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FALL ISSUE
SEPTEMBER/OCTOBER 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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By Pam Teel

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The facility is best known for its exemplary delivery of multifaceted care and specialized clinical programs in subacute rehab, neurological impairment, and long term care. Subacute programs include orthopedic, cardiac, stroke, respite care and more.

Allaire has recently welcomed TeleHealth Solutions to their facility, which provides "Treatment in Place" or some may call it TeleMedicine. This additional service allows staff to immediately have a physician present and direct care when needed to their patients, at any time of the day, which minimizes care transfers. The patients and their families find telemedicine a huge proponent in their loved one's rehabilitation and peace of mind.

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HOW BUSY IS TOO BUSY?

By Susan Heckler

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

GRADE-BY-GRADE AT A GLANCE

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

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

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

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

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

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

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

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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Menopause and Depression

By Lauren Kolacki

Menopause is a natural biological process in a woman’s life when the function of the ovaries is terminated. It is defined by the absence of menstrual periods for 12 months. The average age of menopause in America is 51, but can happen anywhere from your 30’s-60’s. This is a long, sometimes demanding, process where women are likely to experience a range of different symptoms such as hot flashes, irregular periods, vaginal dryness, weight gain, etc. In addition to these physical changes; mood swings, irritability and in severe cases, depression may also accompany menopause.

Women with a history of mental illness are more vulnerable to recurrent clinical depression during menopause. Clinical depression is a mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. Untreated depression in older women can increase their risk of developing other serious medical conditions, including heart attack and decreased bone mineral density.

No matter the severity of your depression, there are steps you can take to learn how to deal with your emotions. It is important to reach out and stay connected. Talk to someone about your feelings, go for a walk with a friend, have somebody to confide in. Make sure to do things that make you feel good. This can be watching a funny movie, taking a long bath or meeting with an old friend. Get moving, exercise can release endorphins which enhance your mood. Most importantly, try to challenge your negative thoughts. Negative, unrealistic ways of thinking are what fuel depression.



8 WAYS WOMEN ARE HARMING THEIR HEARTS

By Sangeeta Garg, MD

Most women are natural caregivers—quick to nurture children, make medical appointments for their spouses, and pitch in when a friend needs help. The last person many women care for are themselves. However, this self-neglect can be harmful to your heart.

Here are 8 ways you may be harming your heart.

- 1. PUTTING YOUR NEEDS LAST:** While studies have found that women are better at multitasking than men, this “juggling act” that many women perform often means putting themselves last. When your needs—whether physical, emotional, or psychological—take a back seat, your health can suffer, leading to conditions like high blood pressure, fatigue, stress and more.
- 2. SKIPPING EXERCISE:** Exercise isn’t just a tool for weight loss; being active can boost your mood and make you feel happier. It’s also beneficial for your muscles, bones, skin, brain, and memory, and can make you feel more energetic. Studies also have shown that regular exercise can help improve the quality of your sleep and deepen your sense of relaxation. However, running after your children or grandchildren isn’t enough. Look to get 20 to 30 minutes of movement into your day.
- 3. DRINKING DIET SODA:** While diet soda is a lower-calorie drink option, the artificial sweeteners used in most diet beverages have been linked to a host of medical conditions, including type 2 diabetes, metabolic syndrome, heart attack, stroke, depression, and pre-term delivery. Sugar is being replaced by chemicals that are still being researched. This is not a healthy way to reduce your calorie intake.
- 4. OVEREMPHASIZING YOUR LEVEL OF STRESS:** Twenty years ago, we barely used the word “stress” to describe our lives. Now, we’re often quick to label things as “stressful,” but they are really just natural occurrences in life. Kids, relationships, work, financial issues and more can cause stress, but that’s life. Don’t fixate on your stress. Rather, see the bigger picture and remind yourself that you’re strong and you’ve gotten through things like this before. Do the best you can, and don’t stress the small things. Work on changing your mindset by saying, “I’m not going to let my mind affect my body.” If needed, help manage feelings of stress through activities like yoga, meditation, or journaling.
- 5. RELYING ON SUPPLEMENTS FOR SUPPORT:** Many of my patients take supposedly “heart healthy” herbal supplements and vitamins that they probably don’t need. At best, these products are ineffective; at worse, they are harmful or interact adversely with prescription medications. If you do take supplements, always tell your doctor what you’re taking and the dosage.
- 6. RUNNING ON CAFFEINE:** It’s important for women to understand that everyone’s body reacts differently to caffeine, and often, you’re really just dehydrated when you feel sluggish. Avoid supplementing good sleep with coffee, tea, or caffeine-packed shakes and energy drinks that may give you heart palpitations. I treated a patient recently who drank so many high-caffeine coffees that she developed atrial fibrillation, a type of irregular heartbeat that can lead to stroke. Adjust your sleep schedule to ensure you’re getting enough sleep to feel restored naturally.
- 7. TOO MUCH WINE TIME:** While studies have found a correlation between red wine and heart health, if you drink alcohol, do so in moderation. The American Heart Association defines “moderation” as an average of one drink (one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits) per day for women. Drinking more alcohol increases your risk of alcoholism, high blood pressure, obesity, stroke, and breast cancer. Ask your doctor about your specific benefits—and risks—of consuming alcohol.
- 8. EXPECTING OVERNIGHT RESULTS:** You’ve heard it before: Making lifestyle changes—and seeing or feeling the results—is a marathon, not a sprint. Being more aware of unhealthy habits is the first step toward making lasting changes that will improve your heart health and overall wellbeing. Be consistent and persistent. The results won’t be instantaneous, but they will be worth it.

Dr. Sangeeta Garg is board-certified in cardiology and internal medicine and is on staff at CentraState Medical Center. She can be reached by calling 866-CENTRA7.

THE BAYARD RUSTIN CENTER WELCOMES ALL FOR RESPECT AND ACCEPTANCE

By Abigail Urban

The Bayard Rustin Center for Social Justice (BRCSJ) is a non-profit dedicated to providing a safe environment and educational space for people of every background. Chief Activist Robt Seda-Schreiber and his colleagues make it their goal to protect and respect all people, from the LGBTQIA community, to immigrants and to those of different races, economic statuses, cultures and religious affiliations.



“Through focused and dynamic programs, concentrating on civics, community activism, personal advocacy and cultural instruction, both in-house and on the road, the BRCSJ will educate, enlighten and empower, finally bringing all our folks and all our diversity under one roof.” Seda-Schreiber said, “We need to teach in the classroom, inspire in the streets & be a force in our communities.”

After teaching for 25 years and winning the NEA Social Justice Activist of the Year, Seda-Schreiber knew that he wanted to take his service to the next level and make it his mission to create a place where people feel safe, respected, and loved. Thus, the Bayard Rustin Center for Social Justice was born.

Seda-Schreiber works with a diverse group at the BRCSJ, including volunteers, Community Liaisons, and a Board of Directors. Each member brings their own expertise to the table with their unique and impressive backgrounds in activism and service.

The center’s namesake comes from Bayard Rustin, a leader of the March on Washington in the 1960s who advocated for non-violence within the civil rights movement. Seda-Schreiber explained that although he was a key figure for civil rights, he was shunned and forgotten in history for being gay.

“Not only was he not given his due respect, but he was not even given the basic kindness that we all deserve. This cannot and will not happen again. So, swears The Bayard Rustin Center for Social Justice,” Seda-Schreiber said.

The chief activist was also inspired to start the Bayard Rustin Center after helping a transgender student transfer to his school district, which provided a safe space for her to be her true self. The student was previously bullied to the point where she had to be homeschooled.

“Our school’s first transgender student became a symbol of hope and strength for all,” he said. “A concrete example of the power of outreach... That is why the BRCSJ will always do what we do, and that is why we will never stop.”

Among the Seda-Schreiber’s many accomplishments with the BRCSJ include holding a “Families Belong Together” rally in Princeton with 800 people in attendance and representing the BRCSJ at Governor Murphy’s residence.

“I am most proud of this journey that has allowed me to learn to listen,” he said, “to truly hear the sadness, the fear, the pride, the strength, the individuality, indeed the spirit of all our communities, all our people.”

The BRCSJ is housed virtually on their website www.RustinCenter.org. You can also follow, friend, and like it on all social media platforms. A physical headquarters is opening soon.

“ I envision our Center being a wonderful meeting place, an extraordinary and welcoming space wherein all can visit and find the solace, the strength, the knowledge, the inspiration and the love and respect they need and they deserve, but I also see our BRCSJ volunteers, liaisons and representatives out on the road- Wherever folks need us, we will be, locally, nationally and internationally. ”

SEDA-SCHREIBER | WWW.RUSTINCENTER.ORG



**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.

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October 21 is National Check Your Meds Day!

By Susan Heckler

Half of the American population regularly takes four or more prescription medications. Now is a good time to look at your medications, see if you still need them and discard the unnecessary. In many cases, a more effective alternative may have been released or a less expensive choice.

A whopping 52% of prescription drug takers said they had never asked their healthcare provider whether they could stop taking one or more of their medications. Three-quarters of those who inquired said their provider could help them reduce the number of drugs they were taking.

To prepare for your review, put everything you take in a bag, including prescription and over-the-counter drugs, plus vitamins and dietary supplements. When possible, bring the original containers so your pharmacist can have complete information, especially if you do not use the same pharmacy for everything.

Keeping an up-to-date list of medications, what they're for, and the dosage will benefit both patients and their providers.

