

Spring 2026

# THE Women's Journal™

A Quarterly Educational Resource for the Women of Sussex, Wicomico and Worcester Counties in Delaware, and Hunterdon and Somerset Counties in New Jersey.



**Charles Hammond**  
*Is Your Website Working as Hard as You Do?*

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**Jimmy Davis**  
*Meet Jimmy Davis from Surfnet*

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**Habitat Lewes Restore**  
Photographed by John Mollura

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# Colorectal Cancer Awareness:

## Why Screening at 45—and Listening to Symptoms—Can Save Your Life

*Hunterdon Gastroenterology Associates: Since 1982, our established gastroenterology practice has been committed to providing trusted, high-quality digestive health care to the community. Our team of eight board-certified specialists—Gilbert Cardoso, DO; Jason Matthews, MD; Andrea Goldstein, MD; Cherag Daruwala, MD; Anik Patel, MD; Richard Arrigo, DO; Devi Patel, MD; and Steven Mathews, MD—brings extensive experience, advanced training, and a shared dedication to delivering personalized care for every patient.*



Colorectal cancer remains one of the most common cancers affecting both men and women, yet it is also one of the most preventable and treatable cancers when detected early. As a gastroenterologist, we often remind our patients of a simple but powerful message: screening starting at age 45 and paying attention to symptoms can truly save lives.

Many people assume that if they feel well, they do not need to be screened. Unfortunately, colorectal cancer can develop quietly, often without noticeable symptoms in its early stages. That is exactly why routine screening—especially colonoscopy—is so important.

**Why Screening Starts at Age 45**  
Medical guidelines have evolved in recent years. Organizations such as the American Cancer Society and the U.S. Preventive Services Task Force now recommend that average-risk adults begin colorectal cancer screening at age 45.

This change reflects an alarming trend: **colorectal cancer is increasingly being diagnosed in younger adults.** While the reasons are still under investigation, earlier screening helps detect problems before they become life-threatening.

For individuals with higher risk—such as those with a family history of colorectal cancer, inflammatory bowel disease, or certain genetic conditions—screening may need to begin even earlier.

### Colonoscopy: The Gold Standard for Screening

Among the available screening options, colonoscopy remains the most comprehensive.

During a colonoscopy, a physician uses a thin, flexible camera to examine the lining of the colon. If polyps (small growths that can develop into cancer) are found, they can often be removed during the same procedure.

This is what makes colonoscopy unique: **it does not just detect cancer early; it can prevent cancer from developing in the first place.**

For most people with normal findings, a colonoscopy is needed only once every ten years, making it a relatively infrequent but extremely powerful screening tool.

### Do Not Ignore Symptoms

While routine screening is critical, it is equally important not to dismiss symptoms.

**One of the most dangerous misconceptions is that people younger than 45 cannot develop colorectal cancer.** Although screening is recommended at 45 for average-risk adults, symptoms should always be evaluated—regardless of age.

Warning signs that should prompt medical attention include:

- Blood in the stool
- Persistent changes in bowel habits (diarrhea or constipation)
- Unexplained weight loss
- Abdominal pain or cramping
- Ongoing fatigue, which may signal anemia

These symptoms do not automatically mean cancer, but they should never be ignored or attributed solely to stress, diet, or hemorrhoids without proper evaluation.

As physicians, we often emphasize **screening is for people without symptoms, but symptoms require immediate medical attention.**

### Overcoming Fear and Misconceptions

Many patients delay colonoscopy because of anxiety about the preparation or the procedure itself. While the preparation can be inconvenient, the procedure is typically performed under sedation, and most patients experience little to no discomfort.

The procedure usually takes less than 30 minutes, and patients return home the same day.

**Considering the potential to detect early cancer—or prevent it entirely—the benefits far outweigh the temporary**

**inconvenience.**

A Preventable Cancer  
Colorectal cancer is unique in that we have the ability to find and remove precancerous polyps before they become dangerous. Few other cancers offer such a clear opportunity for prevention.

The message is simple but powerful:

- **Start screening at age 45** if you are at average risk.
- **Talk to your doctor earlier** if you have risk factors.
- **Never ignore concerning symptoms**, no matter your age.

Early detection dramatically improves outcomes, and in many cases, it saves lives.

As a gastroenterologist, we have seen firsthand how a timely colonoscopy can detect a problem early—or prevent cancer

altogether. **That single test can make the difference between a routine procedure and a life-threatening diagnosis.**

Taking action today—whether scheduling your first screening or discussing symptoms with your doctor—could be one of the most important health decisions you ever make.

