

SPRING 2017

Healthy Living

A Publication of
THE CURRENT & GAZETTE
NEWSPAPERS

**GLAUCOMA
CHECK-UP
Save Your
VISION**

Pharmacist Brings
Compounding
Experience to

**LOCAL
PHARMACY!**

The
Synergic
Solution

Surviving Spring
ALLERGIES



Six In A Row!

NATIONALLY RECOGNIZED



LEAPFROG
HOSPITAL
SAFETY
GRADE

Shore Medical Center's commitment to quality and safety is second to none. Shore is proud to once again receive an A grade for quality and safety from the Leapfrog Group. **This is the sixth consecutive rating period in which Shore received this prestigious A rating!**



609.653.3500 | ShoreMedicalCenter.org
100 Medical Center Way, Somers Point, NJ



SHORE

MEDICAL
CENTERSM

Healthcare At Its Best

Shore Medical Center's *Community Day*

FREE Opportunity to Promote Your Business

As part of our celebration of Hospital Week, Shore Medical Center is offering businesses in Somers Point an opportunity to promote their offerings to the employees of Shore Medical Center and its affiliates. This FREE opportunity gives you a chance to reach hundreds of people who live and work in Somers Point.

Thursday, May 11, 2017

11:30am-1:30pm (day shift) | 8-9pm (night shift) | DiOrio Hall

A limited number of businesses will have this opportunity. One table and two chairs will be provided to each participating business. Set-up will begin at 10:30am.

To participate, contact Brian Cahill at Shore's Marketing Department at 609.653.3527 or via email at bcahill@shoremedicalcenter.org.

This opportunity is courtesy of Shore Medical Center and Somers Point-Community First.



609.653.3500 | ShoreMedicalCenter.org
100 Medical Center Way, Somers Point, NJ





Stay fit all year long

Many people find it easier to maintain their beach bodies during the summer than they do throughout the rest of the year. Summer weather encourages people to get off the couch and enjoy the great outdoors, and many people prefer to eat lighter meals during the summer to combat the heat and humidity.

But once the dog days of summer give way to autumn, the motivation to stay in beach shape tends to wane. Couple that dwindling motivation with the tendency to eat larger, heartier meals as the weather gets colder, and it's easy to see why so many people gain weight over the last several months of the year and into the new year.

But maintaining a healthy weight year-round promotes long-term health and reduces a person's risk for ailments and diseases, including heart disease and diabetes. The following is a handful of strategies anyone can employ as they try to keep their beach bodies all year long.

Keep setting goals. As winter heads toward spring, many people set short-term goals to motivate them to get back into beach shape. That's a highly effective strategy that need not be exclusive to late winter. Setting short-term fitness and dietary goals throughout the year can keep you from falling back into bad habits. Tie your goals into the season to increase your chances for success. For example, resolve to run outdoors or cycle a certain number of miles each week in autumn, when the weather is still conducive to physical activity and the scenery is idyllic. When winter arrives and exercising outdoors is no longer viable, commit to attending a few fitness classes per week at your gym.

Switch up your workout routine every few weeks. Boredom also can affect

people's ability to maintain healthy weights year-round. Adhering to the same exercise routine for months on end can grow tedious. The body can even grow accustomed to the same workout routine, meaning you won't be getting as much out of your exercise sessions as you might if you switch things up. If you find your daily workouts taking a turn toward the mundane, switch up your routine by changing exercises or signing up for classes that interest you.

Find healthy seasonal foods. Many people prefer to buy locally sourced and/or in-season foods, recognizing the positive impact that such dietary habits can have on the environment. That commitment to buying healthy, locally grown foods can be tested as the seasons change and the offerings at your local market change along with them. Educate yourself about which foods are in-season in your area throughout the year, opting for the most nutritious foods you can find. Buying in-season foods saves you money, and you will also feel good about staying on a nutritious, eco-friendly track.

Join an exercise group or sports league. The buddy system is an effective way to stay committed to a fitness regimen, but if you cannot find a friend or family member to brave cold winter treks to the gym with you, then consider joining an exercise group or competitive sports league. As summer turns to autumn, join a road runner's club to motivate you to run. When harsh weather makes running outdoors too difficult, sign up for a winter sports league. Such groups or leagues get you off the couch and provide great opportunities to meet like-minded men and women who have made their own commitments to staying fit.



447 South Shore Road • Marmora, NJ 08223
(609) 390-0111

**Dr. Harris and Dr. Kimball
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From crowns to dentures to teeth whitening, Dr. Bradford Plasha provides gentle, comprehensive and individualized care for all your dental needs.

He is a certified Invisalign provider and is able to address orthodontic cases using clear braces.