Questions to Ask Your Pharmacist

1. What is this medication for?
2. What are the possible side effects?
3. Will this medication interact dangerously with other prescriptions or Over the Counter, or any foods or drinks?
4. Is this similar to another drug I already take?
5. Do I still need to take this?
6. Is there a nondrug alternative that works just as well or better?
7. Is there a less expensive medication that works just as well or better generic versions?



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5 Ways You Can Make A Difference During Down Syndrome Awareness Month

It seems impossible now, but before my son was born, my knowledge of Down syndrome was limited to a few volunteer experiences in high school and the 1980s drama "Life Goes On." Fast forward eight years, and it seems half of my friends are connected in some way to Down syndrome. Everywhere I go, I notice children and adults with the characteristic features of Trisomy 21 (an extra copy of the 21st chromosome). People with Down syndrome are in almost every community, thriving and going about their lives. How did I not notice before?



The month of October is Down Syndrome Awareness Month and it's a great opportunity to clear up misconceptions about the condition and show others how special and valuable our children are – as well as how normal they are. No, they aren't angels sent from Heaven who are happy all the time. They're individuals who have feelings and moods just like anyone else (although most are pretty darned charming). As a special needs parent, you're an ambassador for your child 365 days a year. But here are some ways you can make even more of a difference during Down Syndrome Awareness month.

1. SPREAD FACTS FAR AND WIDE

Roughly 400,000 Americans have Down syndrome and about 6,000 babies with Down syndrome are born in the U.S. each year, according to the National Down Syndrome Society. That makes Down syndrome the most common genetic condition in the U.S. Even so, there are still a lot of myths and misinformation surrounding it.

If you're active on social media, consider pulling together 31 different facts about Down syndrome and sharing one each day along with a brief explanation of your family's personal experiences. If you don't indulge in social media, consider adding a single fact to your email signature line at work. You may change your fact daily, or perhaps once a week. Either way, you're spreading awareness. You might be surprised by the number of conversations you can start simply by sharing a fact with friends and colleagues.

2. CELEBRATE YOUR CHILD

Nothing makes a bigger impact on people than meeting our kids and getting to know them. That isn't always possible in real life, but you can make a video about life with Down syndrome: what it is, what it means for your child and your family, and some of the special experiences you've had. Consider letting your child take over your social media for the month, posting funny pictures or moments with a quick explanation. Overshare milestones such as sleeping more regularly, healing from a surgery, or new communication skills. By sharing these moments with others, you are not only helping to spread awareness, but you are also creating a digital memory book that will allow you to look back on these moments and remember the feelings that you had at that exact time.

3. SHARE YOUR STORY

If you have a child with Down syndrome, you probably didn't make it too far through your child's first year before you received the dreaded question: "How did you feel when you found out your child had Down syndrome?" There are no easy answers to that; feelings are expectedly complex and fully textured. However, when you tell your story to others instead of passing it off with a quick comment, you're giving them a small window into your experiences – what you thought then and how you feel now. Parents of a child with disabilities don't want pity. Instead, we want others to see our kids as we do, celebrate their small victories, mourn their setbacks, and ultimately be a cheerleader for them. As you share your story, you are building compassion for kids and adults with Down syndrome that can have a lasting ripple effect.

4. WORDS AND LANGUAGE MATTER

Few things get me more riled up than the "r" word. Retarded is a loaded and offensive term, especially when it's bandied about like an insult or joke. I know most people "don't mean anything by it," but for those of us who love someone with an intellectual disability, it's the equivalent of other words that offend people of a certain cultures, races, or sexual orientations. The "r" word is a slap in the face to children and adults who have to work twice as hard every day to learn, grow, and master skills that others take for granted. People with Down syndrome just want to fit in and be treated like everyone else. There is a national campaign called "Spread the Word to End the Word." Start under your own roof and work outward from there.

Also, try to use "people first" language when talking about your child. People have Down syndrome. They don't "suffer" from it. My son is not a "Down's kid." He's a kid who happens to have Down syndrome. Individuals with disabilities are people first, so we should always talk about them that way. The emphasis should be on the individual, not the disability.

CORRECT: A BABY OR CHILD WITH DOWN SYNDROME • INCORRECT: A 'DOWN SYNDROME CHILD' OR 'DOWN'S BABY'

5. TELL PEOPLE HOW THEY CAN HELP

Let your friends and family know how they can help. They can volunteer with Special Olympics or local organizations that provide support and activities for people with Down syndrome. They can attend performances and support businesses by young people with Down syndrome. They can also donate to the National Down Syndrome Society, where contributions help to fund ongoing research into Down syndrome. Have questions about the charity to which you're donating? Check out CharityNavigator.org for facts such as the impact of individual nonprofits.

Helping others see the challenges and beauty that come with Down syndrome can be an everyday affair. But Down Syndrome Awareness Month is a great opportunity to amp up your outreach and add your voice to the chorus of parents making a difference for their children.

For more info, visit www.wondermoms.org

KIDS FOR PRIVACY

By Lauren Kolacki

In today's society it is encouraged to post your children all over social media. Family members and friends love being able to watch your kids grow, since it happens so quickly. Parents post innocent pictures of their children playing in the park, bathing, laying on the beach and without thinking they hashtag something cute and catchy. The issue with these hashtags is that it gives a direct route to the picture of your 3-year-old daughter exposed on the beach. David Angelo, the Chairman of the Child Rescue Coalition admits pedophiles search for hashtags such as; #BathTime, #NakedKids #BikiniKids and #NakedKidsInATub #ToiletTraining to easily access pictures with this content.

April is National Child Abuse Prevention month and this year the Child Rescue Coalition also launched its Kids for Privacy Campaign. The reason being, parents are naive, they do not realize how easy it is for these pictures to be saved, downloaded and reposted by the wrong people. The Child Rescue Coalition mentions how research has found that by age 2, 90 percent of children already have a presence on social media.

The importance of spreading awareness on this topic is imperative. Child predators exist everywhere and they are doing more than distributing pornography. The internet has made stalking and communicating way too easy for people with the wrong intentions. Pedophiles can stalk children, share information and trade tips and techniques on how to seduce and lure them into sexual encounters.

The campaign was successful in educating parents on the potential dangers of exhibiting the vulnerability of their children. Despite the privacy of your account, the campaign suggests asking yourself a few questions before posting a picture. "Why am I sharing this?", "Would I want someone else to share an image like this of me?", "Would I want this image of my child viewed and downloaded by predators on the Dark Web?" and "Is this something I want to be part of my child's digital life?" Once a photo is uploaded, it is out of your control. It is time to become more conscious and continue to spread awareness on this topic.



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Meet Joy & Jake

Autism Spectrum Disorder is a developmental disorder that is prevalent in 1 in 59 children in the United States. The term “spectrum” is utilized because of the wide scope of challenges each child could face. These conditions range from social skills and communication to behaviors, reasoning and definitive strengths. In attempts to compile information more profound than a list of CDC facts, I spoke with a local mother, Joy Ryan, who's life has been affected by Autism.

Joy's 21-year-old son, Jake, was officially diagnosed with autism when he was five years old. The most obvious signs of Autism tend to appear between 2 and 3 years of age and sometimes as early as 18 months. Jake was no different, he received speech therapy but because of the lack of education on Autism 20 years ago, Jake's doctor ensured his inability to speak was nothing to worry about and the milestone would soon come.

There is a considerable difference in Autism Awareness today. According to Autism Speaks, there are signs to be conscious of at each age.

- *By 6 months: no social smiles or expressions directed at people, limited or no eye contact*
- *By 9 months: no sharing of vocal sounds, smiles or other nonverbal communication*
- *By 12 months: no babbling, no attempts to communicate, no response to name when called*
- *By 16 months: no words*
- *By 24 months: no meaningful, two-word phrases*
- *Any loss of any previously acquired speech, babbling or social skills*

Joy explains that no two children on the spectrum are the same, “You met one kid with Autism, you met one kid with Autism”. This is one of the reasons Jake attending school in his district was ineffective. The school unsuccessfully provided the proper services to Jake because of his social skills and ability to verbalize. After research, Joy decided it would be best to relocate his education. Jake then attended The Academy Learning Center, and now, The Douglass Developmental Disabilities Center where Joy prides them both on their competency and ability to gear his learning to meet his needs.

ABA Therapy is an evidence-based practice treatment that is used to improve attention, focus, social skills, memory, academics, communication and behaviors. This type of therapy is suggested for those with Autism and Joy wishes it was more prominent when Jake was younger, however, she is



pleased with the services he receives now. Jake's therapists work to help him become more independent. Together they deviate out of the house and into the community to practice job sampling and everyday activities.

Gastrointestinal disorders, seizures, sleep disturbances, attention deficit and hyperactivity disorder, anxiety and phobias are all medical and mental health issues that frequently accompany autism. One of the biggest challenges Jake experiences is his bouts of anxiety and OCD. When he cannot properly identify emotions, he becomes overwhelmed, which can result in a meltdown.

Joy finds the greatest challenge of having a son with autism is the opinions and failure of acceptance from society, which has helped her grow as a person. She claims her son's diagnosis has taught her a great deal patience, how to live in the moment and how to celebrate every small milestone. Joy's advice to other parents who have recently discovered their child's diagnosis would be to become as educated on the topic as possible, as you have to advocate for your child. Joy has cultivated friendships with families in similar situations and she finds it provides a great support system. She finds comfort in being able turn to another mom who can relate and share advice. Joy ended her interview with, “Having a son with autism has taught me acceptance, I realize everyone has challenges, but everyone is important, and everyone is special.”



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Special Needs Transition Back to School

By Lauren Kolacki

Getting your child ready for back to school can be difficult no matter their age. School clothes, supplies and getting them back into a routine after a summer of sleeping in and play dates. This can be challenging for any child, but especially one with special needs. Specialists suggest a series of steps to take in the weeks before the first day of school to assure an easier adjustment.

