



Welcome to the inaugural issue of our practice newsletter. We plan to bring you exciting news about our practice, as well as articles and information relevant to your health on a seasonal basis. If you have suggestions, topics, or resources you would like us to feature, please contact Jennifer Lucas at Jennifer.Lucas@consensushealth.com.

Inside:

Seasonal Allergies	page 2
Symptom Checker	page 3
Weight Watchers	page 3

Ways the Sun Affects Your Body: Good & Bad

The sun can sometimes get a bad rap for only having negative effects on our health when, in fact, it has several positive effects for our overall health.

POSITIVE EFFECTS OF THE SUN

Enhances Your Mood

Days full of sunlight make people feel better and have more energy, but it also increases the levels of serotonin in the brain, which is associated with improved mood.

Treats Seasonal Depression (commonly referred to as Seasonal Affective Disorder)

In certain people, the lack of sunlight in the winter seems to trigger depression. Symptoms include bad moods, difficulty making and keeping friends, overeating, tiredness and sleeping too much.

Relieves Stress

Everyone experiences stress for various factors, such as family, work and health issues. Dr. Bligard says stress can be relieved in a variety of ways, including exercise, having relaxing hobbies, walking the dog or by getting out in the fresh air for a little sun exposure.

Improves Sleep

Sunlight exposure impacts how much melatonin your brain produces, and melatonin is what tells your brain when it is time to sleep. When it gets dark, you start producing melatonin, so you are ready to sleep in about

... Continued on page 4

After Office Hours: Urgent Care vs. Emergency Room

Even with knowledge regarding when to go to the Urgent Care vs. the Emergency Room, know that we are always available 24/7. Please call us first before visiting either center as Dr. Feingold is always on call and wants to help. You will be able to leave a message anytime after hours and someone will get back to you promptly. Most situations can be resolved right over the phone or provide you with a better understanding of which facility you should visit.



Urgent Care Centers offer convenient same-day care with late hours. Most urgent cares can treat:

- Dehydration
- Sprains and strains
- Small cuts/stitches
- Vomiting/diarrhea
- Abdominal pain
- Fever without rash
- Mild flu-like symptoms
- Sore throat
- Urinary concerns

The Emergency Room is for any critical situation when your life can be at risk. Visit the ER if you are experiencing:

- Chest pain or trouble breathing
- Slurred speech
- Seizures
- Broken bones and dislocated joints
- Head or eye injury
- Fainting/Change in mental state
- Weakness/numbness on one side
- Uncontrolled bleeding



Seasonal Allergies

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. Before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

REDUCE EXPOSURE

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in

your house, use high-efficiency filters and follow regular maintenance schedules.

- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

TREATMENT

Several types of nonprescription medications can help ease allergy symptoms. They include:

- **Oral antihistamines.** Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- **Decongestants.** Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).
- **Nasal spray.** Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective if you begin using it before your symptoms start.
- **Combination medications.** Some allergy medications combine an antihistamine with a decongestant.

Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

WHEN TO SEE THE DOCTOR

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms, but if your seasonal allergies are still bothersome, don't give up. We can help you find the right treatment to ease your symptoms.

[\[https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343\]](https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343)

Symptom Check: Cold or Allergy

SYMPTOM	COLD	ALLERGY
Cough	Usually	Sometimes
General Aches and Pains	Sometimes	Never
Fatigue and Weakness	Sometimes	Sometimes
Itchy Eyes	Rarely	Usually
Sneezing	Usually	Usually
Sore Throat	Usually	Rarely
Runny Nose	Usually	Usually
Stuffy Nose	Usually	Usually
Fever	Sometimes	Never

Weight Watchers

Weight Watchers meetings are held every Thursday at 6:00 pm in our office. We recently started a 17-week meeting series, but you can join at any time. For more information, please call the office and ask to speak with Jennifer Lucas: (732) 536-8008. We hope to see you there.

Featured Recipe

All-American Turkey Burger with Squash Fries

Total Time: 0:30 Min

Prep: 0:15 Min

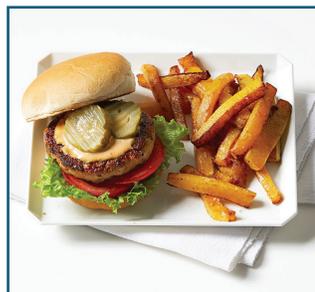
Cook: 0:15 Min

Serves: 1

Difficulty: Easy

Ingredients:

- Cooking spray: 4 sprays
- Uncooked 99% fat-free ground turkey: 4 oz
- Uncooked scallions: 2 1/2 tbsp, chopped, divided
- Table salt: 1 pinch
- Black pepper: 1 pinch
- Uncooked butternut squash: 8 oz, cut into 1/2 inch thick sticks
- Light mayonnaise: 2 tsp
- Light hamburger roll or bun: 1 item, toasted
- Lettuce: 1 leaf/leaves, large
- Fresh tomato: 2 slices
- Kosher dill pickle sandwich slices: 4 slices



