

PIKE COUNTY DISPATCH

Women's Health

BREAST CANCER

Awareness

Inside

- Cancer Myths Debunked
- NovaCare Hand Therapy
- #PaintPikePurple



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12 Breast Cancer Myths Debunked

PIKE – Chances are you’ve heard at least a few myths about what causes breast cancer or increases your breast cancer risk. A little myth-busting is in order so you can get your breast cancer facts straight.

Myth No. 1: Underwire Bras Cause Breast Cancer

“That’s absolutely untrue,” says breast surgical oncologist Kandace McGuire, MD, of the Breast Cancer Program of Magee Women’s Hospital in Pittsburgh, Pa. Dr. McGuire explains that this myth is based on an old theory that an underwire bra would reduce lymphatic drainage and increase breast cancer risk. “It was not based on any data whatsoever,” she says. Until now. A study published in Cancer Epidemiology, Biomarkers & Prevention in September 2014 is the first to use a rigorous scientific study design to investigate whether bra-wearing habits could affect breast cancer risk in postmenopausal women. Among the factors researchers considered were bra type [including underwire] and daily or lifetime use of bras. Their conclusion: There’s no evidence linking bras to breast cancer risk. So rest assured that constriction of your breasts, whether from an underwire bra or any kind of compression garment, does not affect your breast cancer risk.

Myth No. 2: Antiperspirants Cause Breast Cancer

“There have been no studies to suggest a link between antiperspirants and breast cancer,” says

McGuire. There are two possible points of origin for this cancer myth: Parabens. These chemical preservatives are used in some antiperspirants and some other products. They may increase estrogen levels, which is linked to breast cancer risk. But there is “no decisive link,” says McGuire. Check ingredient labels if you are concerned. Look for the ingredients methylparaben, propylparaben, butylparaben, or benzylparaben. However, most brands no longer include these ingredients. Mammogram preparation. Antiperspirants contain some aluminum, which may show up on mammograms as a false-positive result. “One thing that is important for women to know is that when they go for their mammograms, they shouldn’t wear antiperspirants,” advises McGuire. Overall, the National Cancer Institute does not advise limiting the use of antiperspirants, but does say more research is needed in this area.

Myth No. 3: Radiation From Screening Tests Causes Cancer

Although mammograms do give off a small amount of radiation, “the radiation dose in a mammogram is less than in a standard chest X-ray,” says McGuire. “It is such a low level that it wouldn’t increase breast cancer risk.” Women should also know that MRIs [magnetic resonance imaging] and ultrasounds, which may also be used to screen for breast cancer in some women, contain no radiation at all.

Myth No. 4: Exposure to Air Causes Cancer to Spread

McGuire shares a myth she often hears from worried patients – cutting into a cancer and exposing it to air causes the cancer to spread. “That is untrue as well,” she stresses. Patients are naturally worried because cancer does have the potential to spread [called metastasis], but it is not caused by your cancer surgeon cutting into a tumor for a biopsy or to remove it.

Myth No. 5: You Have to Have a Family History to Get Cancer

“Women who don’t have a family history of breast cancer are surprised when they get breast cancer,” says McGuire. Family history is a well-established risk factor – so well-established that some women may believe it is the only risk factor, but it’s not. “Less than 10 percent of breast cancer patients get it because of a familial history,” she explains.

Myth No. 6: There’s Nothing You Can Do About an Inherited Risk

A strong family history is a cancer risk factor, but just because women in your family have had breast cancer does not mean you are destined to get it. Genetic testing will help you understand your inherited risk and allow you to make choices about your future care.



Additionally, McGuire says that research shows that a low-fat diet combined with physical activity and moderate alcohol consumption [fewer than two drinks per day] reduces breast cancer risk. “If you have a family history, you should do everything that you can to decrease your risk,” she advises.

Myth No. 7: Breast Cancer Occurs Only in Older Women

“Increasing age is a risk factor for breast cancer, so the older you are the more likely you are to get breast cancer,” says McGuire. However, that doesn’t mean younger women aren’t vulnerable. Breast cancer can be diagnosed at any age. “It tends to be more aggressive in younger women,” she adds.