In the weeks leading up to the first day of school, try getting your child back on a fixed sleep schedule. Each night has your child start going to bed a little earlier until they are used to their regular bed time. If your child takes specific medicine during the school year, speak to your doctor about having them start that back up again. Be sure to start reintroducing any part of your school year routine that may have been lost in the summer haze.

Remind your child what they like about school; certain subjects, certain people. Be mindful of the worries they may have and assure them that you will resolve them together. Have your child reconnect with some of their friends or children that will be in their class. This will give them something to look forward too as the school year approaches.

Most teachers will begin the school year reminiscing on the summer. Help your child to be ready. Discuss some of the best adventures they went on, meals they ate, friends they saw. Then when the topic is brought up in the classroom, they will feel more confident to speak about it.

The best way to ease your child's anxiety is to let them know what to expect. Go over their fall schedule with them. School days, events, extracurricular activities, family outings. Once they know what the months ahead look like, they can mentally prepare themselves.

When it comes to school work, if you are unable to efficiently aid, find somebody who can. And most importantly, make sure your child knows that they can always come to you. Always give them the chance to discuss how they are feeling or what they worry about.





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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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A Clever Way to Limit Your Child's Candy

By: Mia Ingui

Scenario: you have succeeded in keeping your New Year's resolution of making healthier lifestyle choices and eating clean, healthy foods. That isn't easy as is! But throw in a house full of kids committed to their own diets of sugar and salt, and it can be tough trying to run a healthy household. Then that dreaded candy filled holiday comes around, and your kids come inside after trick or treating and dump a pillowcase full of candy onto the counter.

How can you keep them from overdosing on sugary sweets? There are some clever ways to monitor the candy intake in the house by you and your kids.

First, the candy could become a reward and incentive for the kids. Keep it all stored away, and when the kids are on their best behaviors and are doing a good job of keeping organized and responsible, then they can indulge in their Halloween stash a bit. Or, maybe let your kids make a swap with you for some of their candy. Make a trade-off. If they give you some candy, give them a small toy or an allowance. Or, let them keep their favorite candies, but you could get rid of the excess so that there isn't any unneeded temptation in the house. Ultimately, Halloween is a night to have some fun and enjoy the huge amounts of candy, so let your child enjoy themselves, but monitoring the amount of candy they eat is key to keep them healthy.



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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!



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Chia Pudding

By, Lauren Kolacki

Society is always in a rush; to get to school, to get to work. We don't have enough time in the morning to fully get ready, let alone prepare our breakfast. But as we know, breakfast is the most important meal of the day. It kicks starts our metabolism and is linked to more energy and better concentration. Chia pudding is a quick and easy recipe that can be concocted at night and left in the refrigerator.

INGREDIENTS

- 1 cup milk of choice (healthiest options: unsweetened coconut, almond, cashew, skim milk)
- 1/4 cup chia seeds
- 1/4 tsp pure vanilla extract
- Sweetener of choice (honey, maple syrup, stevia, peanut butter, pb2, etc.)
- Toppings (Nuts, berries, fruit, coconut flakes)

PREPARATION

Stir everything together in a container and chill until thick. Adding the toppings right before you indulge tastes best. Not only is this meal quick and easy but it has several benefits. Chia pudding is high in vitamins, fiber, protein, calcium and omega 3, which allows you to feel full longer. Depending on your ingredient choices this meal can be vegan, gluten free, raw, paleo, low calorie, low carb or keto. The best part about this breakfast is that there are so many variations, avoiding the feeling of eating the same old boring breakfast.



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INGREDIENTS

- 1 cup quinoa, rinsed
- 1 ½ cup water, or vegetable broth
- 1 ¼ cup salsa
- 1 tablespoon cumin
- 15 oz black bean, 1 can, drained & rinsed
- 1 cup frozen corn, defrosted
- 1 salt, to taste
- 1 olive oil, to taste
- 1 avocado, mashed
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 3 tablespoons olive oil
- 1 salt, to taste
- 1 pepper, to taste
- 4 tablespoons water
- 1 tortilla, to serve, optional

PREPARATION

1. In a medium saucepan, combine quinoa and water, and bring to a boil over high heat. Reduce heat to low, cover with a lid, and simmer for 10 minutes.
2. Add in salsa and cumin, and cover for 5 more minutes or until quinoa is fluffy.
3. Add in black beans, corn, salt, and olive oil, and stir until combined.
4. For the avocado dressing, combine avocado, garlic, lemon juice, olive oil, salt, and pepper in liquid measuring cup and whisk until smooth.
5. Whisk in water a little bit at a time until desired consistency is reached.
6. For extra smooth consistency, process all ingredients in blender or food processor.
6. Portion out into 4 containers and refrigerate for up to 5 days.
7. Enjoy!

Roasted Vegetables and Lentil Lunch

Low in calories and high in nutrition lentils are for sure a great lunch. They fill you up, are high in fiber and are also very inexpensive too!

INGREDIENTS

- 2 cups butternut squash, cubed
- 2 cups brussels sprout, quartered
- 1 red onion, cut into wedges
- 1 tablespoon olive oil
- 1 salt, to taste
- 1 pepper, to taste

PREPARATION

1. Preheat oven to 400°F (200°C).
2. Add butternut squash, Brussels sprouts, and red onion to a parchment paper-lined baking sheet. Season with olive oil, salt, and pepper, and use hands to mix until seasoning is fully distributed.
3. Bake for 20 minutes, flipping halfway through.
4. In a medium saucepan, add lentils and water, and bring to a boil.
5. Reduce heat to a simmer and cover for 20-25 minutes or until lentils are tender. Drain excess water if necessary.
6. When vegetables are finished roasting, transfer to a mixing bowl and add lentils.
7. For the dressing, combine balsamic vinegar, maple syrup, salt, and pepper in liquid measuring cup and whisk until combined.
8. Pour dressing over lentils and vegetables and toss until fully coated.
9. Transfer lentil salad to two containers and refrigerate for up to 5 days.



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Q: What is an Endoscopic Discectomy?

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

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How To Avoid Spreading Germs Within Your Home

It takes just one cold or flu germ inside your home before the entire family could begin coughing, sneezing, and feeling miserable. There are simple ways to stop the spread of common germs at home.

TRY THESE TIPS AND KEEP YOUR FAMILY HEALTHY.

1. Take off your shoes at the door. The soles of your shoes connect with filthy floors in stores, restaurants, offices, and sidewalks. Avoid spreading those germs throughout your home's floors and carpets.
2. Twice a day, wipe down light switches, remote controls, doorknobs, the refrigerator handle, faucet handles, and everything else that the entire family touches on a daily basis. This may be impractical on a daily basis, but if your friends or family have been sick, you should take the time to sanitize these areas.
3. Clean your toothbrushes. Douse them with peroxide, then rinse with water and put them in the microwave for 10 seconds. Better yet, buy in bulk and change brushes every week.
4. If anyone in the house is already sick, use separate bath and hand towels. If possible, designate one bathroom for the sick person while the rest of the family uses another.
5. Clean counters and other surfaces with paper towels. Avoid spreading germs by wiping a contaminated sponge or kitchen towel.
6. Each day, wipe the bottom of your purse or briefcase. These items can be contaminated from touching floors, seats or tables in public areas.
7. Clean your computer keyboard and mouse every day. Desk areas can be very germey.
8. Change your pillowcases every few days and wash sheets once a week.
9. Remember to avoid touching your face, especially your nose, mouth, and eyes. Wash your hands regularly. Shower daily and launder clothing that you have worn in public places.



It's Easy Being Green

By Alexandra Tringali

Avocados are quickly becoming a staple ingredient in American households. They're loaded with vitamins and nutrients, and their creamy, yet mild flavor allows them to be the perfect addition to almost any recipe, whether it's brownies, shakes, on toast, or even on their own, with a sprinkle of salt and pepper. However, as soon as you cut into an avocado, the vibrant fruit will begin to brown.

Why does this happen to fruits like apples and avocados? It's because of the reaction between the phenols and oxygen, from an enzyme called polyphenol oxidase (PPO.) Once the phenols are hit with oxygen, PPO oxidizes them, forming long chains of polymers called polyphenols. These turn any fruit with phenols brown. While the brown flesh is still edible, it may have a bitter taste to it, and the longer the fruit is exposed to air, the more bacteria can grow on it.

However, with the right tips and tricks, you can delay this process and extend your avocado's shelf life.

Chopped Onions

The first and most effective method of maintaining an avocado's freshness and vibrancy is to store it with chopped onions. While this means you probably shouldn't add this avocado to brownie or milkshake recipes, chopped onions help extend your avocado's shelf life due to sulfur dioxide. (Try adding both the avocado and onions to scrambled eggs instead!) When cut, an onion releases sulfur dioxide, which inhibits polyphenol oxidase and stops the fruit from browning. Storing an avocado with chopped onions extends its refrigerator life for up to five days.

Low Temperatures

The lower the temperature an avocado is stored in, the better. Storing an avocado at 5° Celsius (around 41° Fahrenheit) extends the shelf life of an avocado to five days. This is because colder temperatures slow down the polyphenol oxidase activity.

Acidic Juices

Every elementary school science class included an experiment with putting lemon juice on apples to see if the apples will turn brown. This is because acidic juices, like that from lemons or limes, inhibit polyphenol oxidase. Lemons and limes are rich in ascorbic acid (vitamin C) and citric acid, which keep avocados fresh and green for up to two days.