Don't hesitate, schedule an appointment to see a doctor right away. (908) 483-4000

Ask your primary care physician to refer you to Hunterdon Gastroenterology Associates. We evaluate each patient individually to determine what the best method of treatment is.

**Because when it comes to colorectal cancer, awareness, screening, and early evaluation truly can save your life.**

**Your Gut Deserves Expert Care.**  
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- IBS & IBD management
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Convenient location & convenient hours; 7 days a week

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**Call us today 908-483-4000 for an appointment or ask your Primary Care Physician to send you to HGA.**

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**Trusted GI Care, From Top to Bottom.**

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Medical Experts in the Treatment of Digestive Diseases

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# With Summer Coming... Tips for a Happy Gut

Steven Mathews, M.D. is a graduate of the New York- Presbyterian/Weill Cornell Medicine Fellowship and Residency Program with his Medical Degree from Stony Brook University School of Medicine and Undergraduate from Boston University, B.S. in Biomedical Engineering (Cum Laude). Dr. Mathews is Board Certified in Gastroenterology, Internal Medicine, and Lifestyle Medicine. He is also certified as a Physician Nutrition Specialist. Dr. Mathews is passionate about the care of his patients. "I am compelled by the gastrointestinal system's role as a conduit between our environment and our bodies. As we continue to learn more about the microbiome, I find myself seeking to understand more about how both food and environmental factors can not only drive disease, but also be harnessed to heal it."

Summer is a time for sunshine, vacations, and fresh seasonal foods—but it can also come with some unexpected digestive challenges. From travel-related stomach troubles to changes in diet and hydration, your gut health can take a hit during warmer months. Here's how to keep your gastrointestinal (GI) system in top shape all summer long.

### Common Summer GI Concerns

- **Dehydration:** Hot weather and increased activity can lead to dehydration, which slows digestion and can cause constipation.
- **Traveler's Diarrhea:** Changes in water, food, and bacteria while traveling can upset your gut flora.
- **Foodborne Illnesses:** Summer heat increases the risk of bacterial growth in improperly stored or cooked food.
- **Overeating Cold Treats:** Indulging in too much ice cream, soda, or alcohol can irritate the stomach and cause bloating.

### 7 Tips for Summer Digestive Wellness

1. **Hydrate Smartly**  
Aim for at least 8–10 glasses of water per day. Add electrolytes if you're sweating a lot or traveling.
2. **Eat Seasonal Produce**  
Enjoy fiber-rich summer fruits

like watermelon, berries, peaches, and cucumbers to support digestion.

3. **Practice Food Safety**  
Avoid undercooked meats, keep food properly chilled at picnics, and wash produce thoroughly.
4. **Probiotics Are Your Friend**  
Include yogurt, kefir, or fermented foods like kimchi and sauerkraut to boost gut-friendly bacteria.
5. **Watch the Ice and Tap Water Abroad**  
When traveling internationally, stick to bottled water and avoid ice to reduce the risk of GI upset.
6. **Moderate Alcohol and Sugary Drinks**  
These can disrupt your gut microbiome and cause inflammation or indigestion.
7. **Stay Active**  
Light exercise like walking or swimming helps promote regular bowel movements and reduces bloating.

**Your gut doesn't have to suffer for your summer fun!** With a few simple habits, you can enjoy the season while keeping your digestion running smoothly.

If you are struggling with digestive issues or have concerns about managing your health during the summer, reach out to us at Hunterdon Gastroenterology Associates. Our team is here to help you stay healthy.

*"... your gut health can take a hit during warmer months ..."*



**Don't let the summer float away!  
Colon Cancer Screening starts at  
45!  
Book your appointment today!**

**Be proactive about your health and make your appointment to be screened today!**  
**908-483-4000**

**We have extended office hours and 7 days a week procedure hours for your convenience! There are no excuses!**

Gilbert Cardoso, DO • Jason Matthews, MD • Andrea Goldstein, MD • Cherag Daruwala, MD  
Anik Patel, MD • Richard Arrigo, DO • Devi Patel, MD • Steven Mathews, MD

**Hunterdon Gastroenterology Associates**  
Medical Experts in the Treatment of Digestive Diseases

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# Lift and Tighten Facial Skin with Ultherapy



**Michelle Parsons, MD** is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery, and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons specializes in Bio-Identical Hormone Therapy and treatment of Thyroid disorders as well as Aesthetic Medicine and Laser Medicine.

