoking. The constriction of blood vessels secondary to smoking reduces the blood flow to the site thus diminishing the ability of the implant to properly attach to the bone.

Excess biting forces can traumatize the implant resulting in failure. A patient that clenches or grinds their teeth is constantly applying a force to the implant and eventually failure can result. A mouth guard should be made to protect the teeth and implant.

The last common cause of implant failure that I will mention is bone quality and quantity. The bone itself has to have certain characteristics and keep in mind, not every site in a patients mouth may qualify to receive an implant.

Discussing your specific situation with your implant specialist will be the best way to understand the situation. As Implantologists, we strive for success every time. We too are disappointed whenever an implant does not heal well.

If you have any questions or wish a consultation regarding dental implants, feel free to contact me at 609-497-0808 or kingstonimplantdentist@gmail.com.



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Dance Your Way to Better Brain Health

Exercise is not only good for your body, it's good for your brain! Sticking to a regular workout plan can be tough but including activity in your routine doesn't need to be boring. Scientists have found that the areas of the brain that control memory and skills such as planning and organizing improve with exercise. Dance has the added dimensions of rhythm, balance, music, and a social setting that enhances the benefits of simple movement – and can be fun!

At the University of Illinois at Chicago, through the CDC-funded Prevention Research Centers' Healthy Brain Research Network, researchers designed a Latin ballroom dance program for older sedentary adults. Participants in the program, BAILAMOS®, reported improvements in memory, attention, and focus. In a separate ballroom dance program, older people experiencing mild cognitive impairment improved their thinking and memory after a 10-month-long ballroom dancing class.

Dancing can improve your brain health. So, how can you get moving?

- Sign up for a dance class and invite your friends to join. Find classes at your local community college, YMCA, dance studio, or community center.
- Try dancing at home by following along with a DVD or videos on YouTube.
- For an extra challenge, try using small weights to build strength. Keep a 2-pound or 5-pound weight in each hand while doing your dance routine. For more ideas on strength exercises, visit www.Go4Life.com.

Help for Caregivers of People with Alzheimer's

Are you a caregiver for someone with Alzheimer's disease or a related dementia? You can help the person you care for get moving, too.

- Split dance moves and exercises into small, easy-to-follow steps. Use exercise videos and follow along with the person you're caring for.
- At first, try shorter 5- or 10-minute mini dancing sessions to slowly build endurance.
- Take breaks when needed and make sure you are both drinking plenty of water.



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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MUSCLE-STRENGTHENING ACTIVITIES ARE NECESSARY FOR SENIORS

By Lauren, Kolacki

At least 2 days a week, older adults should do muscle-strengthening activities that involve all the major muscle groups. These are the muscles of the legs, hips, chest, back, abdomen, shoulders, and arms.

Muscle-strengthening activities make muscles do more work than they are accustomed to during activities of daily life. Examples of muscle-strengthening activities include lifting weights, working with resistance bands, doing calisthenics using body weight for resistance (such as push-ups, pull-ups, and sit-ups), climbing stairs, carrying heavy loads, and heavy gardening.

Muscle-strengthening activities count if they involve a moderate to high level of intensity, or effort, and work the major muscle groups of the body. Whatever the reason for doing it, any muscle-strengthening activity counts toward meeting the guidelines. For example, muscle-strengthening activity done as part of a therapy or rehabilitation program can count.

No specific amount of time is recommended for muscle strengthening, but muscle-strengthening exercises should be performed to the point at which it would be difficult to do another repetition without help. When resistance training is used to enhance muscle strength, one set of 8 to 12 repetitions of each exercise is effective, although two or three sets may be more effective. Development of muscle strength and endurance is progressive over time. This means that gradual increases in the amount of weight or the days per week of exercise will result in stronger muscles.





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Daily Bit of Chocolate in Pregnancy May Help Mom and Baby

Pregnant women who nibble just a small piece of chocolate each day may improve the circulatory health of their unborn child, a new study suggests.

The tiny treat may also reduce the risk for preeclampsia, a potentially deadly condition in which a pregnant woman with normal blood pressure suddenly develops dangerously high blood pressure, the researchers said.

The findings held up regardless of whether the chocolate consumed contained high or low amounts of so-called flavanols. Some experts believe these compounds -- found in certain plant-based food items -- may confer a number of health benefits.

But the association seen in the study did not prove that eating chocolate during pregnancy caused better circulatory health in pregnant women and their babies.

"Our observations suggest that a regular small consumption of dark chocolate -- whether or not the level of flavanol is high -- from the first trimester of pregnancy, could lead to an improvement of placental function," said study author Dr. Emmanuel Bujold. He is a professor of obstetrics and gynecology at Universite Laval in Quebec City, Canada.

And at least one nutritionist said she wasn't ready to embrace the study's findings.

Flavanols are naturally present in large quantities in unprocessed cocoa. However, they have a somewhat bitter taste and some of the techniques used to turn natural cocoa into tasty cocoa powder or chocolate (such as fermentation) can result in a significant loss of flavanols, experts say.

For consumers, knowing when a piece of chocolate does or does not have a high amount of flavanols can be tricky.

That said, Bujold's team decided to see whether differences in flavanol content had any effect on the pregnancies of nearly 130 women.

All of the women in the study were at the 11- to 14-week mark of their pregnancy, and carrying one child.

All were instructed to consume 30 grams of chocolate (a little more than one ounce) each day over a 12-week period. That's equivalent to about one small square of chocolate per day, Bujold said.

Half of the women consumed high-flavanol chocolate, while the other half were given low-flavanol chocolate. All were then tracked until their delivery date.

Regardless of which type of chocolate was consumed, the women faced the same risk for both preeclampsia and routine high blood pressure. Placental weight and birth weight was also the same in both groups, the investigators found.

Similarly, fetal and placental blood circulation levels, as well as in-utero blood velocity, did not appear to be affected by shifting flavanol levels.

However, simply consuming a small amount of chocolate -- no matter what the flavanol content -- was associated

with notable improvements in all blood circulation and velocity measures compared to the general population, the researchers said.

Bujold said this suggests that there's something about chocolate, apart from flavanol levels, that may exert a positive influence on the course of pregnancy. Finding out exactly what that is "could lead to improvement of women's and children's health, along with a significant reduction of treatment cost," he said.

However, he added that the "consumption of chocolate must remain reasonable during pregnancy, and caloric input has to be considered in the equation."

That point was seconded by Lona Sandon, an assistant professor in the department of clinical nutrition at the University of Texas Southwestern Medical Center at Dallas.

"This is not a license to go wild with chocolate," she said. "Keep in mind the amount of chocolate was only 30 grams, or one ounce. That is just a few bites. Piling on the chocolate bars may pile on the pounds beyond what pregnant women would be advised to gain," Sandon warned.

