

healthy living

Identify the cause of your neck pain



JOHN GALLUCCI JR.
STAYING HEALTHY

Neck pain is very common and can be painful to deal with. There may be a simple solution or unknown trigger as to why you are experiencing neck pain. It can be extremely restricting and cause discomfort throughout the day. If you are suffering from neck pain, consider the following reasons which may be triggering your pain:

Muscle Strains

Strained or sprained muscles can result from exercise, weightlifting or any other type of physical activity. Sprains and strains occur when a joint is twisted or pulled in the wrong way, which usually causes swelling or bruising. Although a strain or sprain is typically not

extremely serious, it is good to seek light treatment to ensure proper recovery. For example, strains and sprains in the neck require icing or possibly a neck brace. If the sprain were more serious, most doctors would recommend physical therapy as the best way to recover and resolve any pain.

Bad posture

Proper posture plays a big role in neck and back pain. The lower part of the neck is usually the most vulnerable when a patient has bad posture since posture can irritate the neck joints and cause pain. It is important to improve your posture to prevent neck pain and correct spine alignment.

Injury

There are many types of injuries that can cause pain in the neck, but the most common is whiplash. Whiplash happens when a person's head is whipped backwards then forwards with extreme force. Some people experi-

ence whiplash when riding a roller coaster, experiencing a car accident, horseback riding or violent contact in sports. Even if your injury is not from whiplash, it is extremely important to seek medical attention as the pain can be corrected. The neck is fragile and any pain should not be ignored.

Disease

There are a number of diseases that can cause neck pain. For example, Osteoporosis is a serious bone disease that is caused from a lack of calcium. Fibromyalgia is another condition in which patients feel total discomfort in their neck for unexplained reasons. Other conditions and disorders such as cancer, back injuries and arthritis can trigger unbearable neck pain. Again, this is why neck pain should always be addressed with a professional.

John Gallucci Jr. is the president of JAG Physical Therapy (www.jagpt.com)

New Jerseyans honored for saving lives with CPR

AMERICAN HEART ASSOCIATION

Forty-one individuals and organizations in New Jersey were recently honored at the American Heart Association 2016 New Jersey American Heartsaver Awards for their lifesaving efforts.

Middlesex County residents Anthony Cascio of Monroe, Kim McNee of Edison, Mark Blevins, Tim Root, Rob Roma, Chris Banos and John Scarpa of Edison, as well as Derrick Jacobus of Williamstown recently received American Heart Association 2016 New Jersey American Heartsaver Awards for taking extraordinary steps to strengthen the chain of survival in their communities. The awards ceremony was held at the Robert Wood Johnson Hamilton Center for Health & Wellness in Mercerville.

In May 2015, a 12-year-old collapsed during a physical education class in Franklin. Kim McNee, the school nurse, brought over an AED and quickly attached the device to the student, delivering one shock. Along with other staff members, chest compressions continued until EMTs responded and a pulse was regained.

When a freshman from Colonia High School collapsed during a basketball game, Blevins, Root, Roma, Banos and Scarpa came together quickly, calmly and efficiently to help save that student's life. Tim and Chris sprang into action as the child collapsed while Mark ran to get the school's AED. Chris spoke to the 911 operator and ensured help was on the way while Tim started care on the student.

Next, Mark arrived with the AED. After hooking up the AED, it was determined that a shock was needed. Tim opened the student's airway when John continued

aid to the student after the shock was administered. Rob addressed the other needs, making sure to secure the area by clearing the benches and entire gym while ensuring that the crowd remained calm and orderly so that emergency personnel could have easier access to the scene. Thanks to their quick response, their effort in activation and completing the Chain of Survival, the student is healthy and back in school.

In January 2012, the Monroe Township Police Department, along with the Williamstown Fire Company, were lacking in first responder training. Seeing this need, Detective Derrick Jacobus decided to take action. Thanks to his efforts, which included hundreds of hours of effort, every provider in the police department and fire departments is now certified in CPR and First Aid. Jacobus also attacked the growing heroin epidemic by promoting the need for community CPR training in addition to relying on Narcan to respond to an overdose emergency. Jacobus secured additional funding through meetings with the mayor and administration to purchase 11 new AEDs to be available for an emergency at any given time.