Myth No. 8: Plastic Surgery Causes Breast Cancer

The good news for women who want to enhance or reduce their bust size is that there is no link between breast plastic surgery and increased breast cancer risk. Implants can make mammograms more difficult, but they do not make cancer more likely. Women who have breast reduction surgery may actually see a decrease in breast cancer risk. “Getting a breast reduction can reduce your risk of breast cancer by about 60 percent, depending on how much they take,” says McGuire.

Myth No. 9: Double Mastectomy Prevents a Return of Breast Cancer

Removing a breast that has not had breast cancer does prevent breast cancer in that breast, but removing a breast that already has cancer still leaves you with a 5 to 4 percent risk of recurrence. “Your survival is based on the first cancer,” says McGuire, not on the

removal of additional breast tissue.

Myth No. 10: Mammograms Aren’t Accurate Anyway, So Why Bother?

Recent controversy about the right time for women to begin having mammograms – whether they should begin at age 40 or age 50 – has left some women feeling the screening test may not be worthwhile. Younger women often have denser breast tissue than older women, who have more fat tissue in the breast. “The denser your breasts are, the less accurate your mammogram is going to be,” acknowledges McGuire, but adds, “Having a had mammogram is better than having none. It’s the only thing that we’ve shown thus far to reduce the mortality from breast cancer.”

Myth No. 11: Self-Exams Aren’t Necessary

Actually, the research is inconclusive on this question. “Most of the women that I talk to in the office are not doing self-exams. But there’s no downside – it’s cheap and easy to do,” says McGuire, who says that only good things can come from being familiar with the shape of your own breasts.

Myth No. 12: Abortion & Miscarriage Increase Breast Cancer Risk

While there is some evidence that having children before the age of 30 can reduce the risk of breast cancer, there is no research to support the idea that the early end of a pregnancy through miscarriage or abortion could increase breast cancer risk. Armed with these facts – not myths – you will be better able to reduce your risk and plan your treatment if you develop breast cancer.



We Are Proud to Support National Breast Cancer Awareness Month

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What You Can Do

1. Don't be part of the problem. For starters, don't harass anyone.
2. If a person who has been harassed tells you about it, believe them. Don't underestimate how hard it is to talk about these things.
3. If you know someone who has been harassed, connect them to resources who can help.
4. If you are a witness or bystander and see a harassing situation, you can help the person being harassed. You could actually intervene. You could confront the harasser. You could also help the person get out of the harassing situation. If you cannot do any of these things, you can still support the harassed person by corroborating and confirming the account of what happened.
5. You can support those affected by sexual harassment by donating to the TIME'S UP Legal Defense Fund.
6. If you are part of an organization, look at the workforce and the leadership (management, officers, board of directors). Does it reflect the market where you operate and the world we live in? If not, ask why not and do something to move it closer to that goal.
7. Acknowledge that talent is equally distributed, but work and career opportunities are not. Mentor someone from an under-represented group in your industry. If you are in a position to do so, hire someone who can diversify the perspectives included in your organization; your team will be better and stronger for it.
8. You can vote with your wallet: in your purchasing, in your investing and in your charitable giving. Spend or give to companies and organizations who have more equitable leadership and opportunities for all.

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

#PAINTPIKEPURPLE NO EXCUSE *for domestic abuse*

1 in 3 women & 1 in 4 men will experience physical domestic abuse in their lifetime. Safe Haven will be hosting the following free events throughout October to help raise awareness about Domestic Violence.

Wednesday, Oct. 3rd- Commissioners' Proclamation against Domestic Violence: 9am
Commissioner's Meeting Room- 506 Broad St. Milford

Thursday, Oct. 11th- Safe Haven Pledge Wall Against Domestic Violence: 6-8pm
Safe Haven Lawn - 402 Broad St. Milford

Saturday, Oct. 13th- Open Mic Night Honoring Survivors - 7pm
Frisky Goat Coffee House - 611 Broad St. Milford

Saturday, Oct. 13th- Milford Police Community Safety Day 10am
Anne Street Park, Milford