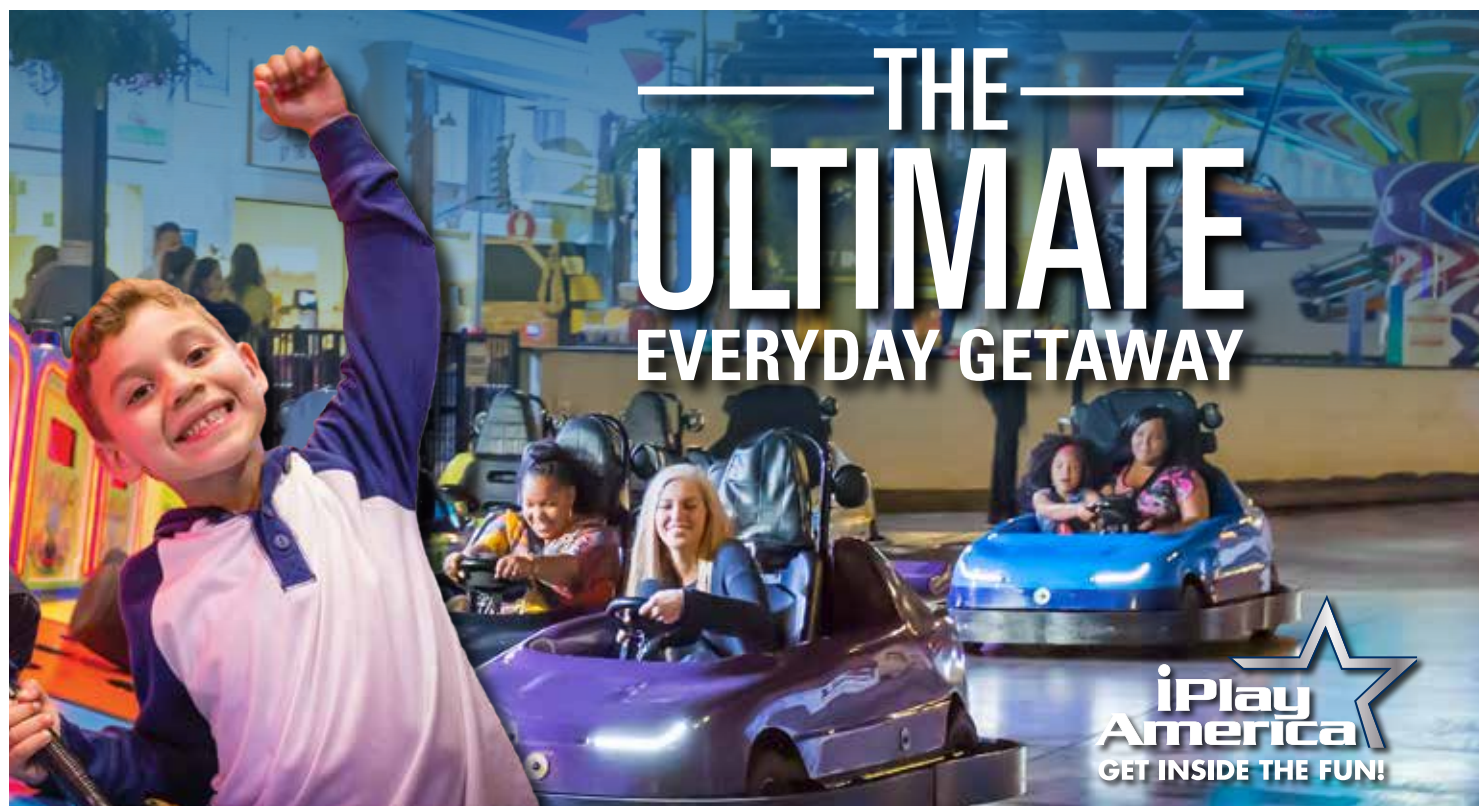
"Also, there are plenty of other nutrients that pregnant women would be better off focusing on for proper growth and development of the baby," Sandon said, "such as folate, calcium, protein and iron from quality food sources."

Her bottom-line?

"Enjoy a little good chocolate from time to time," Sandon said. "But I am not recommending it yet for a healthy pregnancy."

For more information on this study and findings visit www.healthfinder.gov.





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Overparenting Leads to Kids Being Unprepared for College

By Susan Heckler

Teach your children well takes on new meaning. Around the country, students are moving into college dorms for the first time, totally unprepared emotionally. Kids arrived at college without some basic living skills.

Parents have been becoming increasingly involved in their children's lives, hovering over their every move to the point of being termed Helicopter Parents.

The First Year College Experience survey, conducted by Harris Poll for The JED Foundation, Partnership for Drug-Free Kids, and The Jordan Porco Foundation, found that 60 percent of freshmen said they wished they had "more help getting emotionally ready for college." That means 40% are ready. If you got a 40% on an exam, what does that mean...we have failed.

They had a slamming GPA and their SAT scores rocked, but in most cases emotional preparedness was severely lacking. The survey of over 1,500 first-year college students showed that those who felt less emotionally prepared for college when compared to their peers had lower GPAs and were four times more likely (22 percent versus 5 percent) to describe their first-year experience as "terrible/poor."

Over half of all freshmen in the survey said they were having a difficult time making new friends and struggling to feel as though they belonged. Your child needs to be accountable for their own decisions at some point in life. It is time to stop staying "we."

Kids need to learn to advocate for themselves with their teachers, coaches, or other school staff. They should have these conversations themselves.

Parents need to step in to improve their child's time management and independent living skills. They need resiliency, problem solving, self-advocacy, and time management as they move forward past high school graduation.

Stop doing your children's homework. Didn't you complete your own education already? Let them complete theirs! The only way kids will learn is by doing their work themselves. It is tempting to be the hero and do it for them with even better results, although I recently heard a family member discuss taking online accounting for their son and failing it!!

Stress management and coping skills are all components of developing emotional intelligence. Parents should not be too dismissive about the stress their teens are experiencing during this time, but also helping them navigate the stress while they are still at home in a way that builds their confidence.

At college, there won't be anyone making sure Jody or Jimmy gets enough sleep, eats a balanced meal, has clean underwear, or gets to class prepared. Can they do their own laundry, take care of finances, and get herself to the infirmary if when sick. Young adults with ADHD or health issues may also be responsible for taking their medication.

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crowding. If the upper jaw is too narrow, there is not enough room for all the permanent teeth to erupt, which results in crowding, crossbites, underbites, or an edge-to-edge bite. Palatal expanders will not prevent the need for braces when all the permanent teeth erupt, but often times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop. As the palate begins to expand, it creates more room in the mouth for all of the teeth and the remaining teeth can begin to shift into position and will be far closer to their final position. A palate expander will reduce treatment time too. Different factors can lead to narrow upper jaw growth such as thumb-sucking, tongue thrusting or mouth breathing due to enlarged tonsils. Although these problems may look harmless, they may have serious long-term consequences on aesthetics and both dental and physical health. Palatal expanders often

times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop and often makes the difference between a good orthodontic result and a great orthodontist result. Please contact our office with any questions or to schedule a complimentary first examination to determine if your child would benefit from this type of treatment.

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WHY CHILDREN'S ANNUAL WELLNESS VISITS ARE IMPORTANT

By Jaclyn Guliano, MD

Each child develops differently, both mentally and physically. An annual wellness checkup by a board-certified physician can detect medical and behavioral health issues early, keep immunizations up to date, and provide an opportunity for both you and your child to ask the doctor about any concerns you have.

PEDIATRICIANS VS. FAMILY MEDICINE PHYSICIANS

Wellness visits can be conducted by your child's pediatrician or by a family medicine physician. Family medicine physicians are trained in pediatrics and obstetrics, and care for patients of all ages, from newborns to seniors.

WHAT TO EXPECT DURING AN ANNUAL CHECKUP

Wellness checkups typically are tailored to your child's age and developmental stage. For example, if I'm examining an infant, I'll measure her head circumference, while if I'm seeing an adolescent, I'll review his body mass index (BMI) to ensure that he's maintaining a healthy weight for his frame.