Dr. Plasha provides easy to understand explanations of dental procedures in a modern, family-oriented environment.

As a graduate of Rutgers School of Dental Medicine and a long-time New Jersey resident, Dr. Plasha is involved with the South Jersey community.



***Schedule your appointment
with Dr. Plasha***

***online at marmorafamilydental.com
or by calling 609-390-0111.***



**MARMORA FAMILY DENTAL
ASSOCIATES, P.C.**



Taking good care of your teeth and gums isn't just about preventing cavities or bad breath.

The mouth is a window into the health of the body. A good diet is essential to your overall health. Diseases that affect the entire body, such as diabetes, may be noticed because of mouth sores or other oral problems.

The mouth is filled with many bacteria, some of these bacteria are linked to tooth decay and periodontal, or gum disease. Periodontal disease can be connected with diabetes, heart disease, and stroke. To keep your gums and mouth healthy we recommend brushing twice a day and flossing daily. We also recommend having your mouth examined and professionally cleaned at least twice a year.

609.390.0111
447 S. Shore Rd.
Marmora, NJ

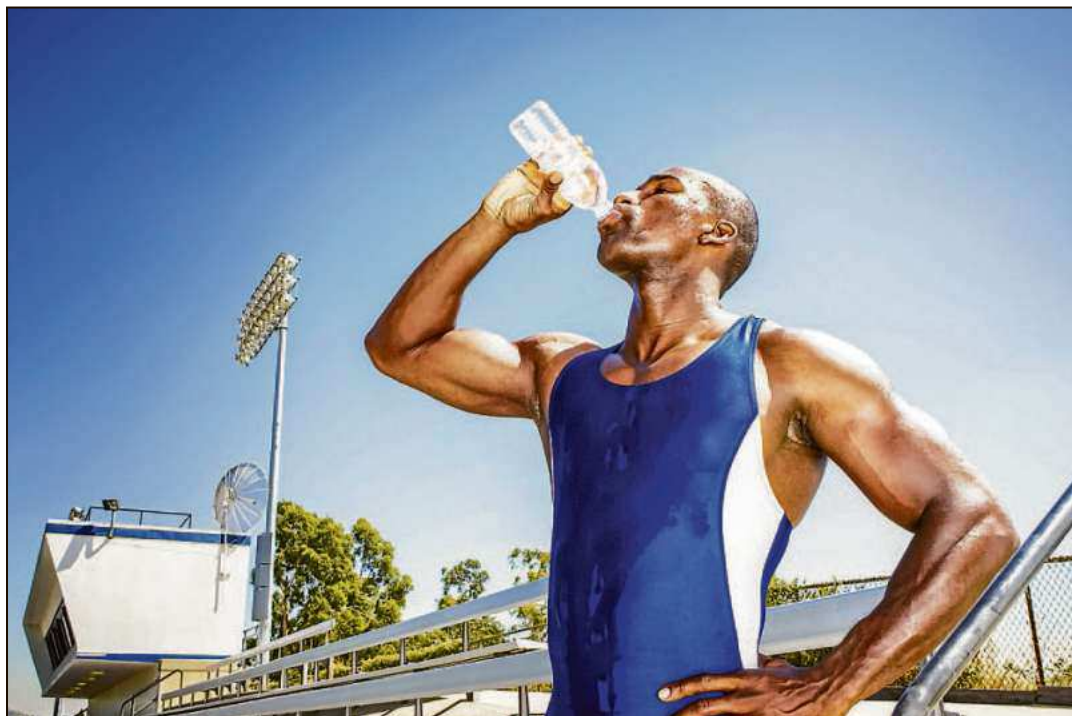
The hidden benefits of water

Dehydration is a dangerous condition that can cause a host of complications and prove fatal in severe cases. But as dangerous as dehydration can be, many cases are entirely preventable.

The best way to prevent dehydration is to drink enough water. When the body does not take in as much water as it puts out, it can become dehydrated. People who live in warm climates or in elevated altitudes may lose more water than those who do not. In addition, water loss is accelerated during strenuous exercise, highlighting the importance of drinking enough water during workouts.

But water does more for the body than prevent dehydration. The following is a handful of lesser-known ways water benefits the body.

Water can help people maintain healthy weights. Dieting fads come and go, but water is a mainstay for people who want to control their caloric intake in an effort to maintain healthy weights. Water has zero



calories, so reaching for a bottle of glass of water instead of a soda, lemonade or another caloric beverage can help people keep the pounds off. A study from researchers See **WATER** on Page 7

ADVERTISER SUBMISSION

Regular Glaucoma Check-up Can Save Vision

Local eye surgeon educates about this leading cause of blindness

Cape May Courthouse, N.J. – Glaucoma, the second leading cause of blindness in the world, is preventable through regular annual eye exams, according to Dr. Michael Caruso, ophthalmic physician and surgeon at Atlantic Eye Center. This local eye surgeon is spreading the word about this debilitating disease that can permanently destroy vision if left untreated.