Basic Storage Techniques

Tricks like storing an avocado with onions or lemon juice can limit the amount of uses an avocado has, because it can very easily take on the powerful flavors it's stored with. By tightly wrapping an avocado in plastic wrap or storing it in an airtight container and placing it in the refrigerator, you can avoid browning for up to a day.

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Keeping your Home Electrically Safe

By Lauren Kolacki

According to the National Fire Protection Association, 47,700 home fires in the U.S. are caused by electrical failures or malfunctions each year. These fires result in 418 deaths, 1,570 injuries, and \$1.4 billion in property damage. Overloaded electrical circuits are a major cause of residential fires.

Help lower your risk of electrical fires by not overloading your electrical system.

- Overloaded circuit warning signs:
- Flickering, blinking, or dimming lights
- Frequently tripped circuit breakers or blown fuses
- Warm or discolored wall plates
- Cracking, sizzling, or buzzing from receptacles
- Burning odor coming from receptacles or wall switches
- Mild shock or tingle from appliances, receptacles, or switches

How to prevent electrical overloads:

- Never use extension cords or multi-outlet converters for appliances
- All major appliances should be plugged directly into a wall receptacle outlet. Only plug one heat producing appliance into a receptacle outlet at a time
- A heavy reliance on extension cords is an indication that you have too few outlets to address your needs. Have a qualified electrician inspect your home and add new outlets
- Power strips only add additional outlets; they do not change the amount of power being received from the outlet

Electricity is everywhere and it affects every aspect of our lives. However, it isn't until we lose power or get hurt that we realize just how much we take electricity for granted so make sure your home's electrical system is safe.

The CPSC estimates more than 50% of electrical fires that occur every year can be prevented by Arc Fault Circuit Interrupters (AFCIs)



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DIY Bug Repellants

By Lauren Kolacki

Unfortunately, no matter how much you scrub and clean, bugs around the house are inevitable. With pets and small children, you might be reluctant to spray harmful pesticides all over. We have compiled a list of easy and effective DIY bug repellants that are safe to use around your family and pets.

To cease mosquitoes from entering your home, place lavender, catnip, or basil near any entrances to your home. The essential oils in lavender and basil are toxic to mosquito larvae, while studies have shown that catnip is one of the most effective repellants.

With a fruit bowl in sight, fruit flies are unavoidable. These pesky creatures are present despite the cleanliness of your kitchen. An easy DIY trap can be created by mixing water and red wine vinegar in a cup then creating a funnel out of a coffee filter. The mixture will draw the flies towards the cup while the filter will refrain them from getting out.

One of the less common, and more frightening, critters you find around the house are spiders. In order to keep them far, far away mix one tablespoon of peppermint essential oil and one cup of water in a misting bottle. Spiders are turned off by the strong scent of the oil so use the bottle to spray any entrance, crack or molding.

The last insect you want to see crawling around your house is a cockroach. In order to keep these beetle-like bugs away, mix two cups of water with two tablespoons of tea tree oil. Once again, the strong fragrance is off putting to these critters.

The most popular insect you see crawling around your home are ants. Drop one little crumb and you'll have an entire village. Before the ants even become an issue, combine water, white vinegar and essential oil in a spray bottle and mist all doors and baseboards in your home.



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Dr. Tatyana Ponti, MD



Dr. Tatyana Ponti has been practicing medicine for over 20 years.

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She takes a proactive approach in her work utilizing the best of modern diagnostics and technology but always adhering to her philosophy that:

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She provides comprehensive and in-depth care and has a well of specialists she is confident to provide referrals to, spanning the country.

She is constantly studying new techniques and attends multiple symposiums and seminars throughout the year.

She also has an interest in alternative methods of medicine.

She views medicine as both an art and science.

She lives with her husband in Monmouth County and enjoys being part of the community she serves.

Her interests include Crossfit, Yoga, running, skiing, collecting and restoring antiques, art, and cooking.

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Dr. Maxim Sulla, DDS

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Dr. Sulla received his DDS degree from the prestigious NYU College of Dentistry. He then continued onto a 2-year additional education and hospital training at Rutgers (formerly UMDNJ) University and received his specialty certificate in Pediatric Dentistry. Dr. Sulla is the immediate past president of the NJ Academy of Pediatric Dentistry and a Council member for American Academy of Pediatric Dentistry.

Dr. Max and his team offer services to children from infancy thru college as well as to patients with Special Needs. He's been recouping by NJ Autism as a preferred CNJ provider and selected as NJ Monthly's Top Dentist by peers.

Dr. Max is one of few specialists who offer laser treatment including frenectomies for infants and children suffering from lip and tongue ties. In addition, he treats children utilizing laughing gas, conscious and IV sedations as well as general anesthesia at local hospitals.

Most recently, Dr Max added another great service to his practice: Mobile Dentistry visiting local schools offering preventative and educational services to children.

When not at work, he enjoys spending time with his wife Elana and their three children Matthew, Jordana, Vivien and their dog Tango.

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Dr. Jethwa is one of the nation's most innovative vascular, dual-trained neurosurgeons. This special training in cerebrovascular and endovascular neurosurgery allows him to offer both surgical and minimally invasive endovascular solutions to complex cerebrovascular disease. He has joined Atlantic NeuroSurgical Specialists (ANS), home of the nation's most experienced neurosurgeons specializing in comprehensive care including vascular, tumor, spine and functional neurosurgery.

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Personal attention is the hallmark of Dr. Punitha Shivaprasad's practice at Premier Gastroenterology of Princeton. She graduated from the University of New England College of Osteopathic Medicine followed by Internal Medicine Residency and fellowship in Gastroenterology at Cooper University Hospital and an additional fellowship at Georgetown University Hospital, Washington, D.C.

Premier Gastroenterology and Dr. Shivaprasad provide specialized care for abdominal pain, colon cancer screening, GERD, peptic ulcer, GI bleed and celiac disease. Her specialty includes women's digestive health, IBS, ulcerative colitis, Crohn's Disease, diseases of the gallbladder, liver, and pancreas. Dr. Shivaprasad has advanced training in Endoscopic Ultrasound and Endoscopic retrograde cholangiopancreatography (ERCP) to benefit the local community with early detection of lethal cancers of pancreas, bile ducts, stomach, and esophagus.

Dr. Punitha Shivaprasad brings a lifetime of interest in medicine and years of intense study of the gastrointestinal system to her practice. Taking time to listen to her patients, Dr. Shivaprasad provides comfort and compassion in her chosen specialty.

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DO YOU HAVE THE RIGHT AUTOMOBILE INSURANCE?

By John Bazzurro

In my day-to-day practice, I generally see two or three new clients per week that have been involved in automobile accidents. Unfortunately, about 90% of these people carry a policy of automobile insurance that does not allow them to sue for personal injury resulting from a motor vehicle accident. The purpose of this article is to educate the public with respect to its rights as they relate to automobile insurance policies and to inform the public of its options with regard to what type of car insurance they should obtain.

The State of New Jersey is one of many states that have a "no-fault" system of automobile insurance. This basically means that your own automobile insurance company pays your medical bills arising out of a motor vehicle accident regardless of who was at fault in causing the accident. In many states that have a "no-fault" system, there is generally a "tort threshold" in insurance policies or within the state's statutes. New Jersey is a state that contains a "tort threshold" in its statute. This is generally called the "verbal threshold" or the "limitation on lawsuit" threshold.

What does this "threshold" term mean as it relates to your rights as a citizen? Basically, because of this statute, in order to obtain damages for an injury from an injury sustained in a car accident, you must prove that your injury fits into one of several categories. Generally, in such cases which involve spinal injuries, an injured person must prove that they have a permanent injury to an organ or body part that "has not healed to function normally and will not heal to function normally with further medical treatment" before they will be entitled to money damages.

Insurance companies use the above statutory language in an attempt to convince a judge or jury that such injuries are not related to an accident and, even if such an injury was related to the accident, the spine now "functions normally." Oftentimes, juries "buy into" these arguments and refuse to find that a permanent injury has occurred. Once a jury reaches that conclusion, the injured party is not entitled to receive a monetary award even where the injured party has sustained rather significant life-changing injuries.

What can you do to protect yourself and your family against such a unfair outcome? Fortunately, in the State of New Jersey, you have a choice as to whether or not you want this "limitation on lawsuit" option to apply to your policy. Of course, it is better if this limitation does not apply to your policy. Unfortunately, you must pay an extra insurance premium to have this limitation taken off of your insurance policy. Once you pay the extra premium, the limitation described above will not apply to you or any family members living in your household.

If you do not know whether or not the "limitation on lawsuit" applies to your automobile insurance policy, please feel free to contact us so that we may advise you appropriately. If you do have this limiting option on your car insurance policy, we suggest that you immediately contact your insurance company or agent to have the limitation removed. Generally, the increased premium will be no more than a few dollars per month but will provide you with an unlimited right to sue in the event you are injured in an accident.

Should you have any questions with regard to the above or other questions concerning automobile insurance as it relates to personal injury law, please feel free to contact our office.

JOHN T. BAZZURRO, Esq.

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HOW TO SAVE FOR COLLEGE

By Bryan Kudera

Anyone who's ever been to a toddler's first birthday can relate to a few common themes... a clown or superhero, crying babies (especially if Mom and Dad picked the clown), a Smash Cake, and someone offering up a college fund. This gift from Grandma or your Brother-In-Law that works at the bank might be the most boring, but any recent college grad will agree it's one awesome gift.

In today's day and age, it's not uncommon for a 4-year college tuition to cost over \$100k, and that's not including room and board! If you have more than one child, just start multiplying that 6-figure bill. So as the price of attending college continues to skyrocket, averaging about an 8% increase per year and in some years being as high as 6.5x the general inflation rate, how does a family plan ahead?