In general, a wellness exam will cover:

- Height and weight measurements
- Growth milestones and how they compare with appropriate growth charts
- Developmental milestones
- Vital signs, including blood pressure and heart rate
- Eating habits
- Exercise habits
- Behavioral issues
- Vaccinations

The visit also will include a comprehensive physical exam. In general, the physician will examine your child's:

- Eyes and perform a vision screening (with corrective lenses if needed)
- Ears, looking for excessive earwax, infections, perforated ear drums or items in ears (it happens!)
- Nose, checking for polyps or septum deformities
- Throat and mouth, looking at the tonsils, back of the throat and tongue (which can signal dehydration) and checking the teeth
- Heart, checking for abnormal sounds such as murmur or abnormal rate or rhythm
- Lungs, checking for abnormal breath sounds
- Abdomen, feeling for masses or areas that are painful when touched
- Genital exam, to ensure your child is developing normally
- Skin, looking for rashes or skin lesions

He or she also will perform a musculoskeletal exam to determine strength and stability. They will check and examine for any gait abnormalities, abnormal spine curvature, and your child's ability to follow directions, for example seeing if your child can jump on one foot.

WHAT YOU SHOULD BRING

Open lines of communication – and information – are important. Be sure to bring or be ready to provide information about:

- Medication history
- Vaccination history
- Family medical history
- Blood test results
- Surgical records
- Radiology studies, like X-rays
- Physical, occupational or behavioral health therapy
- Allergies
- Questions you or your child have

It's important that whoever brings your child to his or her appointment knows the child's medical and vaccination history as well.

EARLY SCREENING MEANS EARLY DETECTION – AND INTERVENTION

It may be tempting to skip these visits if your child is generally in good health, but they are a good way to keep your child's doctor informed about your child's progress. Because these visits focus on total body wellness, as opposed to just examining your child's ears, nose and throat when he or she has a cold, we can pick up potential problems before they become emergencies, such as a heart murmur.

For younger patients, I use an autism screening tool called M-CHAT, or Modified Checklist for Autism in Toddlers. It's a scientifically validated tool for children between 16 months and 30 months of age that assesses a child's risk for autism spectrum disorder (ASD). If we suspect that a child is showing signs of ASD, we can refer him or her for further assessment by a specialist. It's also an important tool for raising a parent's awareness and providing education about a potential concern. If needed, a child can be referred to specialized services, like speech therapy or occupational therapy.

Staying up to date on immunizations is another important benefit to wellness visits. Not only does it help decrease your child's risk of contracting communicable diseases, it also is a requirement for certain school programs and sports. By keeping your child's immunizations current, you are not only giving them the best protection against disease, but also avoiding having to rush to the doctor's office for a shot or delaying your child's participation in an important activity.

I also use wellness visits as an opportunity to review health issues like car seat safety, sun safety, water safety and bullying, depending on the age of the patient.

HOW TO CALM A FEARFUL CHILD

A previous doctor visit that was traumatic for your child or even fear of the unknown may make him or her anxious and upset about seeing the doctor. I encourage my adult patients to bring their children to their own visits so the child will see that mom or dad isn't afraid of the doctor. It also helps me build a relationship with the child in a relaxed setting, since they aren't the subject of the visit. And, if your child had a tearful experience during a vaccination, a soothing spray can help make the experience less unpleasant.

I've also found that kids who watch "Doc McStuffins" seem to be less stressed about doctor visits. During the animated TV show, 6-year-old Dottie "Doc" McStuffins treats stuffed animals and toys in her imaginary playhouse clinic. The program shows kids that the doctor's office isn't a scary place.

Your child's health and wellness can impact physical development, school performance and behavior. Annual visits are an important opportunity to ensure your child is thriving and feeling his or her best.

Jaclyn Guliano, MD, is a board-certified family medicine physician on staff at CentraState Medical Center. She can be reached by calling 866-CENTRA7.



Boy or Girl?

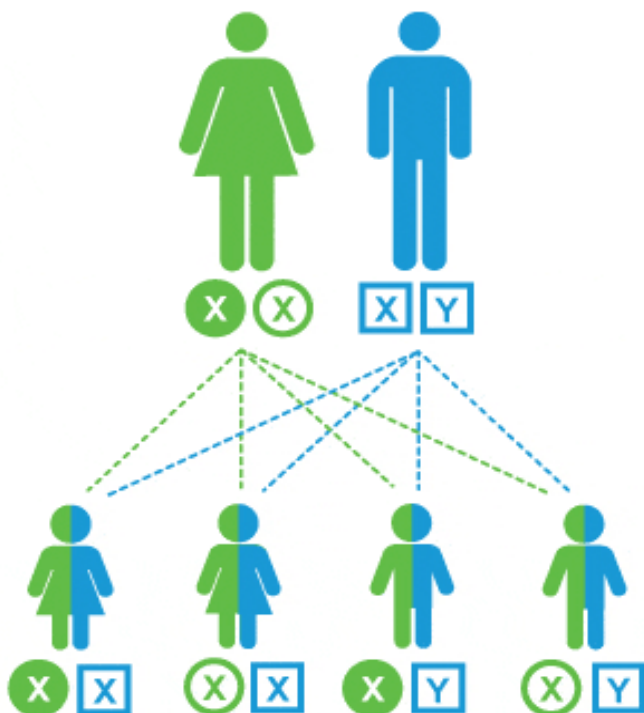
How Genetics Determine Gender

By Gabriella Mancuso

A baby's sex is determined by X and Y chromosomes. With the X chromosome being female and the Y chromosome being male the gender of a baby is usually a 50/50 chance.

However, there are certain situations in which the father can have something to do with the determination of gender. The father is in charge of producing the chromosome that determines whether the baby will be a girl or a boy. The family tree of the dad influences these results. If the dad comes from a family of all boys, meaning he has all brothers, he will most likely produce a male chromosome. If the dad comes from a family of all girls, meaning he has all sister, he will most likely produce a female chromosome.

Unfortunately, the mother's family tree has nothing to do with the gender of the baby, but there are other things that the mother can do that can influence the gender as well. For example, nutrients and living conditions can help with the determination of gender.



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I can boldly say, **our providers get paid 98% of the time** because we make sure they are documented and their services are reported based on what they have rendered and based on medical necessity.

QUESTION 2: How do we know if our practice is getting reimbursed appropriately?

Well, if you are not too sure if you are getting reimbursed appropriately, its time to review your contracts. If you don't have them, call the Provider Services of your Insurance Payers. If you are an Out of Network Provider, check out the Fair Health Rates and make comparison. *TIP: Always analyze your EOBs when you receive them, it's important to see how your payers are processing your claims.*

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A FEW TIPS FOR MEN WHO WANT TO SLIM DOWN

Slimming down can be hard if you don't know where to start. Here, are three tips that will guide you through your weight loss journey and make sure it's successful.

1. EAT MORE!

Adding food to your meals is crucial. Make sure to add more veggies, water and fish to your diet so you get full faster.

2. WATCH WHAT TIME YOU EAT!

Eat your meals in a smaller window of time. The goal is to eat in 12 hours or fewer. This is going to give you some digestive rest and help your burn more calories.

3. MAKE LUNCH BIGGER AND DINNER SMALLER!

Making lunch your power meal and biggest meal. Always include a lean protein for lunch and vegetables. Chose a non-white carb for lunch and no carbs for dinner.

It is important to start adopting healthy lifestyle changes and choices. Spending more time in the gym, and going to sleep a few hours earlier are important to help you lose weight too.



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Sun Safety Tips for Men

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

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

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

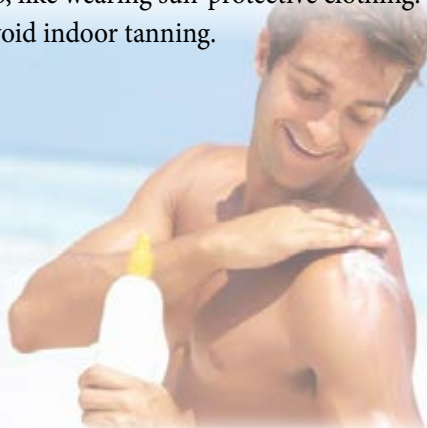
Why Are Men More Likely Than Women to Get Skin Cancer?