Glaucoma is an eye disease that damages the optic nerve, leading to gradual vision loss. Any vision lost by glaucoma cannot be regained, but can be prevented.

It is estimated that over 4 million Americans have glaucoma but only half of those know they have it, according to the Glaucoma Research Foundation. Anyone of any age may be affected by glaucoma. However, there are certain high-risk groups: people over 60, family members of those already diagnosed, diabetics, and people who are severely farsighted.

A Disease Without Symptoms

In the early stages of glaucoma, there are virtually no symptoms. There is no pain, even if there is increased pressure in the eye.

Glaucoma progresses with vision loss.

At first, people may experience loss of peripheral vision. They may compensate for this loss by turning their head to the side. Vision loss will continue as the disease progresses.

Hope Through Testing

“The best way to protect against glaucoma is to get tested,” according to Dr. Caruso. “Glaucoma is not curable, but it can be treated with medication or surgery. Vision loss may be prevented. But glaucoma is also a chronic condition. It must be monitored and treated for life.”

At Atlantic Eye Center, glaucoma evaluations are part of each annual examination. The practice uses a state-of-the-art OCT to take a picture of the optic nerve. Eye pressure also is checked. If either appears abnormal, treatment is begun. Eye drops are the initial prescription. Surgery is rare and a last resort. Patients with glaucoma are checked on a four-month schedule to ensure that treatment is effective.

For more information on Atlantic Eye Center, or to schedule an appointment, visit www.DoctorMichaelCaruso.com or call 609-465-1616 or find us on Facebook.

A team is only as good as its players.

You want the best care for your eyes. Our expert team delivers. With the right combination we keep your vision in top form.

- Dr. Michael Caruso, a board-certified medical ophthalmologist and eye surgeon
- Lenny Calvert, a New Jersey licensed optician (License #TD3642)
- Experienced Ophthalmic Technicians

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Our Focus Is Your Vision



Atlantic Eye Center

CAPE MAY COURT HOUSE (609) 465-1616
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www.DOCTORMICHAELCARUSO.COM

Water

continued from Page 6

at the University of Texas Health Science Center found that even diet soda enhances weight gain by as much as 41 percent. In addition, soda has been linked to conditions such as obesity, diabetes and tooth decay. No such association exists with water.

Water helps to fight fatigue. The fatigue-fighting properties of water are another of its lesser known benefits. When the body is not adequately hydrated, it can experience muscle soreness. And fitness enthusiasts who do not drink enough water may notice their bodies require extensive recovery time after working out. Each of those consequences can be prevented by drinking enough water, and doing so can even improve performance, as studies have shown that just a 3 percent loss of body weight due to dehydration can cause as much as a 10 percent drop in performance level.

Water can improve the appearance

of the skin. Skin that does not get enough water can turn dry and flaky and feel tight. In addition, dry skin is more likely to wrinkle than adequately hydrated skin. Getting water to the skin can be tricky, as the University of Wisconsin-Madison School of Medicine and Public Health notes that water will reach all the other organs of the body before it reaches the skin. But the school recommends applying a hydrating moisturizer within two minutes of leaving the bath or shower and drinking at least eight glasses of water a day to ensure the skin is getting enough water.

Water helps the gastrointestinal tract. Water can help maintain normal bowel function. When the body lacks sufficient fluid, the colon will pull water from stools in an effort to stay hydrated. That can lead to constipation, a condition in which people experience difficulty emptying their bowels. By drinking enough water, people can ensure their colon will not have to pull water from stools to stay hydrated, thereby helping them stay regular.

Pharmacist Brings Compounding Experience to Reef Family Pharmacy

Cape May Courthouse, N.J. – Compounding, the art and science of creating personalized medications for patients, is a hallmark of Reef Family Pharmacy. Reef has two compounding pharmacists on staff.

“It takes the time to get the textures just right, using techniques that produce ‘cosmetic grade’ creams. With an advanced skill set, our customers get the best possible product that is personalized for their needs,” said Scott Reef, owner.

Compounded medications are made ‘from scratch’ by mixing ingredients in the exact strength and dosage for a patient. They are commonly used in hormone replacement therapy and pain creams. Compounding also may be used to make medications that taste more appealing for young children or people who cannot swallow pills, or to prepare veterinary grade medicines for pets. At one time, all medications were compounded but that changed with the advent of the mass produced medicines in the 1950’s and 1960’s.