If only there were a way to tighten and lift loose, sagging facial skin without any downtime such as the typical recovery experienced from facelift surgery or with the swelling and redness from laser treatments. But wait, there is! And it's deep tissue skin tightening with the power of ultrasound, known as Ultherapy!

**What Is Ultherapy?**

Ultherapy uses the technology of ultrasound, to send focused waves of ultrasound directed at the deeper layers of skin tissue, into the skin fascia layer. This layer of skin fascia is the anchor that holds facial tissue in place. This is also the layer that surgeons will address when performing a surgical facelift procedure, lifting up this sheet of tissue to pull up the overlying skin layer with it. But with Ultherapy

*"... tighten and lift loose, sagging facial skin without any downtime such as the typical recovery experienced from facelift surgery or with the swelling and redness from laser treatments ..."*

ultrasound, the sound energy is delivered through the skin, without the need for an invasive surgical procedure, or with the penetrating energy of laser. The ultrasound waves pass through the skin, leaving overlying skin completely unaffected and undamaged. The sound energy directly heats up the deep tissues in the skin, directly tightening them and stimulating more collagen for even more lifting and tightening.

**What Areas Are Treated with Ultherapy?**

Facial areas that are typically treated with Ultherapy include the skin around the eyes, which includes the crows feet areas and underneath the eyes, to help diminish eye lines and to open up the eyes for a

more youthful appearance. Also, the skin above the eyebrows can be treated to lift eyebrows. This is called the Brow Lift/Eye Opener procedure.

The whole lower face is most often treated, to treat heavy jowls along the jaw line, the tissue just below the chin and also, the heaviness along the sides of the nose, known as the nasolabial folds can all be treated. Utilizing Ultherapy in these areas, targets fatty tissue that can be diminished and softened, and the overlying skin is tightened.

**What Can I Expect During the Ultherapy Treatment?**

For your treatment, no prior preparation is required, there is no numbing needed. Prior to your treatment, Dr. Michelle Parsons, M.D. will apply a cooling gel to your facial skin, just as with any

ultrasound treatment. This ultrasound gel allows the sound energy to better penetrate the skin and keeps the skin cool during the treatment.

To treat the whole face, including around the eyes, lower cheeks, jawline and under the chin area, takes about an hour. After the treatment there is typically no redness and no bruising. Many patients will already begin to see improvement around the eye area with a noticeable brow lift and opening of the eyes. But otherwise no one will know that you had a procedure that day and you can go about your business as usual!

**How Long Will My Results from Ultherapy Last?**

After the initial skin tightening that day,

further skin tightening will continue in a slow and gradual process, occurring over the next few weeks and even months. "It is around 8 weeks that most patients will begin to receive unsolicited compliments from their friends and family, telling them that they look well rested, or perhaps look as if they had just come back from a vacation. They will notice the subtle improvement, but will not know the cause!" - Dr. Michelle Parsons, M.D.

The improvement in facial skin firming and lifting will continue to evolve and improve over the next few months and sometimes even as long as a year after the one treatment. Results from Ultherapy are long lasting, as there has been stimulation of new natural collagen and tightening of the deeper fascial layer.

**Sussex County Women's Journal Special Pricing**

When you call to book your Full Face Ultherapy skin tightening procedure, mention you saw this article in the



Women's Journal to receive \$500 off your treatment.

If you would like to learn more to see if Ultherapy is right for you, please call to make an appointment for a complimentary consultation with Dr. Michelle Parsons, M.D. The doctor is the difference! Restore, Reclaim, Remove.



**Michelle Parsons, MD**  
**ReNove Med Spa**  
 416 Rehoboth Avenue • Rehoboth, Delaware  
 For appointments please call  
**302.227.1079**  
[www.RenoveMedSpa.org](http://www.RenoveMedSpa.org)  
[Info@Renovemedspa.org](mailto:Info@Renovemedspa.org)



## Is Hearing Loss Creeping Up on You?



Hearing is more than a faculty of perception; it's a lifeline to connection, learning, and independence. For all of us, maintaining hearing health is essential to sustaining the conversations, music, and daily sounds that color our lives. Yet many don't realize how subtly hearing loss can creep in or how effectively it can be addressed. The good news is that proactive care—through preventive checkups, timely diagnostics, and compassionate treatment—can preserve quality of life for years to come.

Regular screenings are one of the most important steps. Hearing changes can occur gradually, and early detection helps prevent social withdrawal, cognitive strain, and safety concerns. Age, genetics, noise exposure, and certain medical conditions can influence hearing, and staying proactive supports overall wellness, balance, safety, and social engagement.