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

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

Easy Ways to Protect Yourself

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



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

Recent studies have proven that endoscopic spine procedures are a safe and effective way to treat various spinal conditions such as disc herniations, spinal stenosis, failed back surgery syndrome, as well as other neck and back conditions.

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The BBQ Side Dish of The Summer: AVOCADO FRIES

INGREDIENTS

- 3 avocados, slightly firm
- 3 eggs
- 1 cup flour
- 1 cup panko breadcrumbs
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- pepper, to taste
- cooking spray

PREPARATION

1. Slice the avocados in half, and then slice lengthwise into wedges.
2. Mix the bread crumbs with the cayenne pepper and salt.
3. Roll the slices in flour, then in the whisked eggs, then in the breadcrumbs.
4. Place the slices on wax paper on a baking sheet. Spray well with cooking spray. Add a sprinkle of black pepper if desired.
5. Bake for approximately 12 minutes at 400°F. Flip all the way through and re-spray. Cook another 8-12 minutes and serve.



FROM YOUR GARDEN ZUCCHINI CHIPS

Zucchini is one of the lowest calorie foods and is well-known to reduce weight while boosting the nutrient value of your diet. It also helps enhance vision. It helps cure asthma and has a high content of vitamin C, carbohydrates, protein, and fiber. (1 serving)

Ingredients:

- 1 large zucchini
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon garlic powder

Preparation:

1. Preheat oven to 400°F (200°C).
2. Cut zucchini into ⅛ inch (3 mm) to ¼ inch (6 mm) slices.
3. Arrange slices on a nonstick baking sheet. Don't overlap the zucchini, or they won't dry out properly.
4. Brush slices with olive oil, then season with salt, pepper, and garlic powder. Flip slices over and repeat.
5. Bake for 25-35 minutes, flipping halfway.
6. Allow slices to cool to room temperature. Slices will continue to get crispier as they cool.



THE BETTER BREAKFAST: BANANA, GINGER AND AVOCADO SMOOTHIE

This smoothie has benefits all around and it is a quick and easy breakfast for people on the go! Ginger is said to reduce muscle pain and soreness. Ginger has been shown to be effective against exercise-induced muscle pain. Bananas are a great source of magnesium and magnesium can help with muscle contraction and relaxation as well as protein synthesis, which increases lean muscle mass. Avocados are high in potassium and several studies show that having a high potassium intake is linked to reduced blood pressure, a major risk factor for heart attacks, strokes and kidney failure.

INGREDIENTS:

- 1 Medium sized ripe avocado
- 2 small ripe bananas
- 1-inch fresh ginger
- ½ cup yogurt or milk
- ¼ cup cold water
- 2 teaspoons of flax seeds
- 1 teaspoon lemon juice
- 1 Tablespoon raw honey

DIRECTIONS:

1. Blend all the ingredients in a blender under smooth.

Optional: add crushed almonds or cashews to the top to eat with a spoon.



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Spaghetti Squash Cheese Bake

*This is a creamy and cheesy dish that has a lot of flavor!
It can be used as a side dish while entertaining or for the main meal.
You can use your fresh squash and thyme from your garden.*

Ingredients:

- 1 spaghetti squash
- 1/2 cup reduced-fat sour cream
- 1 egg, lightly beaten
- 1 tablespoon minced garlic
- 1/4 teaspoon dried Italian seasoning
- 1/4 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup reduced-fat shredded cheddar cheese

Directions:

1. Place spaghetti squash in a large pot with an inch of water. Cover and bring to a boil over high heat. Cook 25 to 30 minutes, or until a knife can be inserted into the center. Remove from pot and cool slightly. Cut squash in half lengthwise, remove seeds, and using a fork, scrape out strands of squash.
2. Preheat oven to 400 degrees F. Coat a 1-1/2-quart baking dish with cooking spray.
3. In a large bowl, combine 3 cups squash and remaining ingredients; mix well. Place mixture in baking dish.
4. Bake 35 to 40 minutes or until browned on top and heated through.



Be Safe With Home Canning and Botulism

Canning is an excellent way to preserve garden produce and share it with family and friends. But it can be risky—or even deadly—if not done correctly and safely.

It's summertime and time to harvest the delicious produce you've been growing. You may be thinking about home canning as a way to preserve your garden goodies. But beware! If home canning is not done the proper way, your canned vegetables and fruits could cause botulism.

Botulism is a rare but potentially deadly illness caused by a poison most commonly produced by a germ called *Clostridium botulinum*. The germ is found in soil and can survive, grow, and produce a toxin in certain conditions, such as when food is improperly canned. The toxin can affect your nerves, paralyze you, and even cause death.

You cannot see, smell, or taste botulinum toxin—but taking even a small taste of food containing this toxin can be deadly.

Low-acid foods have a pH level greater than 4.6, which means they are not acidic enough to prevent the growth of botulinum bacteria. Examples are:

- | | | |
|---------------|-------------------|------------------|
| • Asparagus | • Potatoes | • Corn |
| • Green beans | • Some tomatoes * | • Fish & seafood |
| • Beets | • Figs | • All meats |

**Tomatoes require added acid – lemon juice or citric acid – for safe home canning.*



Botulism is a medical emergency. If you or someone you know has symptoms of foodborne botulism, see your doctor or go to the emergency room immediately. Symptoms may include the following:

- | | |
|--------------------|--------------------------|
| • Double vision | • Difficulty swallowing |
| • Blurred vision | • A thick-feeling tongue |
| • Drooping eyelids | • Dry mouth |
| • Slurred speech | • Muscle weakness |

How can I keep myself and others safe when it comes to home-canned foods?

Many cases of foodborne botulism have happened after people ate home-canned, preserved, or fermented foods that were contaminated with toxin. The foods became contaminated because they were not canned (processed) correctly.

You can take steps to protect yourself, your family, and others when it comes to home-canned foods by following these tips:

1. Use proper canning techniques. The best way to prevent foodborne botulism is by carefully following instructions for safe home canning at: http://nchfp.uga.edu/publications/usda/GUIDE01_HomeCan_rev0715.pdf
2. Use the right equipment for the kind of foods that you are canning. Pressure canning is the only recommended method for canning low-acid foods. Foods with low acid content are the most common sources of home-canning related botulism cases. Low-acids foods include almost every vegetable, some fruits, milk, all meats, fish, and seafood. Do not use boiling water canners for low-acid foods because they will not protect against botulism.
3. Make your home-canned vegetables, meats safe.
 - Use a recommended pressure canner that holds at least four one-quart jars sitting upright on the rack.
 - Be sure the gauge of the pressure canner is accurate. Gauges may be checked at many county Cooperative Extension offices or contact the pressure canner manufacturer for other options.
 - Clean lid gaskets and other parts according to the manufacturer's directions.
 - Vent the pressure canner before pressurizing and follow recommended cooling steps.
 - Use up-to-date process times and pressures for the kind of food, the size of jar, and the method of packing food in the jar.

4. When in doubt, throw it out!

If there is any doubt if safe canning guidelines have been followed, do not eat the food. Home-canned and store-bought food might be contaminated with toxin or another harmful germ if

- the container is leaking, bulging, or swollen;
- the container looks damaged, cracked, or abnormal;
- the container spurts liquid or foam when opened;
- the food is discolored, moldy, or smells bad.

If the container or the food inside has any signs of contamination, throw it out! If any of the food spills, wipe up the spill using a solution of 1/4 cup bleach for each 2 cups of water.

5. Never taste food to determine if it is safe. Do not taste or eat food that is discolored, moldy, or smells bad. Do not taste or eat food from cans that are leaking, have bulges or are swollen, or look damaged, cracked, or abnormal. Do not taste or eat food from a can that spurted liquid or foam when it was opened.