Monday, Oct. 15th- Family Forum: Recognizing & Responding to Child Abuse: 5:45 pm
United Methodist Church - 115 Myck Rd, Dingmans Ferry

Saturday, Oct. 20th- Clothesline Project - 12 pm
Safe Haven Lawn - 402 Broad St. Milford

Wednesday, Oct. 24th- Sacred Drumming - 7pm
Good Shepherd Episcopal Church - 110 W Catherine St, Milford

Thursday, Oct. 25th- Candlelight Vigil Honoring Victims - 6-8 pm
Milford Community House- 201 Broad St. Milford

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- Children's Advocacy Center (CAC)
- Emergency Overnight Assistance
- Legal and Medical Advocacy
- Empowerment Advocacy
- School Programs
- Support Groups
- Community Outreach & Prevention Education

For more information on our programs and services please visit our website.

Follow us on social media for
changes & updates!
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#PAINTPIKEPURPLE

MILFORD — Studies show that nearly 1 out of 3 women and 1 out of 4 men will experience some type of physical abuse in their lifetime. To raise awareness about this important and prevalent topic, Safe Haven of Pike County celebrates Domestic Violence Awareness Month every October.

This year, we are hosting several community events completely free of charge! Come out and show your support for survivors of domestic abuse.

Can't make an event? No problem! Wear purple and use the hashtag #paintpikepurple or tag Safe Haven! Together, we can create change!

Ribbon Hanging Ceremony with State Rep. Rosemary Brown

On Monday, 10/1 from 9 a.m. at 193 Municipal Drive, Bushkill.

Commissioner's Proclamation Against Domestic Violence

Wednesday, 10/3: 9 a.m.- Commissioner's Meeting Room.

Pledge Wall Against Domestic Violence

On Thursday, 10/11 from 6-8 p.m. at Safe Haven Lawn: 402 Broad Street, Milford.

Milford Borough Community Safety Day

On Saturday, 10/13 from 10-3 p.m. at Anne Street Park, Milford.

Open Mic Night

On Saturday, 10/13 from 6:30 p.m. at Frisky Goat Coffee Shop, Milford.

Family Forum: Recognizing & Responding to Child Abuse

On Monday, 10/15 from 5:45- at United Methodist Church: 115 Myck Rd, Dingmans Ferry.

Clothesline Project

On Saturday, 10/20 from 12 p.m. at Safe Haven Lawn: 402 Broad Street, Milford.

Sacred Drumming

On Wednesday, 10/24 from 7 p.m. at Good Shepherd Episcopal Church: 110 W Catherine St, Milford.

Candlelight Vigil

On Thursday, 10/25 from 6-8 p.m. at Milford Community House: 201 Broad St, Milford.



DOMESTIC VIOLENCE.... It's Closer Than You Think

MILFORD — Domestic violence and sexual abuse are two topics that have historically been taboo topics and, as a result, no one thinks it's happening in their community. But the truth is that more than 1 in 3 women and more than 1 in 4 men in the U.S. have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. 1 in 4 girls and 1 in 6 boys will be sexually assaulted before the age of 18.

1 in 3 high schoolers report experiencing physical or sexual abuse from a dating partner and it is believed that less than 30% actually report this violence. For the love of our children and the safety of our community, we can no longer remain silent.

Safe Haven of Pike County, an agency that provides free services and support to victims of crime and abuse, aims to change that. We believe that by raising awareness around such important and prevalent topics, we as a community can prevent violence of all forms. Safe Haven offers a variety of free awareness and prevention programs for children, teens and adults to educate them about healthy relationships, violence in the media, gender-based violence, recognizing

signs of abuse, what to do if you suspect abuse, and how to respond after you discover a loved one has been abused.

In addition to our outreach, awareness, and prevention programs, we also offer free and confidential services to victims and survivors of crime/abuse. These services include individual sessions, support groups, legal & medical advocacy, a 24-hour 365-day crisis line, emergency shelter, and more.

Safe Haven also offers mobile support services for those who are unable to come to our offices in the heart of Milford.