The most common and heavily marketed savings vehicles is the 529 College Savings Plan. Each state sponsors their own plan. There is a "Prepaid Tuition" variety, that some in-state and public colleges offer, which allows an account holder to buy credits at the participating college and lock in today's cost of tuition. However, if the beneficiary does not attend that college, the account holder will receive his/her money back with a small return. The more common "Education Savings Plan" provides investments in mutual funds or ETF's with tax-deferred growth and tax-free distribution if used for Qualified Higher Education Expenses. Savers should notice each individual state's potential matching grants or income-tax deductions. Beware, any withdrawals not used for higher education will be subject to income taxes and a 10% penalty on earnings, and these accounts may impact financial aid.

The less popular Coverdell Education Savings Account (commonly called an "ESA") only allows a saver to contribute up to \$2,000 per year, offering similar tax advantages as the 529. The draw here used to be that funds could be used for college OR K-12 expenses. However, since the Tax Cuts and Jobs Act of 2017, 529 plans may now be used for K-12 as well. These accounts do permit much more investment options, including stocks, than the 529 counterpart. As ESA's go by the wayside, they are now allowed to be rolled over to 529 Plan's to simplify things.

The third often looked at option is an UGMA (Uniform Gifts to Minors Act) or UTMA (Uniform Transfer to Minors Act), typically called a custodial account. These investment or cash accounts are funded by irrevocable contributions to a beneficiary that can never be changed. Once the child reaches age of majority in their state (typically 18-21) they have full access to the account. Parents need to be aware of potential tax implications as investment earnings over \$2,100 will be taxed at their rate (the Kiddie Tax). The other drawback is that for college financial aid, a custodial account is considered an asset of the child and will be more heavily weighted.

Some other frequently used, but rarely planned for, vehicles of college funding include real estate. More and more parents are taking out 2nd mortgages or Home Equity Lines of Credit (HELOC's) to tap their biggest asset on a tax-free basis to pay for education. The family home and any of its secured debt is not considered for FAFSA. Another tool not included in financial aid formulas is Cash Value Life Insurance. Such policies can provide self-completion in the event of death or disability, tax-favored access to cash values, parental control to any age, guaranteed growth, and usable for any goal. Roth IRA's also provide multiple solutions, typically used as a tax-free retirement investment account, contributions can also be withdrawn for higher education tax and penalty-free.

Hopefully this snapshot will help you start saving for your kids' or grandkid's education and put an end to the rampant student loan epidemic.



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Promoting physical activity for older adults is especially important because this population is the least physically active of any age group.

For adults aged 65 and older who are fit and have no limiting chronic conditions, the guidelines are the same as those for all adults.

AVOID INACTIVITY

Some physical activity is better than none — and any amount has health benefits.

DO AEROBIC ACTIVITY

For substantial health benefits, do one of the following:

- 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or gardening)
- 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic physical activity (such as jogging or swimming laps)
- An equivalent combination of moderate- and vigorous-intensity aerobic physical activity
- Do aerobic physical activity in episodes of at least 10 minutes and, if possible, spread it out through the week.

FOR EVEN GREATER HEALTH BENEFITS, DO ONE OF THE FOLLOWING:

- Increase moderate-intensity aerobic physical activity to 300 minutes (5 hours) each week
- Increase vigorous-intensity aerobic activity for 150 minutes (2 hours and 30 minutes) each week
- Doing more will lead to even greater health benefits.

STRENGTHEN MUSCLES

Do muscle-strengthening activities (such as lifting weights or using resistance bands) that are moderate or high intensity and involve all major muscle groups on 2 or more days a week.

GUIDELINES JUST FOR OLDER ADULTS

- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow
- Older adults should do exercises that maintain or improve balance if they are at risk of falling
- Older adults should determine their level of effort for physical activity relative to their level of fitness
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely

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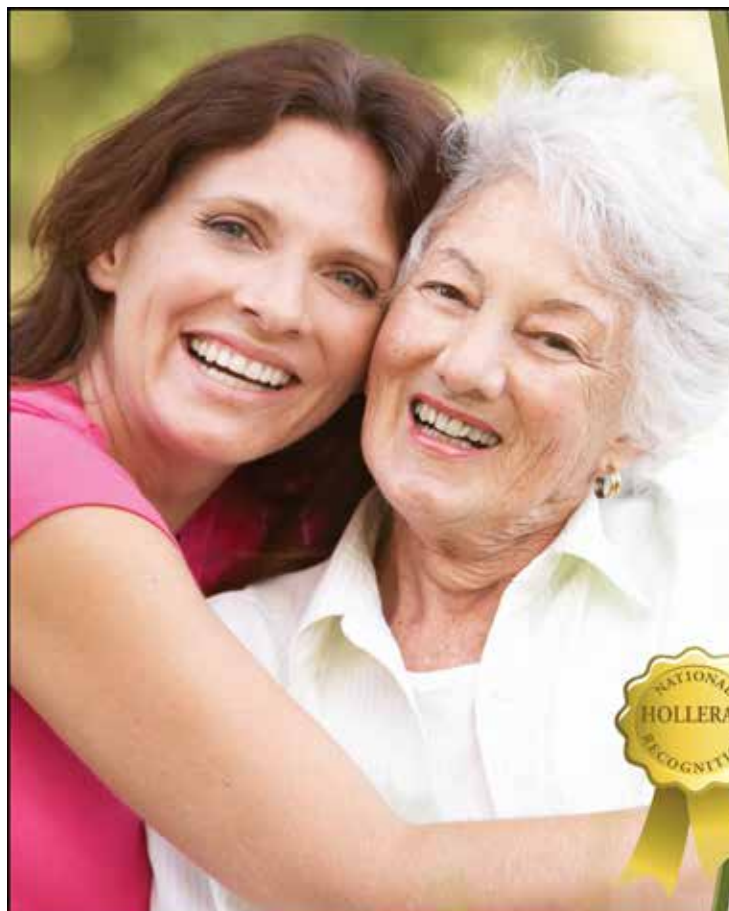


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THE TEAL TEA FOUNDATION SPREADS OVARIAN CANCER AWARENESS ONE FUNDRAISER AT A TIME

By Abigail Urban

Have you ever spotted teal ribbons tied around trees in your local town during September? These decorations might have been placed by the Teal Tea Foundation, which is a foundation that raises awareness of ovarian cancer and raises money for research to find a cure.

This New Jersey-based nonprofit participates in various activities to raise awareness of ovarian cancer, such as working with the Turn the Towns Teal organization, a group that ties ribbons around trees during ovarian cancer awareness month.

"For most women, ovarian cancer just isn't on their radars. Breast cancer is. Everyone knows about breast cancer and self-examinations," Executive Director of the Teal Tea Foundation Jean Shipos said. "According to national statistics (American Cancer Society), ovarian cancer is one of the top five causes of female deaths each year. Through our awareness efforts, we're able to reach out to women nation-wide and share our message of awareness through distribution of free bookmarks, and/or staffing tables at public health and women's events. If we can save the life of one woman, we've made a difference."

"The Teal Tea Foundation also has a program called Give Women a Lift that provides gynecological cancer patients in New Jersey and seven counties in Pennsylvania transportation to their treatment appointments," President of the Teal Foundation Janice Swierczek said.

Women diagnosed with ovarian cancer or other types of gynecological cancer are supported through the FIGHT (Friendly Inspirational Greetings and Heartfelt Thoughts) program where the Teal Tea Foundation sends cards of encouragement to a patient whose address is given by family or friends.

As for research funds, the foundation is currently offering a \$20,000 research grant to a researcher working toward early detection advances for ovarian cancer patients.

In order to raise money for these services and to fund research, the Teal Tea Foundation holds two major fundraising events as well as multiple smaller events per year. One event on Sept. 16, 2018, the Tealicious Fashion Show will be held at the Trenton Country Club and will offer lunch, door prizes and a fashion show for a \$60 ticket.

"I am most proud of how the Teal Tea Foundation brings together a diverse group of women and men who devote precious resources - their time and their talents to raise awareness of ovarian cancer and to fight for a cure," Swierczek said. "Their commitment gives me hope that we will be able to find an early detection for ovarian cancer; that we will be able to increase awareness of the symptoms of ovarian cancer so that more women will recognize the symptoms of ovarian cancer and get treatment."



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MEN'S HEALTH

By Lauren Kolacki

As we get older we start to experience aches and pains in muscles we didn't even know existed. You begin to have health concerns that never crossed your mind before. It is important to be mindful of your health and continue to get checked regularly for any changes or abnormalities.

Prostate cancer is the second leading cause of cancer death in American men. With that being said, being aware of the signs and symptoms can be the difference in life or death. At the age of 40, men should have a baseline PSA. This number should be discussed with a specialist who can point you in a correct direction. Be sure to know your family's history of Prostate Cancer. Men who have a brother or father with a history of this cancer are twice as likely to be diagnosed with the disease. African American men are at the highest risk for this illness.

As most of us know, high cholesterol raises the risk of a heart attack, stroke and peripheral artery disease. Yes, genetics can play a role in this, but our lifestyle choices are the main proponents. Unhealthy eating, lack of exercise, smoking and excessive alcohol intake all contribute to our health. Studies show that men who exercise regularly may delay age-related high cholesterol.

While women experience menopause when their hormones drop suddenly, men experience something similar. Andropause is the male version of menopause. Contrary to female menopause, men experience a gradual drop in hormones over a longer period of time. This can still result in low sex drive, hot flashes, depression, irritability, mood swings, increased body fat, and decreased energy. Your diet can decrease these symptoms, as a loss in belly fat increases testosterone levels, as well as, vitamin D.