Instructions:

- Preheat oven to 450°F. Coat a small baking sheet with cooking spray.
- In a medium bowl, combine turkey, 2 Tbsp scallion, 1 tsp barbecue sauce and pinch salt; form into 1/2-inch-thick patty and place on one side of prepared pan. Put squash on other side of pan and coat squash and burger with cooking spray; sprinkle with salt and pepper. Roast turning once, until fries are golden and burger is cooked through, about 15 minutes.
- Meanwhile, combine remaining 1/2 Tbsp scallion, remaining 1 tsp barbecue sauce and mayonnaise in a small cup.
- To serve, layer lettuce, tomato, burger, mayonnaise mixture and pickles on roll; serve with squash fries.
- Makes 1 serving.

Ways the Sun Affects Your Body: Good & Bad — continued from page 1

two hours. With more sunlight in the summer, you are likely to feel more awake.

Vitamin D

Vitamin D is a vitamin involved in maintaining healthy bone strength. One way you can get this vitamin is exposure to the ultraviolet light in sunlight. However, you don't need much time in the sun to reap the benefits. Dr. Bligard recommends only 15 minutes of sun exposure to provide all the Vitamin D you need.

HARMFUL EFFECTS OF THE SUN

Sun Damage to the Eyes

Long-term, unprotected exposure to ultraviolet light from the sun can damage the retina, which is the back of the eye where the rods and cones make visual images, which are then sent to the visual centers in the brain. Damage from exposure to sunlight can also cause the development of cloudy bumps along the edge of the cornea, which can then grow over the cornea and prevent clear vision. UV light is also a factor in the development of cataracts.

Heat Exhaustion

According to the Centers for Disease Control and Prevention (CDC), heat exhaustion is the body's response to excessive loss of water and salt, usually through excessive sweating. Symptoms of heat exhaustion include: headache, dizziness, thirst and heavy sweating.

Heat Stroke

If heat exhaustion is left untreated, it can lead to heat stroke. Heat stroke is the most serious heat-related illness and can be life-threatening. According to the CDC, heat stroke causes the body's temperature to rise quickly and can reach up to 106 degrees Fahrenheit within 10 to 15 minutes. If you notice heat stroke, call 911 immediately.

Sunburn

Sunburn is widely recognized as one of the most common negative effects of too much sun exposure. Ultraviolet light is the cause of sunburn, which may come from the sun or tanning beds. General symptoms of sunburn include: redness, swelling and blisters. If you notice a sunburn fever, it's time to seek attention from a medical professional. Besides a fever, severe burns also involve significant pain and extensive fluid-filled blisters.

Heat Rash

A heat rash is a skin rash that occurs when sweat ducts trap perspiration under the skin. Heat rash often looks like red clusters of pimples or small blisters. Heat rash develops in skin folds, elbow creases, the groin or on the neck and upper chest.

To help relieve the symptoms of heat rash, the CDC suggests using powder to increase comfort. However, it is not advised to use ointment or creams.

Skin Cancer

The worst consequence of long-term exposure to the sun is the development of skin cancer. Because the sun damage to the skin develops over years, the older you are, the greater the risk of developing skin cancer. After years of exposure to the sunlight, providers look for three common types of skin cancer (in order of how often they occur): basal cell carcinoma, squamous cell carcinoma and malignant melanoma.

Wrinkles/Aging

We associate wrinkles with aging, but sun exposure is a significant factor in their development and how early they appear. UV light damages collagen and elastic tissue in the skin, so it becomes fragile and does not spring back into shape, causing sagging. Dr. Bligard says the only factor worse than UV light exposure for aging and wrinkling is cigarette smoking, which causes the skin to become yellowish and thick with deep wrinkles. Some people will also get white cysts and blackheads on the cheekbones from sun exposure and smoking. UV light exposure also causes white and dark spots on the skin, as it damages the surface cells.

Tanning Beds are NOT Better

A common misconception, promoted by the tanning bed industry, is that tanning beds are safer to use for tanning than direct sun exposure. Tanning beds put out UVA light that is much more intense than what you receive outdoors because it does not work as efficiently as UVB light. UVA goes significantly deeper in the skin than UVB and not only causes skin cancer, but it causes more leathery, wrinkled skin.

[\[https://www.unitypoint.org/livewell/article.aspx?id=9a64f-6ba-8855-44dd-82d7-fe32b00f4e06\]](https://www.unitypoint.org/livewell/article.aspx?id=9a64f-6ba-8855-44dd-82d7-fe32b00f4e06)

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