Compounding is legal throughout the U.S. and pharmacies that offer this service must meet all Food and Drug

Administration (FDA) requirements. Patients still need to bring a doctor’s prescription in order to get a compounded medication.

“Mass produced medications are a one-size-fits-all product that doesn’t always work for every patient,” said Reef. “For example, if a patient is allergic to a certain dye or preservative in prepared medication, compounding can provide an alternative. Also, when treatment requires tailored doses, compounding can deliver exactly what the patient needs.”

Reef Family Pharmacy is a full-service pharmacy located at 804 Route 9 South in Cape May Court House, N.J. With a focus on personalized service, Reef Family Pharmacy distinguishes itself from the chain stores through free patient consultations, customized compounding for patients and their pets, and free prescription delivery in Cape May County. The family owned and operated pharmacy stocks all natural Estrogen and Progesterone cream or capsules and a wide variety of over-the-counter medications. For more information, call (609) 465-0004 or visit www.ReefFamilyPharmacy.com.

Miss the way things used to be? You don't have to.

“Some say it’s old-fashioned, we say it’s the right way to do business.”

Scott Reef, Pharmacist



Experience the difference at

Reef

FAMILY PHARMACY
www.ReefFamilyPharmacy.com



Hours: Mon - Fri 9am - 7pm / Sat 9am - 2pm / Closed Sundays
804 Route 9 South, Cape May Court House, NJ 08210

Personalized Services

- Free Local Delivery
- Free patient consultations
- Customized compounding for patients and their pets
- All natural Estrogen and Progesterone cream or capsules
- Over the counter medications

609-465-0004



Healthy eating starts with healthy cooking

A large part of healthy eating involves choosing the right foods. But health-conscious individuals also must choose the right methods to prepare those foods to maximize their nutritional value.

Cooking methods such as frying can make for delicious meals, but such meals may not be so healthy. For example, each tablespoon of oil used when frying can add more than 100 calories to a meal. Employ the following strategies to make meals as healthy as possible.

Invest in new cookware. Choose nonstick cookware that will reduce the amount of oil, spray and butter needed to keep foods from sticking. Manufacturers are now touting ceramic cookware, which is free of trace metals or dangerous chemicals that can leach into food from the cooking surface. What's more, pots and pans don't contain chemical coatings that can eventually flake off into food.

Stock up on healthy recipes. Purchase cookbooks that showcase healthy recipes or peruse the Internet for healthy recipes. Many websites cater to health-conscious foodies who do not want to sacrifice their health to enjoy delicious meals.

Choose smart fats. All oils are loaded in calories, but healthy oils can still be used without sacrificing flavor. Olive oil is an unsaturated fat that is a much healthier choice than butter or saturated fats. When cooking with oil, do so in moderation.

Think about baking foods. Baking is handy for more than breads and desserts.

Baking is one method of cooking that may not require the addition of fat. Meats that are baked can be placed on top of a rack, so that excess fat drips off and is contained in the bottom of the pan.

Explore poaching, broiling and grilling. Poaching, broiling and grilling are three healthy alternatives to frying. Broiling and grilling expose food to direct heat, so it is a fast method of cooking and may not be appropriate for foods that require longer cooking times to tenderize. Poaching is the process of simmering foods in water or another flavorful liquid.

Use minimally refined ingredients. Select among whole grains and ingredients that have not been refined. The closer a product is to its natural state, the more nutritional properties it is likely to have retained.

Season foods yourself. Rather than relying on prepackaged seasonings, mix your own blends. Packaged seasonings generally contain a lot of salt. Use fresh herbs whenever possible for the freshest of flavor.

Add heat for flavor. Spicy pepper, dry mustard and other zesty flavor enhancers can make foods taste delicious without added calories.

Try low-fat or fat-free dairy. Substitute low-fat alternatives for full-fat dairy items. For example, Greek yogurt can sometimes be used in place of less healthy ingredients such as mayonnaise.

Trim excess fats. Prepare meats and poultry well by trimming the fat and skin to make the final product even healthier.

Comprehensive Family Dentistry

Dr. James Rochford DMD, opened his practice in Cape May in 1979, at the same location he practices in today, 651 Route 9 in Cape May. Entering his 38th year in business, Dr. Rochford has long lasting relationships with his patients and the Cape May area as well.



Dr. James Rochford DMD

After graduating from the New Jersey Dental School in 1976, Dr. Rochford was a dentist in the Coast Guard Base in Cape May, until he opened his practice in 1979.