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Air Conditioning and Your Health

By Lauren Kolacki

Summer is here and in New Jersey that means temperatures sky rocket. Fortunately, it is easy to just crank up the air conditioning at the first drop of sweat but that is not always the healthiest decision. Not only does blasting the AC influence your wallet, studies show that older units could be linked to health conditions. Since air conditioning is basically everywhere now, there are precautions you can take to making sure your AC unit is not harming you.

- Air Duct Cleaning- condensation or home renovations can cause a buildup of mold, dust or unwanted debris.
- Have an HVAC technician perform annual maintenance checks.
- Check the manufacturer's instructions for cleaning or changing your unit's air filters- when filters are dirty they don't stop allergens, pesticides and other outside irritants from entering your home.
- Buy a new AC unit every 10 years.
- Turn the temperature up, or turn the unit off altogether, at night or when the house is empty.
- Try using the fan-only mode on your AC unit.
- Open the windows as much as you can. Allow fresh air to circulate in your home and flush out pollutants.



Keeping Swimming Safe

Swimming is one of the most popular sports activities in the United States. Just 2.5 hours of physical activity per week, including water-based activity, has health benefits, no matter our age. As with any form of physical activity, we maximize the health benefits of swimming when we each do our part to minimize the chance of illness and injury.

Swimming is a fun and a great way to stay healthy and spend time with family and friends. However, it's important not to swim or let your kids swim if they have diarrhea. Just one diarrheal incident in the water can release millions of diarrhea-causing germs like Crypto (short for *Cryptosporidium*), *Giardia*, *Shigella*, norovirus, and *E. coli* O157:H7. This can make other swimmers sick if they swallow a mouthful of contaminated water.

Practicing healthy swimming is important to keep ourselves and our loved ones healthy. Whether in the pool, the hot tub/spa, or water playground we can all help protect ourselves and our loved ones from germs by following these simple but effective steps:

- **Don't swim or let children swim when sick with diarrhea.**
- **Don't swallow the water.**
- **Take kids on bathroom breaks every hour.**
- **Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.**
- **Shower before you get in the water. Rinsing off in the shower for just 1 minute helps get rid of any germs that might be on your body.**

Remember: Think Healthy. Swim Healthy. Be Healthy! For more info visit www.cdc.gov/safechild and follow the CDC's Steps of Healthy Swimming to protect ourselves and our loved ones from illness and injury when swimming or playing in the water.



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For central air conditioners, filters are generally located somewhere along the return duct's length. Common filter locations are in walls, ceilings, furnaces, or in the air conditioner itself. Room air conditioners have a filter mounted in the grill that faces into the room.

Some types of filters are reusable; others must be replaced. They are available in a variety of types and efficiencies. Clean or replace your air conditioning system's filter or filters every month or two during the cooling season. Filters may need more frequent attention if the air conditioner is in constant use, is subjected to dusty conditions, or you have fur-bearing pets in the house.



Christine Ibrahim, M.D.

Medical Director of East Windsor & Edison
Immediate Care Medical Walk-In



Dr. Christine Ibrahim has been the Medical Director of the East Windsor and Edison Immediate Care Medical Walk-In facilities since October 2016. Dr. Ibrahim completed her internship and residency at Somerset Medical Center, now Robert Wood Johnson University Hospital at Somerset. She obtained her doctorate from the Ross University School of Medicine Education, her Bachelor's degree at

Rutgers Honors College and is a diplomate of the American Board of Family Medicine.

She is also a certified Advanced Cardiac Life Support Provider and Basic Life Support Provider and holds her ECFMG Certification.

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Christine Taliercio, M.S.,C.A., L.ac., D.ac. is a certified acupuncturist, licensed in NJ by the Board of Medical Examiners, a certified Diplomate in Acupuncture by the N.C.C.A.O.M., and the owner of Acupuncture Works LLC.

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Dr. Peter Bufano, DC *Board Certified Spine Specialist*
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Dr. Pete graduated from Monmouth University and received his B.S. in Biochemistry in 1994. Dr. Bufano attended New York Chiropractic College in Seneca Falls, New York and received his Doctorate in Chiropractic in 1998. Dr. Bufano is Board Certified in New Jersey, specializing in musculoskeletal diagnosis and treatments. Dr. Bufano continues his post graduate studies in sports medicine, whiplash, mild traumatic brain injuries, as well as, Neurology.

Dr. Bufano is a graduate of the Spine Research Institute in San Diego, where he studied whiplash and traumatic brain injuries. He attended Nuemann College in PA, where he earned his certification in Neurodiagnostic electrophysiological evaluations. In 2000, Dr. Bufano earned his certification in sport medicine through NYCC in Long Island. Dr. Bufano is a current member of the Association of New Jersey Chiropractors.

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Dr. Helen Simigiannis, MD, FACOG
Antheia Gynecology

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

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

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Night Time vs. Morning Shower

By Lauren Kolacki

People have been having the night time versus morning showers debate for years upon years with the base of their argument solely relying on their personal preference. Research has shown that there is science behind whether you should shower at night or in the morning.

For those who shower in the morning, they usually rely on this to wake them up to jump start their day. Studies show that this could boost alertness, creativity and is a great start to the day. Humans tend to perspire at night, therefore, a shower in the morning washes off sweat and bacteria.

Many dermatologist recommend showering at night to wash the day off your body and face. Especially in the summer and spring months, sweat and allergens like pollen tend to buildup on our skin. Showering at night also is great for a good night sleep. The body naturally cools down as bed time approaches in sync with our circadian rhythm, a shower raises the temperature again and allows for a faster cool down. This is a great way to unwind and release muscle tension.

Although not the best solution to this debate, some suggest showering twice a day. In the morning, to wake you up, and in the evening, to wash all the bacteria you picked up throughout the day. It is important that no matter when you shower, the water is never too hot, this takes the oil off your skin and can cause irritation. Make sure you are not washing your hair every time you shower, hair is made of dead skin cells, therefore, it just doesn't need as much washing as the rest of our skin. Washing it too often can dry it out.



QUESTION:

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

ANSWER:



Dr. Steven Linker, OD

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

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

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

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

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Broken Hearts are Real

By: Erin Mumby

It turns out that broken hearts are real! Stress cardiomyopathy, also known as broken heart syndrome, is when intense stress causes severe heart muscle weakness. It's a temporary heart condition caused by stressful situations. The stressors that cause this can be either emotional or physical. Emotional stressors include grief, fear, surprise, and anger. Physical stressors to your body include seizure, difficulty breathing, stroke or bleeding. Stress is the body's response to anything it deems abnormal. The body produces various hormones and proteins like noradrenaline and adrenaline to help cope with the stress. The body produces large amounts of adrenaline to help the person defend themselves. The heart muscle is overwhelmed by the adrenaline in stress cardiomyopathy. The exact way that adrenaline affects the heart is unknown. It seems as if the effects of adrenaline on the heart are temporary and reversible.

Those affected with stress cardiomyopathy share symptoms with someone having a heart attack. These symptoms include shortness of breath, low blood pressure, chest pain, and heart failure. These symptoms can happen anywhere from minutes to hours after the person experiences their stressful situation. The stress is usually unexpected. Broken heart syndrome can even be deathly in some cases. Patients can have congestive heart failure and shock. This can produce some life threatening abnormalities. On the bright side, patients with stress cardiomyopathy usually heal very quickly. Most people recover completely after stress cardiomyopathy. The heart muscle is not permanently damaged with this syndrome, this mean that affected patients will typically make a complete and rapid recovery.