In recognition of Domestic Violence Awareness Month, Safe Haven is hosting many free events to honor victims and raise awareness. Please see our full-page ad in today's Women's Health insert for a full listing of these activities. To learn more about Safe Haven's services and how you can help, visit us on Facebook at Safe Haven of Pike County, on our website at www.shopcempowers.org, call us at 570-296-2827 or stop by our office at 402 Broad Street in Milford, PA.

If you are a victim in need of immediate help, a trained Safe Haven Advocate is available to help you 24/7 on our hotline: 570-296-HELP (4357).

SIMPLE ACTIONS CAN PREVENT DEATH

MILFORD — Trauma injury results from a wide variety of causes, including accidents or intentional harm, and in a wide range of locations, such as the home or workplace. Trauma is an epidemic in the United States,

and mass causality incidents are on the rise. Uncontrolled bleeding is the number one cause of preventable death from trauma. It is essential that as many people as possible survive their injuries if they sustain trauma. The higher the number of people who know how to control bleeding in an injured patient, the greater the chances of surviving that injury. You can help save a life by knowing how to stop bleeding if someone, including yourself, is injured. No matter how rapid the arrival of professional emergency responders, bystanders will always be the first on the scene of an emergency. A person who is bleeding can die from blood loss within five minutes, so it's important to quickly stop the blood loss.

The Hartford Consensus, a group of leaders from law enforcement, the federal government and the medical community motivated by the 2012 tragedy in Sandy Hook

and the multiple tragedies that have occurred in the ensuing years concluded that by providing first responders and civilian bystanders the skills and basic tools to stop uncontrolled bleeding in an emergency situation, lives would be saved. From the Hartford Consensus, the American College of Surgeons developed the Stop the Bleed program for bystanders. The program offers the following steps you can perform to save the life of someone who is bleeding:

1. Always be aware of your surroundings and if necessary move yourself and the injured person to safety.
2. Call 9-1-1.
3. Apply firm, steady pressure with your hands to the site of the bleed. Use both hands if possible.
4. Apply steady pressure to the bleeding site with bandages or clothing.
5. If the bleeding doesn't stop, place a tourniquet as high on the extremity if possible

above the wound. Tourniquets can be applied and secured over clothing. If the bleeding still doesn't stop, place a second tourniquet next to the first tourniquet.

Besides the aforementioned mentioned steps, the American College of Surgeons (ACS) offers an in-person Bleeding Control (BCon) course. The BCon course is for those who have little or no medical training but may be called upon to respond to and deliver trauma care and bleeding control before emergency medical services (EMS) arrival. The two and half hour BCon course offers a lecture and practice of life-saving skills, including bandaging, wound packing, basic airway management, and use of tourniquets.

Additionally, there are a variety of online training resources available. Hosted by the Department of Homeland Security, the Stop the Bleed website, accessible through dhs.gov offers posters and other materials that explain how to control life-threatening bleeding and links to information, such as where to find courses on bleeding control.

Delaware Valley Emergency Services, one of the largest providers of staffing and training for emergency response agencies in the area, offers the ACS Stop the Bleed Course to business, community, and civic groups. In addition, Delaware Valley Emergency Services (DVES) provides training courses on CPR, AED, first aid, and naloxone administration. For more information contact 866-491-3837 ext. 803 or info@dvemergency.com.

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By Edward Hartey, D.C., CCSP.
MILFORD — Right now, many of you may be asking, “What’s so miraculous about my body?” Many of us are unhappy about our size, shape, hair, teeth, etc. Obviously, we do not all look like movie stars, so we do not think our bodies are so fantastic. However, did you know that your body is one of the most amazing machines (so to speak) ever assembled?

Every day, since the day you were born, your body has been working twenty-four hours a day, seven days a week, nonstop. How many other machines can boast that accomplishment? Not only that, but when your body was forming in the womb, it grew two arms, two legs (with feet that match), two ears at the sides of your head, and a nose right in the center of your face. In fact, everything formed and grew right where it was supposed to grow.

Even more amazing is the fact that, as you were growing, you probably sustained cuts, scrapes, and maybe even broken bones, but your body knew exactly how to heal them. For example, if you cut your finger, you did not have to worry about what kind of cells to use to heal the cut. Your body knew inherently to heal the cut with finger cells and not heart cells or kidney cells or anything else but the cells that belong in a finger. Still, as amazing as that is, your body does not only work to keep you healthy when you can

see it: it is attempting to keep you healthy all the time.