Dr. Rochford has been a member of the American Dental Association and the Academy of General Dentistry since 1976, and is Past-President of the Atlantic-Cape May County Dental Society. Dr. Rochford served on the Lower Township Board of Education for 30 years, and takes at least 20 hours of continuing dental education per year.

With a staff of 6, Dr. Rochford is able to provide excellent dental services in the following areas including exams and cleanings, digital X-rays, cosmetic fillings, partial and full dentures, root canals, teeth whitening, and extractions.

Dr. Rochford's office is open Monday, Tuesday and Wednesday, and once a month on Thursdays. You can call 884-1993 for an appointment, and visit the website www.drrochford.com for more information on the practice, including reviews from patients. The office will help you with insurance matters, and submit paperwork for you as well.



We Keep Your Family Smiling

Make sure healthy smiles run in your family with quality dental care for your family's teeth and gums.

Comprehensive Family Dentistry

- cleanings • exams • digital x-rays
- whitening • fillings • crowns
- implants • root canals

38 years of satisfied patients in Cape May

James W. Rochford DMD

651 Rt. 9 Cape May

884-1993

www.drrochford.com



NJ CEED



Cancer Education & Early Detection

Free Cancer Screenings!

Individuals who are uninsured or underinsured are eligible
**Clinics are Held at Cape May County Health
Department Three Times a Month**

Cancer Screenings:

- . Breast
- . Prostate
- . Cervical
- . Colon

Contact Information:

Name: Carol Porter

Phone:

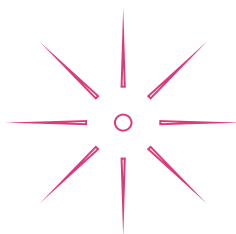
English: (609)465-1047

Spanish: (609)465-6840

Address:

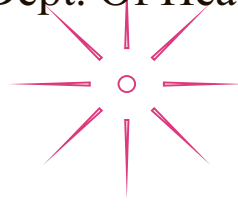
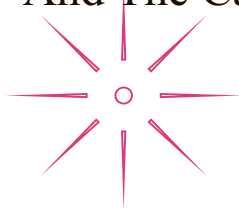
Cape May County
Health Department
6 Moore Road

Cape May Court House, NJ 08210



Supported By:

Cape May County Board of Chosen Freeholders
NJ State Dept. of Health & Senior Services
And The Cape May County Dept. Of Health



Breast Cancer Awareness Walk

Presented By: Cape May County NJCEED

New Jersey Cancer Education and Early Detection

Date: Saturday, May 13, 2017

Registration: Starts at 9:30 am

Walk Time: Starts at 10:15 am

Place: Cape May County Park and Zoo



FREE Registration

FREE T-Shirts to the first 100 walkers

Donations are welcomed,
and will go to the American
Cancer Society



For Additional Information:

Contact: Carol Porter

Phone: (609) 465-1047

Supported By:

Cape May County Board of Chosen Freeholders

Cape May County Dept. of Health

NJ CEED



Sneak fruit, veggies into any recipe

Fruits and vegetables are the building blocks of a healthy diet. But many people do not eat the recommended number of servings of produce. That's especially true among growing children, who can benefit greatly from the vitamins and nutrients fruits and vegetables provide.

According to the latest data from the NPD Group, a market research firm, Americans eat a little more than half a cup of fruit and a cup of vegetables per day. This is less than half of what the government recommends. The data are similar in Canada, where researchers at Concordia University found that Canadian adults ages 30 to 60, especially those from lower socioeconomic backgrounds, aren't consuming the daily recommended levels of fruits and vegetables.

Anyone who eats roughly 2,000 calories per day should strive to consume between two to three cups of vegetables and two cups of fruit per day. Produce helps fight disease because it contains healthy antioxidants, fiber, minerals and vitamins. Eating 4 cups per day may seem difficult, but there are many ways to incorporate fruits and vegetables into everyday recipes.

Substitute pureed fruit, like figs, pears and apples, for oil in recipes for cakes and cookies. This will ensure the baked goods are moist but with a lot less fat.

Add fresh berries or raisins to breakfast cereals and oatmeal.

Add cauliflower or squash to boiled potatoes before mashing them to increase the nutritional punch and flavor of mashed potatoes.

Blend fruits and vegetables to create smoothies for breakfast or lunch on the go.

Bake hearty muffins or breads with sweet potato or carrots in the batter.

Mix stewed tomatoes in with your broth soup base to make a vegetable or chicken soup even more nutritious.

Opt for vegetables piled high atop a slice of pizza in lieu of meats or extra cheese. Divide your dinner plate into quadrants, filling half of the plate with vegetables, one quarter with meat and the remainder with a whole grain.