Some people may be confused about the differences between stress cardiomyopathy and a heart attack. There are some big differences between the two. Most heart attacks stem from blockages and blood clot. Most patients with stress cardiomyopathy have normal coronary arteries without any blockages or clots.

Most people with stress cardiomyopathy have never had a history of heart disease. However, they sometimes have a history of neurological conditions. People who have had a head injury or a seizure disorder are more likely to suffer from stress cardiomyopathy. People who suffer from anxiety and depression are more likely to have broken heart syndrome. Stress cardiomyopathy primarily affects women. It is frequent in middle aged or elderly woman. The average age of a patient with stress cardiomyopathy is 60 years old. It can affect young men and women as well. However, most cases arise in postmenopausal women. The cause of this is still unknown. If you have broken heart syndrome once, it is unlikely that you will suffer from it again. If you or a love one experience any of these symptoms mentioned above consult your healthcare provider.





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Use Your Brain

Learning and experiencing new things is a great way to challenge your brain. Whether you are 25 or 75, it's always a good time to think about ways to keep your mind healthy. This means being curious about the world around you and learning new things. Keeping your mind sharp has also been proven help you be more successful in your career and overall happiness.

Learning to play a musical instrument, experiencing a new art form and studying a foreign language doesn't require talent, just an interest to learn and use your brain. Try using your less dominant hand for simple tasks like eating or writing. Did you know that changing hands really stimulates the brain?

People with strong minds live a richer and more fulfilling life. A healthy mind-set incorporates plenty of mental, physical, and nutritional ways to keep your mind sharp throughout your lifetime.



HOW AND WHEN TO TALK TO YOUR FRIENDS ABOUT THEIR MENTAL HEALTH

By: Anupa Mohan

When you log onto social media, chances are you'll see quiet a few posts sharing a suicide helpline number, followed by statuses encouraging people to reach out to their friends instead of posting a number to a helpline. While mental health help lines are amazing resources, they aren't the only resource. We, as friends and family members, can also play a key role in helping our loved one cope with suicidal thoughts, ideation, and tendencies.

BUT HOW?

Before you decide to have this conversation, ask yourself the following questions: Am I scared, angry, or resentful right now?

- Am I at risk of triggering my own mental unrest?
- Am I unwilling to set aside my biases and personal opinions?

If you answered yes to any of those questions, then it is not time to have the conversation with your loved one. Your own mental health is incredibly important, after all you cannot pour from an empty cup – as the well-loved analogy goes. Additionally, harboring strong emotions and biases can create stressful tension when we dive into having such serious conversations.

Once you move past these minor roadblocks and you feel like you're ready to have this conversation, it's time to prepare yourself.

Preparation? I know, I know. It seems like a huge task now that I used the word "prepare". Hear me out, when you ground and balance yourself, you'll find it much easier to connect with your loved one. You'll also create a sense of serenity and peace.

GROUND AND CENTER YOURSELF.

Before you do anything else, make sure you're grounded. Spend a few minutes deep breathing or listening to a guided meditation. Even spending a few minutes strolling through nature can be very grounding.

Remember that their pain is not your responsibility.

This is an important thing to remember, because it's an easy thing to forget. When we are with our loved ones, it feels natural to shoulder their pain. Once we attach ourselves to others' pain, it wears us down and reduces our ability to be a present, healing force in their life.

It's alright to sympathize and understand. We can be empathetic to their pain as well but take a moment for yourself to remind yourself that this pain is not yours. It does not need to consume you or bring you down. If you choose to offer yourself as support for your friend, remember that they need your strength to heal.

Get comfortable saying the words suicide, death, depression, and anxiety.

Calling something by its name eliminates fear of the

thing itself. This is not to diagnose or assess your friend, no, but more so to let your friend know that they can say what they want. Shying away from the words that describe mental unrest stigmatize it, creating a more uncomfortable situation. Ask your friend, directly, if they are suicidal or depressed. Ask them what makes them anxious or trigger any dark thoughts.

If you're not scared of their feelings, it will give them an opportunity to be less scared of their own feelings and thoughts.

FIGHT TO REMOVE STIGMA

Remove stigma within yourself first by making yourself aware of every assumption you have about mental health. The more you focus on clearing your inner biases, the easier it will be for you to spread positivity and remove stigma in your own community.

What to look for

How do you know that your friend is struggling with their mental health? Focus on non-verbal cues. It's very easy to say "I'm fine" but our body tells a different story. Look for these subtle, but telling signs:

Neglecting personal hygiene; ie not showering, brushing teeth, or keeping their environment clean. Neglecting simple grooming; ie unkempt finger nails, unbrushed hair, any changes in grooming. Mood swings.

Changes in speech patterns; not what they say but how they say it.

Developing a poor relationship with food.

Frequent complaints about stomach aches.

Loss of interest in activities and previous interests.

Changes in social responsibility; ie showing up later than usual, cancelling plans last minute, etc.

WHAT TO DO

Be direct, yet kind. Let your friend know that you think about them and worry about their wellbeing. Offer yourself as a sounding board, a shoulder to cry on. Then listen as they talk, avoid adding your opinion or perspective. When you ask a question, leave it open ended and avoid "yes" or "no" questions. Allow them to talk, to process, to feel whatever it is that they need to.

What if they stay silent? Offer your love and warmth, but make sure your compassion is genuine. Forced compassion can be uncomfortable. Joke around, be light hearted and casual but remind them that you are there to listen if they feel like talking about their mental unrest.

When the moment seems right, suggest therapy, mindfulness coaching, holistic medicine; whatever you believe they will be receptive too. Long term care and constant treatment can do wonders for an individual's mental health.

TIME LIMITATION PITFALLS

By John Bazzurro

In a previous article, I addressed various statutes of limitations which basically limit the time within which you are required to file a lawsuit in order to protect your legal interests under certain scenarios. In addition to Statutes of Limitations, it is important to understand that certain types of cases have either shortened Statutes of Limitations or notice requirements as a prerequisite to filing a lawsuit. Thus, under these circumstances, if you miss these time limitations, you could be forever barred from filing a lawsuit.

The first, and perhaps most important, is under New Jersey's Tort Claims Act. If you are required to sue a public entity such as the State of New Jersey or a political subdivision (such as a town, county, borough, city, or a State related entity), for personal injuries you must inform them of your claim within 90 days from the date of the incident. This notice requirement requires certain specific information so that the claim can be evaluated and investigated by the public entity. There may be certain limited instances where this 90 day restriction can be extended up to a period of one year. Another 90 day notice requirement is contained within New Jersey's Carnival Amusement Ride Safety Act which requires that notice be given where an injury occurs as a result of an amusement park ride or within an amusement park.

If you are injured as a result of the negligence of the Port Authority of New York & New Jersey or their employees, a claim must be filed with them at least within 10 months from the date of your injury and any lawsuit must be filed against them within one year from the date of your injury. This differs from the typical two-year statute of limitations for personal injury in the State of New Jersey. Another significant one year Statute of Limitations is contained within New Jersey's Conscientious Employee Protection Act (CEPA) which is basically a whistleblower claim against your employer. This is sometimes confusing in that other labor related statutes of limitations are typically two years.

Next is the Federal Tort Claims Act which requires that notice be given to the Federal Government within two years from the date of your injury if you are injured on a federally owned property, by a federal employee or through the actions of a federal agency. Unlike New Jersey, there is no ability to extend this time limitation.

Finally, there is a 180 day notice requirement to file a claim against New Jersey's Property-Liability Insurance Guaranty Association which provides potential additional protections if you are involved in a motor vehicle accident and your insurance company either disclaims coverage or does not provide certain coverages. Once again, there is no ability to extend this time frame and, as such, it is important that any such claims be made timely.