Your body is constantly in a state of self-maintenance. For instance, you grow completely new fingernails every three months. You replace each red blood cell in your body every one hundred and twenty days. Again, just as in the cut in the finger, your body knows to replace red blood cells with red blood cells, heart cells with heart cells, kidney cells with kidney cells, and so on. As you can see, there is an inborn or innate intelligence in the body that we were all born with. When everything is functioning the way it should, the body runs efficiently and healthily. But what is it that keeps that inborn intelligence of the body running so efficiently, without any interference? What is it that keeps our hearts beating, our digestive system digesting, our lungs breathing; what is it that keeps some of us running like a brand new Rolls Royce and others of us like an old rusted Chevy?

There is a master control center that helps orchestrate all of the activity and organization of the body: the brain and spinal cord. In fact, this control center is so important to body function; it is completely encased in bone. The brain is protected by the skull, and the spinal cord is protected by the spinal column or vertebrae.

There are twenty-four moveable bones or vertebrae in the spinal column. The spinal cord

is housed down the center of these vertebrae, and it is like the “switchboard” to the body in that it relays messages back and forth from the brain to the muscles, blood vessels, glands, tissues, and organs of the body. However, misalignments of the spinal vertebrae and disc (the cartilaginous cushion that separates the bones of the spine) may cause irritation to the nervous system, including the nerves exiting the spine. Many ailments or dysfunctions of the body can be attributed to these misalignments causing irritation to the nervous system.

These spinal misalignments are called vertebral subluxations. They are by far the most common cause of back pain. Experts estimate that eight out of ten Americans will suffer from back pain at some time. Back pain is the second most common cause of time lost from work. Presently 2.5 million adults are totally disabled by this condition. However, though debilitating back pain is so widespread and vertebral misalignments are the most common cause of back pain, it is possible for these misalignments to be present in the spine without display of any back pain at all. These painless misalignments can be the reason some us run like those old burnt out cars I referred to earlier. They may be interfering with the proper function of the body.

My job, as a Chiropractor, is to check for these misalignments of

subluxations and correct them. Research has shown that when the bones of the spine are lined up properly, the spine is sixteen times stronger than when it is out of alignment. Additionally, proper alignment of the spine will prevent nerve interference at this level, which, in turn, will allow the body to function properly, in a healthier state of well-being.

Clearly, since the spinal column is such an essential part of your body’s structure and function, it is vital you take care of it and maintain its structure. Ignoring your spine and its health until you have back or neck pain is like ignoring the maintenance and care of your car until it blows up on the side of the road. The difference is your car is replaceable; your health is not.

Yes, your body is miraculous. However, we live in a stress-laden world. Every day, from the time we are children we are bombarded with physical, as well as emotional, traumas. It is imperative that we do as much as we can to help the body continue to function as healthily as possible. The more we do to preventatively take care of our health, the more the body can carry out its functions, naturally.

I teach my patients to take regular care of their spine, as well as their families’ spines. A properly aligned spine leads to proper structure, which yields proper function. And proper function is the key to good health.

Therapy offers free screens which includes an assessment of your musculoskeletal complaints by a licensed therapist. Your complimentary screen will include injury risk, provide education for minimizing the risk of injury and determine the need for follow-up with a healthcare provider for further evaluation.

Drayer Physical Therapy Institute is ready to serve all of your physical therapy needs. We are located at 100 Wheatfield Drive off routes 6 & 209 in Milford, PA. Our hours of operation are Mon through Friday 6:30 a.m. to 8 p.m. and Saturdays 7 a.m. to 12 p.m. Please contact us at 570-296-5911 and let us know how we can help. You can also visit www.drayerpt.com/Milford

Physical Therapy Greatly Improves Function After Breast Surgery

By Christopher Ferlo, PT Drayer Physical Therapy

MILFORD — Many women with breast cancer will have some type of surgery; which may include breast biopsy, lymph node biopsy/removal, breast conservation surgery (lumpectomy), mastectomy and breast reconstruction.