Replace lettuce on a sandwich or burger with a fresh leaf of spinach. While you're dressing your sandwich, add a slice of tomato, too.

Substitute fresh vegetables and fruit slices for chips when serving dips and salsas. Kale chips are growing in popularity.

Give children a cup of sliced grapes with their lunches as a refreshing and healthy snack.

Shred vegetables into a hearty "slaw" and top it with a vinaigrette or a typical mayonnaise-based dressing.

Blend other vegetables into your pasta sauce.

Use vegetables instead of pasta in traditional dishes. Layer eggplant slices to make a lasagna. Or use a spiral slicer to slice zucchini or carrots when making homemade noodles.

Fruit salad is often a refreshing snack or dessert. Having fruit already diced in a large bowl makes it more convenient to eat and possibly more enticing to children.

Make a vegetable roll-up, filling pizza dough with broccoli or spinach and shredded cheese.

Mix together an avocado, ¼ cup of cocoa powder and ¼ cup honey to create a healthy alternative to chocolate pudding.

Use pureed vegetables to thicken cheese sauce for macaroni and cheese recipes.

Shred vegetables and add them to beaten eggs for omelets or scrambles.

HEALTH TIP

by Christopher Yecco, D.C.

Victor J. Rossi D.C.
Peter J. Murphy, D.C.
Christopher Yecco, D.C.

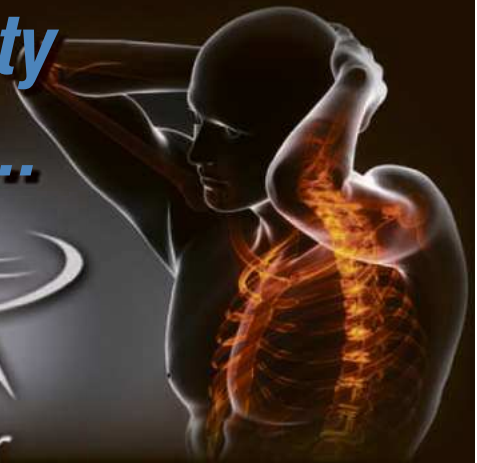
Arthritis can come in many varieties. One of the most common forms causing problems for much of the adult population is general osteoarthritis. Osteoarthritis is also commonly referred to as the arthritis of aging or degenerative joint disease. The many causes that can lead to this condition include age, heredity and stress; however, we also see early onset osteoarthritis in younger athletic patients. Osteoarthritis results in a loss of joint space and cartilage causing pain, stiffness, sometimes swelling and decreased range of motion. Regular chiropractic care is considered essential in the management of osteoarthritis. It can provide significant decrease in pain, increase joint range-of-motion and halt or slow the progression. Conservative management of osteoarthritis can frequently delay or prevent the necessity of early joint replacement.

At Spine One Chiropractic, we offer various modalities to manage care of patients with various forms of arthritis at any age. Electric muscle stimulation, soft tissue massage, spinal manipulation in various forms, stretching, exercise, and nutritional advice are all treatment options that are aimed at decreasing the joint inflammation associated with osteoarthritis. Doctors at Spine One evaluate each patient and make individualized assessments and recommendations based on each specific patient.

The natural progression of osteoarthritis results in decreased motion, increased joint pain, and ultimately less function resulting in a diminished quality of life. Chiropractic care with Spine One can halt the cycle and improve your lifestyle.



*Delivering the Highest Quality
Care, One Patient at a Time...*



Victor J. Rossi, D.C.

Director

3 Locations to Serve You

Northfield
1701 New Road
Northfield, NJ 08225
Call: (609) 272-1150

Egg Harbor City
300 Philadelphia Avenue
Egg Harbor City, NJ 08215
Call: (609) 965-5533

Atlantic City
1128 Atlantic Ave.
Atlantic City, NJ 08401
Call: (609) 428-6990



www.SpineOneCenter.com

ADDICTION MEDICAL SPECIALIST

Medication Assisted Treatment for Opioids, Opiates, Stimulants, Sedative-Hypnotics and Alcohol Use

Dr. Rodney Brunson has practiced medicine for 40 years. First as a Medical Corpsman in the Army (the medic) and then as a captain, and also a medical officer in the Air Force with total service of nearly 10 years. He now practices, solo, as an Addiction Medicine and Chronic Pain Physician with emphasis on chronic pain medication management.

Dr. Brunson proudly represents one of only nearly 3200 board certified Addiction Medicine Specialist in the United States.

“An addiction specialist is a physician certified by the American Board of Addiction Medicine who has demonstrated by education, experience, and examination the requisite knowledge and skills to provide prevention, screening, intervention, and treatment for substance use and addiction.”