Of course, the above is not an exhaustive list of all of the time limitation pitfalls that one may encounter when dealing with the law. The only way to be fully protected is to contact an attorney as soon as possible after you are injured to ensure that any such time limitations are fully complied with in order to protect your legal rights.

Should you have any questions concerning any of the above, please do not hesitate to contact my office for further information.

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CERTIFIED BY THE SUPREME COURT OF NEW JERSEY
AS A CIVIL TRIAL ATTORNEY

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What Should You Do With an Inherited IRA?

Individual Retirement Accounts, or IRAs, are quite popular – which means you might inherit one someday. But what should you do with it?

First, be aware that you will be required to take at least minimum distributions each year. Depending on what type of IRA you've inherited, these amounts may be taxable, so before you start accepting them, consult with your tax advisor.

Of course, you could take out more than the required minimum and use the extra money to help with your other investment goals, but again, you'll need to consider tax consequences.

Also, you are free to change the investments within your inherited IRA to fit more closely with your risk tolerance, time horizon and long-term goals.

Finally, you may want to consult with a financial professional to determine how your newly inherited IRA fits in to your overall financial strategy. For example, the added income from required distributions could change your retirement calculations.

To respect your inheritance, you'll want to get the most out of your IRA for as long as you can – so think carefully about what steps to take.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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One of the most popular benefits that employers offer is a 401(k) plan. This is a retirement plan that allows you to direct a portion of your paycheck into an investment account. The idea is that you save some money on taxes by making these pre-tax contributions while also choosing investments that will grow over time, so you can retire with a nice sum of money. There are a few benefits and drawbacks of the 401(k), so learn how you can best utilize yours if you have one available.



Question:

I would like to be able to have my friend or family member help with my bill-paying and banking. What are my options?

Answer:

You have several options when deciding to have someone help with your bill paying and banking. These options include opening specific types of checking accounts or creating specific legal documents that give another person the power to handle your money.

If you are still able to handle your banking and bill-paying but would like some help going through the bills and budgeting, a friend or family member can review your bills with you and help you figure out which ones to pay and when. Under this arrangement, you still sign your checks and no one else is authorized to make account transactions.

If you have no friends or family members to help you with informal money management, there are organized programs that provide trained staff members or volunteers to help. To locate a money management program in your area, try contacting your local Area Agency on Aging.

You may also be able to find a money management program along with other resources for Older Americans by contacting the Eldercare Locator or by calling 1-800-677-1116.

If you get help from a money management program, check on whether the program has insurance or bonding so your money is protected in a worst-case scenario involving mismanagement or theft by the person assisting you.

JOINT ACCOUNT

If you would like to enable a friend or family member to write checks and make deposits on your behalf, you may open a joint account. Generally, everyone whose name is on a joint account can write checks, withdraw money, and make transactions. Similarly, if one of the account holders owes money, the creditor can try to collect from money in the joint bank account.

If the money in your joint bank account belongs to you, is not meant to be a gift to the joint account holder, and is meant to be folded in with your other assets for distribution according to your will or estate plan, you may be taking some risks by opening a joint bank account because:

- Your friend or family member can withdraw money for his or her own use or mismanage your money
- Creditors of your friend or family member may use legal processes to try to satisfy their debts from your money in the account
- When you die, depending on the terms of the account and state law, money in the joint account may be distributed by the bank to the friend or family member whose name is on your account, without regard to the provisions of your will or other estate planning provisions

CONVENIENCE ACCOUNT

A “convenience account” or “agency account” enables you to designate a family member or friend to help you by depositing or withdrawing money and writing checks. A convenience account does not change the ownership of the money in the account or give your helper the right to keep the money when you die.

TIP: Ask your bank about opening a convenience account or agency account. Often bank employees don’t mention these options or may not know they exist. You may need to speak with a manager. Explain that you want an account in which the money remains yours but someone else’s name will be on the account to help you with bill paying and other transactions. Be sure to say that you don’t want the other person to have the “right of survivorship” if you don’t intend for your money to become your helper’s money upon your death.

POWER OF ATTORNEY (POA) FOR FINANCES

You can name a friend or family member to act on your behalf by creating and signing a document called a power of attorney (or “durable” power of attorney). In that case, your bank account can remain in your name only, but the person you name in your power of attorney – your “agent” – can help you with banking

Again, give considerable thought before you grant anyone power of attorney, as he or she might withdraw money from your account for reasons that you do not specify.

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ROBO CALLERS

By Lauren Kolacki

The more popular technology becomes, the easier it is for scammers and telemarketers to gain information about you. Do you ever wonder how they get your number and more importantly, how to make it stop?



1. You overshare your number- every time you sign up for a survey, giveaway, registration, etc. your number becomes available.
2. You accept Terms of Use without reading or understanding them- apps and games get hold of your information and if you're not reading the terms, who's telling what they can do with that.
3. Internet has killed privacy- You wouldn't believe the amount of information about you and your family that is surfacing the internet, once it's out there, its free rein.
4. Technology- automated systems could be controlled by a computer that creates as many possible phone number combinations.
5. Automatic Number Identification- any time you call an 800 number, your number is then saved into the system.
6. The credit bureaus- every time you sign up for a store credit card your information becomes available.
7. Charities- charities hire telemarketers to collect funds on their behalf. Not only do the telemarketers keep a percentage of what you donate but they also then have your phone number and information for future.

As society becomes more hi-tech, it is necessary for you to become more aware of where and who you are leaving your personal information with.

- Be sure to read the terms and conditions you're agreeing with
- Sign up for the National Do Not Call Registry on its website or by calling 1-888-382-1222
- Block telemarketers' numbers as they call you
- Many carriers provide a service that identifies scam callers

Don't let them aware that you are human, they can pick up information from just a simple "hello."

QUESTION:

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

VS

Laser Assisted Liposuction

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



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Secrets to Using Highlighter

By Gabriella Mancuso



Over the last couple of years makeup has made a huge comeback! Everyone wants it, everyone wears it and everyone flaunts it. From eyeshadow to lipstick it has become a huge phenomenon in this day and age. One product that has really made its way to the top is highlighter. Makeup looks just wouldn't be complete without the glow and shimmer. That is, if you apply it right. If you want that perfect, shimmering finish to your up do we have the perfect tips for you.

If you are applying highlighter to your skin you first need to know which kind of "glow" you are going for. If you have fair skin use a highlighter that gives a pinkish glow. If you have medium or dark skin use a highlighter that gives a goldish glow. Next, you need to be sure of where to apply the highlighter. Most people just apply it to their cheekbones. Although, this is correct it is not the only place you should apply it to. Along with the cheekbone you must also apply it to under the brow bone, inner corner of the eye and the cupid's bow of your lip to brighten your look. You must apply it to the high points of the face. This will help give you a natural glow but help complete all the missing parts of your look.

Everyone loves highlighter, and knowing exactly how to apply it makes it all the better. Whether it is a little or a lot no makeup look is complete without it. Highlighter gives you a natural but outstanding glow, and it makes your pictures POP! Hopefully your highlighter never stops shining!

END-OF-SUMMER BEAUTY TIPS

By Mia Ingui

Although your skin may be shimmering with a deep tan or your hair may be highlighted with sun streaks, there is always room for some end-of-summer beauty tips to make the summer glow last even past August. Here are some helpful beauty pointers!

- 1. TO HELP HEAL SUNBURN:** The most effective way to heal harsh sunburn is to apply aloe straight from an aloe plant. Cutoff a piece and apply the aloe from inside the leaf to the burn. Don't have access to an actual plant? There are several varieties of aloe vera cooling gels that will do the trick and can be found at pharmacies and supermarkets everywhere. A tea-bag compress also can sooth the burn. Make a cup of green tea, take the bag, and apply it to where the burn is located.