A significant amount of women will experience shoulder, arm, neck, chest and upper back pain stiffness, numbness/tingling, weakness and loss of function. Functional deficits can include limitations in: activities of daily living, bathing, dressing,

lift/carry, home chores, functional reach overhead, work function and recreational activities. Radiation therapy can also cause physical and functional impairments. Other signs and symptoms following breast surgery can include: swelling which is referred to as Lymphedema, scar tissue formation, soft tissue restriction, skin changes and achiness and heaviness in the limb.

Role of Physical Therapy:
- Early intervention (one week after surgery with MD clearance)
- Exercises to restore normal movement such as Range of Motion/Flexibility exercises

- Pain management
 - Postural correction exercises
 - Strengthening exercises
 - Breathing exercises
 - Ergonomic education
 - Aerobic exercises
 - Physical Therapy manual treatment : joint mobilization, ROM/stretching, massage techniques, soft tissue mobilization
 - Lymphedema treatment : designed to reduce and control swelling
 - Home exercise program
- A physical therapist will design a treatment program specific to the needs of the patient based on a thorough evaluation. The patient will require a referral from their Physician/Surgeon which should include precautions and/or contraindications for treatment.
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NovaCare Hand Therapy

DINGMANS FERRY — Protecting your joints is one of the most effective ways to avoid or relieve arthritis pain and prevent further joint damage. Here are some tips that can help with everyday living situations.

- Respect pain
 - If an activity hurts, modify it to take the stress off of your tendons and joints
 - Don’t wait until you are tired or in pain - stop and take frequent rest breaks
 - Use the largest, strongest muscle and good body mechanics
 - Instead of lifting objects, slide them across a counter or desk
 - Instead of carrying grocery bags by handle, hug them or carry them on the forearm or shoulder

- Plan your activities and setup
 - Spread hand intensive activity throughout the day and take rest breaks
 - Avoid staying in the same position for an extended period of time, stretch and move every 10 minutes
 - Rearrange desk, kitchen or work space to keep frequently used objects in an easy reach zone
 - If you buy items in the larger size packages, divide items into smaller, lighter, easier to hold jars

- Proper lifting
 - When lifting, keep the object close to the body and use the strength of the legs and carry items with the palm of your hand rather than the fingers
 - Distribute weight evenly along the forearm when carrying a heavier object and support it with palms up
 - Lift phone book, pots,

pans, etc., with both hands and keep them close to your body


- Use hand rather than fingers, push rather than squeeze
 - Use pump bottles for shampoo, lotions, etc. rather than spray or squeeze bottles
 - Push toothpaste out of tubes by placing the tube flat on the counter and using the palm of hand to squeeze
 - Avoid wringing; place washcloth in the sink and press down on it with the palm of the hand
 - Avoid awkward or repetitive posture and activity - tight grip, bending, twisting
 - Maintain good posture and stay fit with regular range of motion exercises
 - Avoid sideways motions that put stress on the thumb side of your fingers, such as opening a jar

- Use electric assistive devices (electric can opener, electric toothbrush, power tools) and rubber disks to help reduce the force opening new jars when possible

Proper grip and handles during daily activities

- Prefer lighter tools and utensils with larger grip and build-up handles
 - Change door knobs to lever handles to decrease stress on joints from gripping
 - Push the door open by leaning with your shoulder and body weight instead of pushing with the hand
 - Use a headset or speakerphone if you speak frequently or for long periods of time on the phone
 - Try to keep your wrists in neutral position (not bent) when writing or typing; use a gel pad or a split keyboard
- Call your local NovaCare Rehabilitation center today to learn more!

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ASK AN ELDER LAW ATTORNEY

TOPIC: DISABLED VETERAN BENEFITS

Are you a Veteran or the Spouse of a Veteran? If you answer yes to the following questions, you may be eligible for a monthly, non-taxable pension of up to \$2,120/month.

Are you... Paying out of pocket for at-home care aides? Finding it too difficult to stay at home and considering relocating into an assisted living community? Recently settled down into an assisted living or nursing facility? Finding yourself in a financial bind because your income is not enough to cover your medical and care expenses?