Dr. Brunson’s pain and addiction practice is UNIQUE because patients and their families or loved ones get PRIVATE, CONFIDENTIAL and “ONE ON ONE” personalized attention. Counseling services are professional and either in office or at the patients convenience (virtual, your home, phone /text).

Dr. Brunson’s Addiction Medicine specialization uniquely qualifies his practice to help you or your loved ones difficulty in managing pain, pill addiction/heroin, alcohol and other dependency.

WALK - INS WELCOME



**Rodney C Brunson,
DO, FASAM**

Board certified in
ADDICTION
MEDICINE
Board certified in
FAMILY
MEDICINE and
OSTEOPATHIC
MANIPULATIVE

Medical license
NEW JERSEY
Medical license
PENNSYLVANIA

*You will see one doctor, one counselor and
a friendly staff to care for your private
addiction and pain needs.*

Call Rodney C. Brunson, D.O.

(609) 484-7000

201 Tilton Road Suite 12
Northfield, NJ 08225

drrodneybrunson.com



NOTES FROM DR. BRUNSONS' DESK



- **A REAL DISEASE:** remember that addiction is a disease and not a personality problem. Think of addiction as one would think of Diabetes or High Blood Pressure. It can be controlled but is always there under the surface.
- **THE DISEASE OF ADDICTION IS PASSED DOWN IN FAMILIES:** remember that addiction (to drugs, alcohol, ect.) is passed down through genetics. About %50 of my patients have a biological family member with an addiction.
- **WALK INS WITHOUT AN APPOINTMENT:** remember that walk ins are welcome for new patients. Seeking treatment is a hard decision for someone actively using drugs or drinking. So don't make them wait, if they call, they are ready now.
- Don't use Hollywood terms such as "addict" for example. : remember, the American Society of Addiction Medicine members do not use the old derogatory terms (AND I DONT EVEN LIKE WRITING IT) ADDICT, JUNKIE, USER, METH HEAD, POT HEAD, or whatever, we now say "persons with the disease of addiction". Always treat patients with respect and don't take away their dignity just like every patient with a disease.
- **Medicinal Marijuana Prescribing Physician**
- **Suboxone Prescribing Physician**

WALK - INS WELCOME



**Rodney C Brunson,
DO, FASAM**

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Take the “Cellulite Challenge” at CK Pilates Studio!

Thursday night class from 6:00-7:00pm,
4 week series starting May 4, 2017.

Purchase a roller from CK PILATES
and do the series at home every day.

Before and after pictures will be taken
so you can see the amazing results.

The perfect challenge to get you “bathing suit ready!”

Call Connie at **609-457-3041** or
schedule online at **WWW.CKPILATESLLC.COM**

TIPS So You Can SURVIVE Spring ALLERGIES



ATLANTIC ALLERGY & ASTHMA CENTER

Lawrence A. Schwartz, DO, FAAAAI • Danielle Gosner, MSN, APN-C

Spring allergies affect as many as 30 percent of adults and up to 40 percent of children. Common symptoms include:

- Sneezing & Cough
- Stuffy or runny nose
- Itchy or watery eyes

These symptoms are typically caused by pollen from trees and grasses that can spread for miles! These allergies are more than just a nuisance. They are serious diseases and should be treated that way. In fact, more than two-thirds of spring allergy sufferers actually have year-round allergies.

The most effective way to treat Spring allergies is through allergy shots, also called immunotherapy. These shots slowly

introduce a little bit of what you are allergic to so your body learns to tolerate it, rather than react with sneezing, wheezing, a stuffy nose or itchy eyes.

There's no reason for you to suffer! At Atlantic Allergy & Asthma Center, we are board certified and can work with you to personalize your care and find out what offending allergies trigger your symptoms. We can discuss treatment options to put the spring back into your step.

You should only trust a board certified allergist to help you diagnose and treat your allergies. To make an appointment at Atlantic Allergy & Asthma Center please call 609-653-6676 or visit our Web site at www.Drallergy.net.

ATLANTIC ALLERGY & ASTHMA CENTER

CAPE MAY
465-0744

GALLOWAY TWP
653-6676

SOMERS POINT
653-6676



MEDICAL UPDATE ALLERGIES

Lawrence A. Schwartz, D.O. F.A.C.A.A.I.
Danielle Gosner, MSN, APN-C.
Board Certified in Allergy & Immunology



ARE ALLERGY SHOTS FOR YOU?