As your age increases, so should your number of health screens. Women live an average 5 years more than men, as more men suffer and die from chronic illnesses than women. They're 1.3 times more likely to have cancer than women and 2 times more likely to die from liver disease. Men should continue to be educated and aware about their health in hopes to change these statistics.



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Komen CSNJ's **MORE THAN PINK** Walk Committee Co-Chairs Lead the Way for a Meaningful, Memorable and Exciting Event

By Olivia Bonevento

As two longtime volunteers of Susan G. Komen Central and South Jersey (Komen CSNJ), Janet Marzocca and Scott Present go above and beyond in their roles, working side-by-side with staff, survivors, other volunteers and donors to make the organization's annual walk event special, memorable and meaningful.

"I have been privileged to work with so many wonderful, caring people who work at or volunteer for Komen," said Marzocca. "From survivors to co-survivors, and volunteers who have lost someone to those who just want to do something about breast cancer, they are the most dedicated group of individuals that I am proud to call my friends."

This year, Komen CSNJ will be celebrating 25 years of making an impact in its communities with the inaugural **MORE THAN PINK** Walk on Sunday, November 4 at Six Flags Great Adventure. The event is dedicated to raising funds and awareness, while celebrating survivorship and honoring those who have lost their battle with breast cancer. The **MORE THAN PINK** Walk is a fresh take on its Race for the Cure series, with a new look and experience that will energize the community around the life-saving work your support makes possible.

Marzocca and Present will be taking the lead on driving this event's success, helping to connect the community with Komen's four pillars of impact—research, care, community and action. Their reason to come together for this year's **MORE THAN PINK** Walk as co-chairs is simple: they both are dedicated to end breast cancer forever.

Janet's Journey

Janet Marzocca, of Jackson, NJ, has been an integral part of Komen CSNJ's annual walk since its early beginnings, raising funds and awareness that helped drive the fight against breast cancer in central and southern New Jersey.

Her involvement in the breast cancer community started in 2004, when she and her friends were getting a group together to walk at Johnson Park in Jackson, NJ.

"I lost my Aunt Pat to breast cancer, and I thought getting involved would be a nice way to honor her memory," said Marzocca. "I heard Nancy Healy [former executive director of Komen CSNJ] speak and I was hooked. We formed a committee and began to raise money for the Komen community."

This committee did so for 10 years and raised over \$100,000 for the Komen cause.

After being diagnosed with breast cancer in 2005 herself, Marzocca felt even more empowered to take action. As a 13-year breast cancer survivor, she has been the perfect person to help lead the survivor tent experience since 2008, ensuring that survivors and those living with metastatic breast cancer have a memorable and moving experience at Komen CSNJ's annual walk event. She has been a source of knowledge and inspiration for other women and men going through their own journeys with breast cancer.

"You need to be your own advocate; research the doctors in your area, and ask people for recommendations," said Marzocca. "Contact Komen for help if need be, and don't be afraid to ask; you aren't alone."

To celebrate her commitment to Komen CSNJ's mission, Marzocca will be the committee co-chair of this year's **MORE THAN PINK** Walk and will be the chair of the new and improved survivor experience, called Hope Village.

"I hope all of the survivors and metastatic lives will come to the new Hope Village to celebrate the 25th anniversary of Komen CSNJ," said Marzocca. "The **MORE THAN PINK** Walk is going to be very special."



Scott's Story

Scott Present, founder of Xtreme Event Group of Manalapan, NJ, has been passionate about entertaining and volunteering since his early childhood, values instilled by his parents.

"It is remarkable how something as simple as music can truly bring people together," said Present.

As a business owner and entrepreneur, Present has constantly looked for ways to give back to his community. Since being founded by Present in 2004, Xtreme Event Group has donated countless hours of time, talent and resources to local organizations that stand for a cause, including Komen CSNJ.

"It is an honor to celebrate the most important day in someone's life," said Present. "Supporting our community through giving has always been a cornerstone of our business."

Present first became involved with Komen CSNJ at its 2013 Race for the Cure event by providing music, and he wanted to help after hearing the stories of several close friends struggling with breast cancer. Since that time, his connection and contribution to the Komen cause has continued to grow, leading up to become the committee co-chair for this year's MORE THAN PINK Walk.

"For me, the annual walk is one of my favorite events all year to provide entertainment for," said Present. "I am not only personally inspired by the thousands of survivors that attend, but I am also so humbled that my passion for entertaining truly helps to inspire and instill hope in so many people."

Present's drive, ingenuity and passion as one of the MORE THAN PINK Walk's leaders will ensure that Komen CSNJ can further its vision of a world without breast cancer—all while bringing survivors, co-survivors, volunteers, sponsors and donors together through the powers of music and inspiration.

"Over the last five years I have witnessed first-hand the impact that Komen CSNJ has on the community and countless lives the organization saves," said Present. "It is extremely rewarding to know that my efforts directly make a difference, and I am grateful for the strong partnership and friendship I have forged with the Komen team."

With Marzocca and Present leading the way for the exciting MORE THAN PINK Walk, participants, donors, sponsors and volunteers can expect a day filled with hope, celebration and promise.

Each year, these two work tirelessly behind-the-scenes to ensure an incredible day takes place each year, honoring the tradition set in place 25 years ago, while bringing forth new and exciting experiences.

Join Janet and Scott at this year's MORE THAN PINK Walk on Sunday, November 4th at Six Flags Great Adventure and experience the excitement, energy and celebration. Visit komencsnj.org/25years and register today!



HOW TO TALK TO YOUR TEEN ABOUT DEPRESSION AND SUICIDE

By Ankur Desai, MD

The Internet shows like “13 Reasons Why” and celebrity deaths like Anthony Bourdain and Kate Spade have pushed the topic of suicide to the forefront for many Americans, but especially for teens.

Death by suicide is on the rise and this appears to be closely correlated to the increase in depression in youths and young adults, based on the latest research from the Centers for Disease Control and Prevention (CDC). In fact, suicide was the second leading cause of death in young people aged 15 to 34, and the third leading cause of death in youths aged 10 to 14. This makes it one of the most prevalent health issues facing young people today.

Untreated depression is a significant risk factor for suicidal behavior and suicide attempts. Do you know the warning signs?

The Impact of the Media and Technology

When high-profile suicides occur close together, like in the case of Bourdain and Spade, teens become more aware of the trend. Coupled with the Netflix series “13 Reasons Why,” which follows the story of high school student Hannah Baker’s suicide, teens may develop the impression that suicide is an acceptable solution.

Twenty to 25 percent of youth will experience a mental health disorder in their lifetime, with most mental health disorders beginning in childhood or adolescence, according to the National Co-Morbidity Survey: Adolescent Supplement.

The “virtual world” can give us a false sense of connectedness through apps like texting, Facebook, Snapchat, and Instagram. Excessive amounts of screen time and use of social media doesn’t provide children with the opportunity to form and develop live, in-person relationships. Social media provides a false lens through which to filter reality from our lives.

As an extreme example, a seemingly innocuous social gaff can be shared and amplified on social media instantly, resulting initially in embarrassment and potentially to social isolation and feelings of loneliness and hopelessness. These feelings could develop into a larger depressive episode with more serious implications.

Despite having some of the stiffest anti-bullying laws in the country, New Jersey teens still can feel bullied. As recently as the summer 2017, a 12-year-old Rockaway Township middle school student took her life after being harassed at school and online through texting, Snapchat, and Instagram.

Recognizing the Signs of Depression

One in four adolescents will experience mental disorders that are severe enough to cause significant functional impairment. Recognizing the signs of depression is critically important to ensure that your child gets the services and support that he or she needs.

THE POTENTIAL SIGNS OF DEPRESSION AND ANXIETY, INCLUDE:

- Changes in energy level
- Changes in appetite
- Changes in concentration, which could result in a decline in academic performance
- Avoiding school and social events that is distinctively out of character to previous behavior
- Negative thoughts about themselves, the world around them, and the future
- Loss of interest in activities which he or she previously enjoyed
- Suicidal thinking and non-suicidal self-injurious behaviors, such as cutting
- Substance use and experimentation
- Increased irritability
- Change in sleep patterns
- Physical complaints with no clear medical cause or etiology

If you notice any of these signs, be careful not to attribute it to “teens being teens.” As a parent, caregiver, or well-wisher, it’s important to identify when there is a change from baseline emotional and behavioral functioning. Ask your child what’s bothering her. Try to be proactive and preventive by opening the lines of communication and keeping them open. Remember, you are the parent, not your child’s friend. It’s important to communicate and be aware of your child’s on-screen and off-screen life. There’s a fine line between being a “helicopter parent,” who intrusively hovers over their children, and being an accessible, interactive parent who provides space but is knowledgeable about what’s going on in your child’s life.

Your child may be hesitant to talk at first and just provide one-word answers. That's OK. It's not about the words that are exchanged; some of best interactions will be through shared experiences while working on something together or trying to complete a task together. Once you've established a level of comfort and trust, your child will talk when they are ready. They may even choose to talk to another trusted family member. Be open and supportive about whoever she chooses to confide in.

Should We Go to the ER?

Once you understand more about the issues your child is facing, seek support services, whether it's through your primary care physician, religious group, friends, family, community services or school resources.

If he or she is threatening self-harm or harm to someone else, a visit to the local emergency department is necessary. Hospitals are staffed with skilled mental health professionals who can help ensure your child stays safe. A recent study in the journal *Pediatrics* found that the numbers of kids being admitted or seeking help in the emergency department or hospital for suicidal ideation or attempts have almost tripled from 2008 to 2015. The rate of increase was highest among adolescent girls.