- 2. TO HYDRATE DRY SKIN AND LIPS:** The key to healthy, smooth lips is natural lip balm. NATURAL is the key. Anything with harsh dyes or scents will just over dry your lips even more. To protect lips, try any lip balm containing SPF, and to replenish lips after the sun, try dabbing pure honey on chapped lips, and after try the Rescue collection of Baby Lips lip balm by Maybelline.



- 3. TO MOISTURIZE DRY HAIR:** The summer can be the roughest time of the year on your hair due to sun exposure and swimming in pools filled with stripping chemicals that can damage hair. The solution? Ditch those harsh hair products. Repair your hair using clarifying shampoos and conditioners, and if your hair is really damaged and dry, apply a moisture mask once or twice a week for about 10 minutes.



HOW ONE WOMAN SPOTTED THE WARNING SIGNS OF A STROKE 8,000 MILES AWAY ... *and Saved Her Husband's Life*

As Pawan Madahar was getting ready for work, a video call came through from his wife and kids, who were vacationing in India. He accepted the call, but he was physically unable to speak.

Suspecting a poor internet connection, Pawan's wife Veena called again. This time, she could see he was grabbing his jawbone when he was trying to speak. That's when she realized Pawan was having a stroke.

Unable to dial 911 internationally, Pawan's family frantically enlisted the help of friends in the U.S. to contact emergency responders.

"I am so grateful Veena had the insight to recognize that I was experiencing a stroke. I had no idea what was going on, and I clearly couldn't call to ask for help myself," he continues.

Medics transported Pawan to the Atlantic Neuroscience Institute at Overlook Medical Center where Dr. Ronald Benitez, a board-certified neurosurgeon at Atlantic NeuroSurgical Specialists (ANS) and stroke specialist, was on call in the emergency department.

Utilizing a state-of-the-art device called a stent retriever, Dr. Benitez successfully removed two life-threatening blood clots from Pawan's brain, restoring blood flow in just 30 minutes.

"With stroke patients, we're in a race against time to restore blood and oxygen to blocked areas of the brain," says Dr. Benitez.

According to the National Stroke Association, more than 750,000 people experience a stroke every year. It is the top cause of adult disability in the U.S.

"Despite how frequently strokes occur, many people are not familiar with the warning signs, which include speech impairment, drooping or numbness in the face and weakness or numbness in the arm," Dr. Benitez adds.

When Pawan was released from the Intensive Care Unit, he was reunited with his family. They were relieved to learn he would make a full recovery.

"Thanks to Dr. Benitez and my family, this has just been a bump in the road – and not the end of the road for me," Pawan shares.

Atlantic NeuroSurgical Specialists (ANS) is New Jersey's largest neurosurgical practice and one of the most advanced in the country. For more information, visit www.ansdocs.com.



Pawan Madahar (right) survived a stroke thanks to his family – wife Veena (center front), son Abhinav (center) and daughter Shrmishtha (left) – spotting the warning signs via video chat and acting swiftly.





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QUESTION:

What's the best way to treat knee arthritis?

Consider a non-surgical treatment that really works!

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



WHAT IS HYALGAN AND HOW DOES IT WORK?

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

WHAT IF YOU ALREADY TRIED KNEE INJECTIONS?

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

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

DOES IT HURT?

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

WILL MY INSURANCE COVER HYALGAN?

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

WHO WILL BE PERFORMING THE HYALGAN PROCEDURE?

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

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

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

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



Dr. Scott Paris using precision fluoroscopy guidance to ensure the best results possible.

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Keep Your Kids Safe In and Around Water This Summer

By YMCA of Western Monmouth County

There is a list of basic life skills all parents instinctively know they must teach their children to keep them safe and healthy. It includes habits like looking both ways before crossing the street, washing your hands with soap and water and eating the right amount of fruits and vegetables every day. For too many parents, safety in and around water is not on the list; and that's something we need to change.

Fatal drowning is the second-leading cause of unintentional injury-related death for children ages 1 to 14 years old. According to the CDC, about one in five drownings involve children 14 years old and younger. And, for every child who dies from drowning, another five are injured from near drownings, the CDC says.



The Y is committed to reducing water-related injuries and encourages parents to take an active role in fostering a relationship between their children and swimming—beginning with water safety. Following are safety tips to practice when in and around the water:

- **Only swim when and where there is a lifeguard on duty; never swim alone.**
- **Adults should constantly and actively watch their children.**
- **Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.**
- **Parents or guardians of young children should be within an arm's reach.**
- **Children and adults should not engage in breath holding activities.**

In addition to learning lifesaving water safety skills, swimming is a great way to increase physical activity. Swimming also motivates children to strive for self-improvement, teaches goal orientation and cultivates a positive mental attitude and high self-esteem. If children know how to stay safe in and around water, swimming can be a lifelong source of fun and exercise. Instead of keeping your children away from water, help them learn fundamental water safety skills.

As a leading nonprofit committed to youth development, the YMCA of Western Monmouth County has been a leader in providing swim lessons and water safety for more than 120 years. There are a variety of programs to choose from, including youth and adult progressive swim lessons, special needs swim lessons, and a competitive swim team. To ensure that everyone has an opportunity to participate, financial assistance is available to those in need to help cover the costs.



To learn more about the YMCA of Western Monmouth County, visit WWW.YMCANJ.ORG

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Health Benefits of Blending

Blending fruits and vegetables has just as many health benefits as juicing and then some. Blending is more budget conscious and you can potentially get more nutrition from what you are consuming. Why blend?

1. Blending Keeps Foods whole because when you are blending fruits and vegetables, you are keeping the fruit intact. The nutrients that each item contains are not only going to be in the right amounts; the fiber content is going to remain. Fiber is important in your diet as it helps to regulate our dietary tract, lower the risk of chronic disease, and helps to stabilize blood sugars.
2. On average, people need about 6 cups of fruits and vegetables per day in their diet. That alone is a mini-mountain of food. By blending these items into delicious smoothies, it makes it easier to get those essentials in your daily diet.
3. Blending allows you to introduces new food choices that you may not normally try. You may not like a certain vegetable, but hidden in a smoothie with other flavors makes it more palatable. You are also able to eat the entire fruit, peels and skins have nutritional value.
4. With a liquefied version of fruits and vegetables entering our digestive system, the body can immediately convert the food into nutritive value while there is less time to convert other items into fat cells for energy later.



Turf Toe

By Lauren Kolacki

In order to become an exceptional athlete, you make yourself susceptible to the risk factors that accompany resilient training and cut-throat games. Concussions in football, torn ACLs in basketball, twisted ankles in soccer are all recognized as common injuries in sports. One of the less common injuries that athletes encounter is "Turf Toe". Turf toe is a metatarsophalangeal joint sprain, which is essentially, hyperextension of the big toe. This injury occurs when the big toe moves back toward the top of the foot past its normal range of motion.

Turf toe got its name because of how prevalent it was in American football players after they started playing on artificial grass. Turf is a much harder surface than grass and doesn't provide much give when forces are placed on it, resulting in the big toe being forced into an unnatural position. Although this injury is most commonly reported in football players, others at risk are those who participate in soccer, basketball, wrestling, gymnastics, dance or any sport or activity where the forefoot is fixed on the ground, the heel is raised, and a force pushed the big toe into hyperextension.

The severity of these injuries varies depending on the how stretched or torn the soft tissue becomes. Because of the lack of treatment, turf toe can be one of the greatest annoyances. Your doctor may suggest physical therapy to help reduce pain, increase strength and increase circulation to the area to promote healing. Aside from that, rest, ice, compression and elevation are the best medicine.



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