Allergy shots can be a lifesaver for people who have trouble avoiding the stuff to which they are allergic. Unfortunately there are only three ways to treat an allergy, avoid it, medications or allergy shots. In many patients there is no simple answer. In fact many people, despite their best efforts to avoid their allergies, still have symptoms and in even more people the allergy medications cause them bad side effects. It is in these patients allergy

shots are the answer. We at Atlantic Allergy & Asthma Center can provide you with a course of allergy shots that can cause long-term relief of your symptoms with decreased medication usage despite continued exposure to the allergens. Call us at 653-6676 and allow us to help you enjoy life the way you want! Check us out on the web at www.Drallergy.net

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Snacks can be part of a healthy diet

Snacking often elicits mixed reviews. Some health plans say it is important to eat several small meals or snacks during the day to keep metabolism rates in check. Other information states that snacks can be a person's undoing, causing unnecessary weight gain — especially when snacking is frequent. These mixed feelings can be a little confusing.

The National Health and Nutrition Survey supports snacking. The survey found people who eat snacks in addition to three meals a day had higher levels of nutrients in their diets. But not all snacks are a good idea. Consuming a fattening bag of potato chips is an unhealthy approach. However, a piece of dark chocolate or a handful of nuts can add essential nutrients.

Many different snacks make healthy additions to a person's diet. Two to three snacks a day may be all that's needed to help keep a person feeling satiated and less likely to overeat at meals. Here are some healthy snack ideas.

Olives: A handful of olives can quench a salty craving and provide essential fatty acids that may help to improve heart health.

Hummus: Hummus is made from chickpeas, which are naturally low in fat and high in fiber. This dip will keep you feeling full.

Edamame: These are a variety of soybeans that are sweeter, larger and more easily digested than other soybeans. They are a natural source of antioxidants and isoflavones.

Banana and chocolate: Rolling a banana in semi-sweet chocolate chips can satisfy a fruit and chocolate craving.

Dark chocolate bark: Melt dark chocolate and add a desired fruit, such as dried cranberries, cherries, or raisins. Enjoy a small piece, which will be high in antioxidants, to fend off hunger pangs.

String cheese: An individual serving of low-fat mozzarella or Monterey

Jack string cheese offers a serving of dairy and protein to keep you full.

Smoothie: Whip up a smoothie made from protein-rich Greek yogurt and some frozen fruit. Add a dash of fruit juice and blend. Enjoy as a meal replacement or a refreshing snack.

Fruit: There's no better snack than fruit. Keep a bowl of fruit or some homemade fruit salad on hand and enjoy a small portion when you want to fill up without consuming too many calories.

Whole-grain crackers: Fiber-full grain crackers can satisfy salty cravings as well as fill your stomach with something hearty.



THE SYNERGIE SOLUTION

Regardless of your body shape, skin tone, diet, or exercise plan, over time your skin loses elasticity, collagen weakens, and it becomes harder to lose certain pockets of fat. Women in particular also have a genetic predisposition to cellulite, which only compounds with age. Synergie can give you a comfortable, affordable treatment that is proven to work with no risk and no downtime.

Ultra Sculpt

Finally, there is a noninvasive and pain free solution: Ultra Cavitation, FDA approved Vacuum Massage, and vibe plate. These three revolutionary treatments use sound waves, endermologie, and whole-body vibration technology to treat all of your concerns in one program. A program can be customized especially for you to get the best possible results.

With The Synergie Solution You Can...

- ✓ Lose Inches
- ✓ Tone & Tighten
- ✓ Defy Cellulite
- ✓ Increase Metabolism
- ✓ Tone Muscles
- ✓ Lose Weight

What is Ultra Cavitation?

This treatment uses sound waves to target stubborn fat in your abdomen, thighs, arms, buttocks, knees, and love handles.

What is Vacuum Massage?

This treatment uses the science of endermologie and is a safe alternative to liposuction and a tummy tuck. It improves circulation and detoxes the body, which results in inch loss, tightened skin, and a reduction in the appearance of cellulite.

What is Vibe Plate?

Using the science of whole-body vibration therapy, Vibe Plate causes your muscles to contract 30-50 times per second involuntarily, resulting in toned muscles, increased metabolism, and increased bone density. A 10 minute session is equivalent to 1 hour in the gym.

NEW Synergie Think Yourself Thin Weight Loss!

Weight Loss is not a physical challenge it's a mental one. THINK yourself Thin program utilizes Brain Tap Technology which consists of a headset that delivers gentle pulses of light and sound combined with visualization, guided imagery and soothing music in audio sessions to take you to profound levels of relaxation. This technology promotes increased production of serotonin and endorphins. These chemicals are responsible for mood, appetite, sleep and memory. This plan is more effective and safer than any appetite suppressant program!



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