Additionally, the department switched from individual officer first aid kits to standard department-issued first aid bags. Since September 2014, officers have 41 successful resuscitations from overdoses. Jacobus didn't limit offering training to just his fellow officers and fire responders. He also has volunteered his time to certify over 100 Boy Scouts of America's Law Enforcement Explorers in CPR.

Anyone can learn CPR and everyone should. Visit www.heart.org/handsonlyCPR for a short instructional video.

Spa day organized for breast cancer patients

STAFF REPORT

NEW BRUNSWICK - Breast cancer warriors, survivors and their family and friends recently enjoyed a reprieve from their daily stressors at Robert Wood Johnson University Hospital (RWJ) in the hospital's first "Spring into Beauty Spa Event," a day of pampering organized specifically for them.

RWJ's "Spring into Beauty Spa Event" was designed to give those battling breast cancer, survivors and their loved ones a way to promote healing — emotionally, physically and mentally.

Earlier this year, Dr. Serena Wong, associate professor, Medical Oncology, breast medical oncologist at Rutgers Cancer Institute of New Jersey, was approached by the mother of a former patient that passed away. Kathy Gregorin said her family understood firsthand what it was like to cope with a diagnosis of cancer and to navigate through testing, treatment, school/work and everyday responsibilities. In working with the family, representatives from the RWJ University Hospital Foundation realized that it shared a connection with an existing hospital donor that has been providing similar stress relief through the Mama Mare Foundation.

Thanks to their combined philanthropic donations, RWJ recently held its first annual "Spring into Beauty" event, and more than 100 guests attended.

Summer

Continued from Page 1B

tance of changing your exercise routines and challenging your body in new ways. If you've been walking for five years at the same distance and pace, then don't expect much weight loss help from that same routine.

Your body has become very efficient at walking. Try cycling, swimming or walking up hills for a change and a challenge.

If you've tried more than three times to lose weight, especially if you've lost and gained it back, then it's time to ramp up your efforts. One of the most important ad-

ditions to your exercise routine, if you're not already doing it, is strength training. You can start at any age and receive the life-changing and shape-changing benefits immediately. Here are my top ten reasons to add strength/resistance training to your life:

- » Strength training creates muscle.
- » The more muscle you create by strength training, the more calories you burn daily, even at rest.
- » Strength training strengthens the muscles around joints like knees and hips, which are stressed by carrying additional weight.
- » Strength training equals bone density. Strong bones equal strong body.
- » Strength training creates muscle fitness, which is the second most important factor in maintaining a healthy weight.

» Muscle helps keep our bodies firm as we age, helps us to fight gravity. If you see your body sagging, do some resistance work to reverse that process.

» Strength training can be done without weights. Charles Atlas never lifted a weight! Our bodies own weight is sufficient; do sit-ups, push-ups, squats and lunges.

» Very few women's bodies will build bulky muscles the way a man's will (unless the woman is using steroids), so ladies don't be afraid.

Joy Allison is a nutritionist and owner of Balanced Life Weight Loss Institute in Eatontown; visit www.blwli.com or call 732-380-7705. Email joy@blwli.com.

Sweat

Continued from Page 1B

"It's actually a very common problem," said Dr. Robert Caccavale, a Freehold-based thoracic surgeon. "There are some estimates that it may affect upwards of 1 percent of the population."

In January, Ranck underwent corrective surgery with Caccavale and Dr. Jean-Philippe Bocage at CentraState Medical Center in Freehold Township. After a brief recovery period, it was as if someone finally had turned off the faucet.

'Dripping like puddles'

"I had it ever since I could remember," said Ranck, who just finished up her sophomore year at the University of Delaware. "My mom always said I was a hot baby. She would be holding me, and I would start sweating."

Her hands and her feet were the problem, especially her hands. She could hide her feet in socks and sneakers. There was no way around using her bare hands.

"Even in the cold they would be dripping — like puddles," she said. "I would have to constantly be gripping paper towels or something."

As a student, she was terrified of taking tests, especially multiple-choice exams that would be scanned.

"If I used a pencil, the paper would get all wet and the

pencil would rip through the paper," she said. "I was constantly gripping my clothes as I was writing. I would take breaks to get my hands dry."