Then attend this free, no-obligation, no sales seminar to learn more about qualifying. Let us know if you plan to attend by calling 973-383-0115 ext. 145.


When: Wednesday, October 10 • 10:30 a.m. - 12 noon

Where: Pike County Public Library
119 F. Hartford Street, Milford, PA

Who: Karen Ann Quinlan Hospice & The Murray Firm • Andrea R. D’Iorio, Esq.

Cost: FREE - Light Refreshments Served

Presented by:



800-882-1117 • KarenAnnQuinlanHospice.org



CARDIOVASCULAR DISEASE (CVD)
Could the ear be a window to the heart? Hearing loss and CVD linked.

DEPRESSION
Symptoms go down. quality of life goes up with hearing aid

ALZHEIMER'S & DEMENTIA
Dementia risk may be up to 5X higher with hearing loss.

FALLING
Hearing loss tied to 3-fold risk of falling

MORALITY
Hearing loss tied to greater risk of dying for older men

DIABETES
Hearing loss 2X as likely for those with diabetes

CRONIC KIDNEY DISEASE (CKD)
Moderate CDK associated with 43% increased risk of hearing loss

HOSPITALIZATION
32% more likely for older adults with hearing loss

HEARING LOSS IS CONNECTED TO OTHER HEALTH CONDITIONS



The “HEARING BONES” CONNECTED TO THE WHAT?

Hearing loss may signal other important health issues

Exclusive Event Offers!

2 for \$995*!

Receive 2 Audiotone Pro CIC Hearing Aids at \$995 for a limited time only!

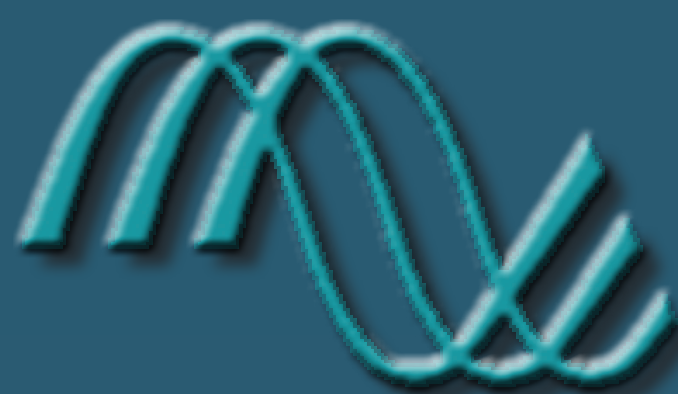
*No other offer or discount applies. Offer cannot be combined and does not apply to prior sales. Offer valid on Audiotone Pro CIC only. Fits up to 35db loss. See store for details. Expires 10/12/18

\$1,000 Off**

On a pair of GENIUS 3.0 Digital Hearing Aids!

* Valid towards the purchase of a Miracle-Ear ME-1 or ME-2 Solution Systems (2 aids) featuring Genius 3.0 technology. Limit one coupon per patient at the promotional price. No other offers apply. Expires 10/12/18

**Don't let potential hearing loss slow you down any longer!
Call now for your appointment!**



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Shane McNamara



Shawn McNamara



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*Risk free offer, the aids must be returned within 30 days of delivery if not completely satisfied and 100% of purchase price will be refunded. †Supplies may vary per office. Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of loss, accuracy of evaluation, proper fit and ability to adapt to amplification. Blue Cross Blue Shield is a registered trademark of Blue Cross Blue Shield. Blue Cross Blue Shield is not affiliated with, nor does it endorse or sponsor, the contents of this advertisement. Trademarks referring to specific providers are used by Miracle Ear for nominative purposes only: to truthfully identify the source of the services about which information is provided. Such trademarks are solely the property of their respective owners. ** Not valid on Audiotone.



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Now in its third year, **#AskHer** is a movement that has impacted hundreds of lives in our communities. **Speak up and start the conversation now about breast health.** Ask your loved ones to schedule their annual mammogram. Or, take the initiative and do it for yourself. When it comes to breast cancer, early detection saves lives.

Call 844-343-3540 or visit atlantichealth.org/askher