Be mindful of the potential risk factors and protective factors associated with suicidal ideation and behavior:

- A past history of suicide attempts
- A history of non-suicidal self-injurious behaviors
- Substance use
- Recent interpersonal conflicts

Protective factors, or qualities that can help a child cope with depression, include having a supportive family and social network and having a strong sense of religious or cultural identity. Once the child gets the support she needs, discuss a "safety plan" and the coping mechanisms that will be implemented if she becomes depressed again.

Suicide is preventable by knowing the signs and being observant. Be mindful and attentive to any emotional changes that you may notice, and take steps to get your child help and support.

Ankur Desai, MD, is a board-certified adolescent psychiatrist on staff at CentraState Medical Center and can be reached by calling 866-CENTRA7.



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SUPER-AGERS

By Lauren Kolacki

Erik Erikson was a Psychologist known for his theory of psychosocial development. This is an eight-step theory that analyzes situations that happen to us at certain ages, which contribute to the person we eventually become. “Ego Integrity vs. Despair” is the eighth and final stage of Erikson’s theory, where an individual reflects and asks, “Did I live a meaningful life?” He claims that a person enters this stage at age 65 and remains in it until death. However, super-agers invalidate this theory.

A super-ager is characterized as an energetic individual, exhibiting robust health that highlights optimism, resilience and perseverance, contrary to other people their age. This type of person says the last stage of your life doesn’t have to start at 65; in fact, it is an opportunity for your life to really begin.

As we get older, our bodies experience pronounced declines. Some people can’t move as quick or think as sharply, but studies show, embracing new challenges may be the key to preserving both physical and psychological function. Changing your life approach can be done by adding specific habits to your everyday routine. These qualities can be learned and developed by anyone.

You mustn’t feel bad about your life. Social media has inflamed our infatuation with comparing our lives to others, which only results in negative emotions. Reflecting on Erikson’s theory, at this age you begin to look back at your life, you may experience feelings of pride or regret. Let these feelings fuel you; this is a contingency to accomplish tasks you said you would years such as a chance to finish that novel or finally plant that garden.

Move out of your comfort zone, don’t be afraid to cut toxic people out of your life and meet new friends. Just because they have been around for a long period of time doesn’t mean they are positive influences. Letting people in can be intimidating, especially at an older age, but the joy that can come from it is encouraging. Super-agers don’t limit themselves to just people their own age; this opens doors to finding those with similar interest and hobbies.

Find a passion. Reading contributes to your mental capacity, gardening to your mobility, game night to your social life, etc. Filling your day with joyous activities inevitably, adds joy to your life

As you age, many will remind you to slow down a bit, but that doesn’t mean you have to stop all together. Continuing to exercise has substantial benefits. “If you don’t use it, you’ll lose it.” The less you activate your muscles, the weaker they become. This can result in more falls or accidents. As metabolism naturally slows with age, exercise helps you to maintain your weight, decreasing your risk of health issues.

Don’t believe that you have surpassed the age to learn new things. Super-agers refuse to accept the idea of sitting home all day. Say ‘yes’ more, volunteer more, and make active choices to change your life. By getting out of the house, you open yourself to the possibility to connect with new people and learn new things, this is what keeps the brain active and your mind young, and you never know what you will learn about yourself.

Continue to present yourself. Just because you are old, doesn’t mean you have to dress like it. By putting yourself together you will feel more confident and attract similar energy. When you do have those days when you are feeling down, be open to the idea of seeing a therapist. Psychotherapy wasn’t as common as it is now, so very few elders are intrigued by it. This can help you to process thoughts and feelings, as well as, give you healthy coping mechanisms for any problems you may be experiencing.

By implementing some of these beneficial habits into your everyday routine, you open yourself up though the possibility of becoming a super-ager. Aging is inevitable, but how you age is up to you.



QUESTION:

How Does Cellulaze Treat Cellulite?

ANSWER:

Cellulite affects up to eighty-five percent of women and has seen a myriad of tried approaches through the years. The problem has been that cellulite is a series of structural problems beneath the skin, not simply a fat problem. There are three components and most prior treatments addressed only one or two. The anatomical issues are as follows: fibrous bands pulling down specific areas of the skin (similar to the threads holding mattress buttons down), fat accumulation between the banded areas, and general laxity of the overlying skin. Cellulaze is a laser treatment that specifically addresses all three components of cellulite. It is the only FDA cleared one time minimally invasive laser treatment for cellulite.

The treatment is done in the office with local anesthesia and a mild oral sedative. A few small stab wounds are used to deliver the local anesthesia and to insert the laser. There are three specific passes made with the laser under the skin with varying wave lengths and power. A directional side cutting laser is used to cut the bands. The next pass melts the fat only in the areas where there are bulges under the skin. The third pass then covers the entire area and is aimed up at the dermis ultimately resulting in collagen production and improved skin thickness and elasticity.

The procedure typically takes about three hours. Bruising can be significant for a few weeks and final results can take three to six months to achieve. This means that fall and winter are the ideal time to finally smooth out that lumpy skin.



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The 2018 Closet Purge

By: Nicole Iuzzolino

One: Faux Leather Bags

Everyone is guilty of buying those cheap leather bags that they sell at any clothing store in the mall. However these bags begin cracking and falling apart so quickly. It is time to purge of these bags and take on the saying "quality over quantity". One quality bag will last you a lifetime, so you do not have to buy twenty more fake ones.

Two: Free T-Shirts

We all know those t-shirts that you get at local fundraisers and events. They really hold no value but for some reason we always keep them around. These shirts are the perfect thing to remove from your closets this season. It will make room for everything else that you buy throughout the new year.

Three: Uncomfortable Shoes

Everyone has those pairs of shoes that we never wear because of the blisters they cause. These are the shoes that must go this 2018. They are sitting there, collecting dust, and never being worn. It is time to get rid of those, and replace them with shoes that are actually comfortable.

Four: Dirty White Sneakers

As much as we try to wash them, there are times where the shoes refuse to come clean. While it may break your heart to get rid of them, you can always invest in a brand new pair.

Five: Corset Belts

If this was something purchased during the 2017 craze for these, it's time for them to go. It is a trend that is short lived, and should not be part of your 2018 wardrobe.

HANGRINESS

By Lauren Kolacki



HAVE YOU EVER EXPERIENCED BEING “HANGRY”?

It is the irritation and angriness that is a result of extreme hunger. It is not just an amusing, made up word to perfectly describe our short temper that accompanies our starvation; there is actually science behind it. The carbohydrates, proteins and fats that we consume work as energy. When we don't have enough to fuel our bodies, our blood sugar levels drop as the metabolic system attempts to conserve.

WHEN YOUR BLOOD SUGAR DROPS, YOU MAY BECOME WEAK AND UNCOMFORTABLE, TRIGGERING AN EMOTIONAL RESPONSE.

Some of the same appetite hormones that signal to your brain that you are hungry, also fire up those brain regions linked with stress and anxiety, causing your hunger to be interpreted as strong emotions about other people or situations.



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 Prevision No-Glare lenses which provide 25 times more UV protection than going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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



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QUESTION: Back-To-School: Warts and Wart Prevention



Dr. Sanjay Gandhi, DPM

ANSWER:

Plantar warts are a common viral infection of the skin on the bottom of the foot. It is a contagious process, but can either spread slowly or rapidly depending on the strain of the virus. Summertime fun, with barefoot exposure and lots of water activities such as the beach, pool, and Hurricane Harbor, are great ways to get this condition. Although not life-threatening, warts can be painful and should be treated. With the summer being over, some children have warts and don't realize it because they are small and not yet painful. But as your children get back to their back-to-school shoes and socks that will trap more sweat, these warts will fester. There are several very effective remedies for plantar warts. You should check in with your podiatrist to make sure your child's feet are truly ready for "wart-free" "back-to-school" times!



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Scale Stepping

By Lauren Kolacki

As a woman, society creates this envision of who we should or should not be. They expect us to look, act and work in a certain way and beat us down for not complying. One thing the media really emphasizes is the way a woman's body should look. From magazine covers and social media to reality shows and music, a tiny waste and big assets are portrayed and encouraged.

Despite what society tells us, looking like a model should not be the goal. A priority would be to get healthy and fit and let the rest follow. A major problem with attempting to lose weight is the idea of stepping on the scale. Undoubtedly, people want to step on the scale and see the number drop, but it is not always as simple as that. Below is a list of reasons the number on the scale should not define your success.



1. Your happiness hinges on a number
2. Hormonal changes can lead to fluid stored
3. An unsuccessful weigh-in can cause you to make drastic unhealthy changes to your diet
4. Beginning to exercise may cause us to accumulate fluid
5. Eating meat before a weigh in can cause the number on the scale to be higher due to the extra time it takes for your body digest.
6. Muscle building

Instead of stepping on a scale, here are some other, healthier, techniques to measure your progress:

- Have your thoughts regarding food changed?
- Mood
- Sleep
- Energy Level
- Appearance
- The way your clothes fit

8 TIPS FOR PREVENTING FALL SPORTS INJURIES

By Dhimant Balar, DO

For many middle school and high school students, summer is the time to relax: no alarms, lazy days by the pool or at the beach, later bedtimes. But these months of relaxation can result in injury when student-athletes return to the field in September if they aren't careful.

When the school year starts and athletes begin practice for their chosen sports, those who didn't keep up with strength and conditioning activities during the summer are more susceptible to injury than those who keep working out year-round.