In more recent years, she would take notes on a laptop, but even that came with hazards.

"The keyboard would get all wet," she said. "Someone asked me my freshman year, 'Why is your laptop all wet? Did you spill something?' I was like, 'It's my hands.'"

For years, she attempted to address the condition outside of surgery.

"I would go to a dermatologist and try all of these creams," she said. "I would try home remedies like green tea. I even tried acupuncture. None of those worked."

Garden

Continued from Page 1B

needed to build just one planter, so the plan and design changed to 27 planters that were spread out according where the school thought they would look best."

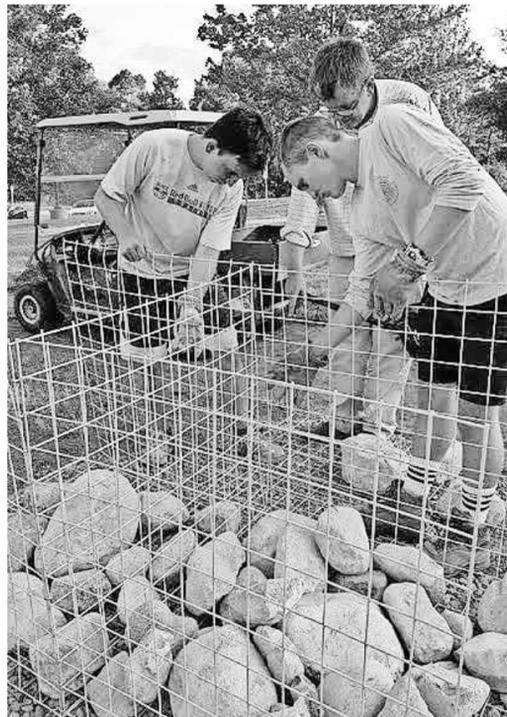
Planter size, width and height were also a challenge because they needed them to be wheelchair accessible.

"We decided on a 36-by-36 cube for each planter," Patrick said. "When we assembled the gabion planter it appeared to be the perfect width, but not the right height. We took out our bolt cutters and took off three inches which made a big difference and the gabions look very nice and are easily accessible to wheelchairs."

The final issue to address was the siding of the gabions because they had some sharp edges from the wires in which they are constructed

"With the help of my dad and we picked out some nice protectors for the side of the gabions," Patrick said. "But as we progressed, we realized the siding may not be needed because some of the gabions have smoother edging. My project thus far has had a lot of challenges but by far one of the most difficult one is the gabion."

The enabling garden vision and mission was launched in 2011 as part of a partnership between Rotary International District 7510 (Central New Jersey) and Rutgers University and its entities, New Jersey Agricultural Experiment Station and Cooperative Extension. Known as the "Rotary and Rutgers: Growing Lives One Seed at a Time" initiative, it features barrier-free, accessible gardens, and/or activities, provided with



COURTESY OF LAURA DEPRADO

The enabling garden built at RVCC.

modifications to be enjoyed by people with disabilities.

Since 2012, nine pilots were created through the "Growing Lives" project in Hunterdon, Mercer, Middlesex, Somerset and Union counties. Each promote the benefits of working with plants for people of all ages, regardless of their physical or mental challenges. At RVCC, the project will feature a variety of native, beneficial and deer-resistant, plants providing sensory stimulation for smell, sight, touch, taste and sound.

RVCC's John Trojan, vice president of finance and facilities, said, "This project becomes an enduring testament to a significant part of the College's mission which is connecting community service in a direct way to our students, and in partnering with strong organizations like the Rotary Club."

As Rotary District 7510 coordinator of Enabling Gardens, I would like to add this project offers an opportunity to fulfill one of Rotary International's six avenues of service: Education. While Patrick is an outstanding project manager, the scouting team he has mobilized is working hard, and having a lot of fun too.

Patrick added, "This project is going to not only benefit me and my scouting career but will help the school seem to be more open. The project helps attract people to come into the school and see what it has to offer. The garden also, provides a sense of welcoming everyone. This project had benefited me in a way that I know now how to organized and become a better person in the future and strive to be that individual in which scouting has made an impact."

RVCC's main campus is at 118 Lamington Road in Branchburg and serves residents of Somerset and Hunterdon counties.

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