In 2013, according to the Consumer Product Safety Commission:

- Approximately 881,700 football-related injuries occurred in youths aged 5 to 18 years old
- Nearly 434,000 youths were treated for soccer injuries
- 99,884 youths were treated for cheerleading-related injuries
- More than 94,000 youths were treated for volleyball-related injuries



COMMON FALL SPORTS INJURIES

The most common injuries student-athletes sustain while participating in fall sports include:

- Football: Concussions, hamstring injuries, knee injuries, anterior cruciate ligament (ACL) tears, meniscus tears
- Soccer: Ankle injuries, hamstring strains, joint damage, stress fractures
- Cheerleading: Concussions, facial contusions, wrist fractures
- Volleyball: Wrist injuries
- Track: Overuse injuries, such as hamstring strains, hip tendonitis, knee tendonitis, shin splints, joint damage, stress fractures

DEFENDING AGAINST INJURY

To prevent injury, I recommend the following tips:

1. “Pre-hab” in the off-season. This can include core exercises, stretching, and strength training.
2. Get a sports physical. Physicals provide an opportunity to discuss any issues that you're experiencing with your doctor before starting an activity that may make them worse.
3. Start slowly. If you've taken time off from working out, begin slowly and gradually increase workout intensity to get back to your top form.
4. Cross-train in sports that don't require the repetitive use of the same body part. For example, mix baseball with soccer to use your upper and lower body.
5. Be attuned to the mechanics of your sport. Many injuries occur when an athlete breaks proper form, leading to a strained muscle, joint damage, or stress fracture. Ask for additional training in proper mechanics if needed.
6. Avoid muscle overuse. Your body needs rest between workouts to recover properly. When you work out too much, you increase your risk of developing a repetitive motion injury, joint damage, and muscle fatigue. In extreme cases, athletes can develop overexertion syndrome, which is when muscle fibers break down due to lack of rest and recovery.
7. Keep your body hydrated. Dehydration can result in headaches, muscle fatigue, and cramping, and it can affect your performance. A good rule of thumb is to drink before you get thirsty to replenish your body's electrolytes.
8. Choose the best means of hydration. You can't go wrong with water. However, if you're sweating a lot, you're losing sodium. Sports drinks can replenish this sodium, but they're also high in sugar and carbohydrates, so you'll need to watch your intake.

WORDS OF CAUTION FOR PARENTS

Concussions have gotten a lot of attention in recent years. While a head injury can have serious medical, emotional, and psychological consequences, it's important to understand that not every head injury results in a concussion.

Lastly, avoid pushing your child to play a sport he or she no longer enjoys. The goal in sports isn't to excel; it's to perform an activity that the athlete enjoys. If your child is no longer having fun, the risk of injury increases. Encourage “the love of the game” in your child—and be supportive if they no longer have it.

Dr. Dhimant Balar is fellowship trained and board-certified in internal medicine and sports medicine. He can be reached by calling 866-CENTRA7.



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RAISING AWARENESS ABOUT BREAST CANCER



By YMCA of Western Monmouth County

October is Breast Cancer Awareness month and the Y is reminding all women in the community of the importance of having an annual mammogram and talking to your doctor about the proper method of self-examination to increase the chances of early detection. Getting screened for breast cancer is one of the best things you can do for your health, and the best way to find cancer is with a mammogram.

Simply being a woman and getting older puts you at an increased risk for breast cancer. Experts estimate that 1 in 8 women alive today will get breast cancer. That's a scary figure, but it shouldn't leave you feeling helpless. Instead, take time to learn more about breast cancer and the steps you can take to protect yourself.

In addition to aging, other factors are known to put a woman at higher-than-average risk for breast cancer. You may be at higher risk if you have any of the following risk factors and should discuss them with your doctor:

- A personal history of breast cancer. If you've had breast cancer once, you're more likely to get it again than someone who's never had it.
- A family history of breast cancer, especially in a mother, sister, or daughter.
- Certain benign breast conditions, such as atypical hyperplasia.
- Changes in certain genes (BRCA1 or BRCA2), which can be found with genetic testing.
- No full-term pregnancies or first full-term pregnancy after age 30.
- Starting your period before age 12.
- Going through menopause after age 55.
- Taking hormones after menopause.
- White women are at higher risk than Asian, Latina, or African-American women.
- Radiation therapy to the chest before age 30.
- Having dense breasts.
- Having taken DES (diethylstilbestrol). This drug was prescribed in the 1940s through 1960s to help prevent miscarriage. Women whose mothers took this drug may also be at higher risk of breast cancer.
- Being overweight after menopause.
- Not being physically active.
- Drinking alcohol. The more you drink, the higher your risk.



The CentraState Mobile Wellness Van will be in the Freehold Y parking lot on October 17, 9:00am-11:00am to offer Breast Cancer, Blood Pressure & Glucose Screening. The Freehold Y is located at 470 East Freehold Road in Freehold, NJ.

FOR MORE INFORMATION ABOUT THE YMCA OF WESTERN MONMOUTH COUNTY, VISIT WWW.YMCANJ.ORG.

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Bad Sugars Are Addictive

By Gabriella Mancuso

Sugar is one of the most controversial food products since its creation. A little more than a century ago sugar was believed to be an extreme source of energy. The people who believed this were not wrong, however there were and still are many other side effects to the consumption of sugar. The reason earlier generations were unable to figure this out was due to how unadvanced medicine was, but the reason you may have not known about sugars many side effects is for a completely different reason.

Food companies do an outstanding job at covering the symptoms that come with eating sugar. Classifying sugar under different names such as sucrose, glucose, fructose and maltose the food industry fails to advertise that when sugar is added to a product, it becomes dangerous. Sugar can cause many diseases such as obesity, liver disease, kidney disease and diabetes. Sugar consuming is also extremely addictive. When a product contains natural sugars, it is usually beneficial and good for you. It is when the sugar is added to the product that you should be worried. These are the addictive sugars that cause mood swings, anxiety and uncomfortableness. Once you start eating these you won't be able to stop, and it will become a habit. Seventy-five percent of unnatural foods you find in the supermarket contain addictive sugars.

It might seem impossible for you to avoid sugar and the side effects it consists of, but there are always ways to help. We can suggest the removal of products with sugars from the shelves of our schools and hospitals. We can also fight for labels to be placed on all addictive sugar products warning people of the side effects. Daily ways we can fight sugar is by reducing our intake of highly sugared food.



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MORRISTOWN DOCTOR SUCCESSFULLY PIONEERS USE OF NEW TREATMENT FOR BRAIN TRAUMA IN NEW JERSEY

A revolutionary procedure gave way to a quick recovery for Larry Garfinkel, 87, after a fall outside his Summit, New Jersey home.

When Larry Garfinkel, former VP of International Public Affairs at AT&T, arrived at Overlook Medical Center, he didn't know what his diagnosis – or his treatment options – would be.

Earlier that day, he was walking up the back steps to his home in Summit, New Jersey, when he tripped and fell backward onto a cold, unforgiving driveway.

"My head was in pain, so I called 911, and they transported me to the hospital for observation," recalls Larry. "After undergoing several CAT scans, the doctors told me I had a chronic subdural hematoma, a type of brain bleed, as a result of the fall."

"Subdural hematomas occur when blood vessels rupture and leak fluid between the brain and the covering of the brain, oftentimes after a serious fall or trauma to the head," explains Dr. Ronald Benitez – a board-certified neurosurgeon and president of Atlantic NeuroSurgical Specialists (ANS) – who treated Larry at Overlook. "This forms a hematoma – a collection of blood outside of the blood vessel – which exerts abnormal pressure on the brain and can cause a stroke."

Subdural hematomas made headlines in early 2018 when news broke about "Jeopardy" host Alex Trebek undergoing surgery to remove blood clots in his brain following a fall in October 2017.

"While acute, or severe, cases are dangerous because of how quickly bleeding fills the brain, chronic, or less severe, subdural hematomas – like what Larry had – are also very dangerous because it may take weeks or months for symptoms to appear from slow bleeding," adds Dr. Benitez.

One of few neurosurgeons specializing in both the surgical and endovascular management of cerebrovascular disease – conditions affecting blood vessels in the brain and cerebral circulation – Dr. Benitez offered Larry an alternative to an open craniotomy called middle meningeal artery (MMA) embolization. This new, minimally invasive procedure enables surgeons to reach the brain through an incision near the groin and navigate a small catheter up into the blood vessels in the brain that are causing the bleeding. They can then inject small particles, called embospheres, to stop the bleeding.

"Dr. Benitez explained this procedure was less intrusive and would lead to a shorter recovery time," recalls Larry. "While it's a very new approach, it's also very appealing. Dr. Benitez was confident this would be highly effective for me, and he fulfilled his word."

Larry's hour-long surgery – the second MMA embolization ever performed in New Jersey – was successful, and he returned home from the hospital three days later. He experienced no significant pain, no headaches and a relatively short recovery period. Within a month and a half, all of the blood that had accumulated in Larry's brain had dissipated, and he was given the all-clear from Dr. Benitez.

"From my perspective, the treatment was very simple and very effective," closes Larry. "As far as I'm concerned, Dr. Benitez is a miracle worker."

Atlantic NeuroSurgical Specialists (ANS) is New Jersey's largest neurosurgical practice and one of the most advanced in the country. Since its founding in 1958, ANS has specialized in the diagnosis and treatment of disorders affecting the nervous system. For more information, visit www.ansdocs.com.



Larry Garfinkel returned home just three days after undergoing a revolutionary, minimally invasive treatment to address a chronic subdural hematoma – a type of brain bleed – following a serious fall.



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