Advancements in audiology have transformed what “treatment” can look like. Today, discreet, high-performing devices—such as comfortable hearing aids and state-of-the-art cochlear therapies—can tailor sound to your unique ear shape, lifestyle, and goals. Modern fittings emphasize natural sound perception, wind and background-noise management, and long battery life, so you can participate confidently in conversations, meetings, and family events. Beyond devices, many people benefit from rehabilitative care—communication strategies, balance training, and counseling—to adapt to changes and maintain confidence in social settings.

Quality care hinges on a partner who listens. The choice of provider matters because hearing health is deeply personal. An exemplary audiology practice will offer comprehensive testing, transparent recommendations, and patient-centered follow-up. It should also respect your time with efficient scheduling, thorough explanations, and ongoing support as your needs evolve.

In Seaford, Delaware, Mast Audiology Services stands out for adults seeking a trusted, compassionate hub for hearing health. Their approach blends clinical precision with a warm, patient-first philosophy. From precise diagnostic assessments to customized devices and trial periods,

Mast Audiology Services emphasizes accuracy, comfort, and ongoing care. The team's dedication to staying current with the latest research ensures you receive evidence-based solutions designed to preserve your hearing and enhance your everyday life. Whether you're experiencing tinnitus, dizziness, or subtle hearing changes, Mast Audiology Services offers clear pathways to evaluation, treatment options, and practical guidance.

### What patients are saying

- “Compassionate care from the moment I walked in. The team explained everything in plain language and really listened.”
- “My new hearing aids feel natural, and the difference in conversations with family is remarkable.”
- “Efficient scheduling, thorough follow-up, and renewed confidence after my visit.”



### Hearing-Friendly Lifestyle Tips

- **Protect ears in loud environments by using ear protection**
- **Mindful listening: reduce background noise when possible, face the speaker, and ask for repetition or clarification if needed.**
- **Support cardiovascular health: blood pressure, cholesterol, and diabetes management help ear health and circulation.**
- **Routine hearing checks: annual screenings or sooner if you notice ringing (tinnitus), muffled sounds, or difficulty following conversations.**



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[drmast.com](http://drmast.com)

## 2026: The Year of the Fire Horse



*Dr. Rosemary Baughman LCSW is a mentor, coach, and connector who brings over 25 years of experience in the field of social work, leadership, and personal transformation. With a Doctorate in Social Work focused on leadership, Rosemary is passionate about creating spaces where women can reconnect with themselves, each other, and the natural world in meaningful ways.*

*Her work goes beyond traditional therapy—centered instead on group empowerment, experiential learning, and grounded, heart-forward coaching. Through her organization, Courageous Hearts, Rosemary guides women through powerful, nature-based experiences that often include equine-assisted learning and healing. These interactions create space for authenticity, self-discovery, and deep, soul-level connection.*

*Known for her warmth, clarity, and grounded presence, Rosemary helps others access their inner wisdom and lead lives rooted in purpose and connection. Whether in small circles or larger group settings, her mission is clear: to empower others to show up fully, lead bravely, and heal in community.*

Many are speaking about the Year of the Fire Horse, which began February 17, 2026 — a symbol of movement, passion, and deep transformation. The horse has long represented independence, strength, and forward momentum. Fire brings creativity, vision, and rapid change. Together, this energy feels powerful — almost electric. But fire must be tended. When guided with intention, it warms and illuminates. When ignored or rushed, it can overwhelm.

For women especially, this year feels like both an invitation and a remembering.

The horse can be a mirror for us. She is intuitive. She knows when to protect her energy. She forms relationships built on trust and presence. She listens to her body. She responds when something feels misaligned. When we reflect on these qualities — self-preservation, connection, nurturing our physical and emotional well-being — we begin to reconnect with the wisdom already living inside us.

Maybe you've felt it — that quiet stirring. A longing for something more aligned. A desire to grow mentally, emotionally, and spiritually. Not louder. Not busier. But deeper.

Growth does not require chaos. It does not require burning everything down. True transformation happens one intentional step at a time. Emotional wisdom asks us to pause and ask: What do I truly want? What feels aligned? What small step can I take this month?

Fire gives us energy. The horse gives us direction. It is a thoughtful, grounded action that carries us forward. Horses live fully in the present moment. And presence is where our power lives, too. Anxiety pulls us into the future. Guilt and sadness tug us into the past. But the present is where healing begins. Forgiveness happens here. New choices happen here. Self-compassion happens here.

Perhaps this is the year you begin that idea that won't leave you alone — starting gently, with one conversation. Perhaps it is the year you finally prioritize your healing. Perhaps it is the year you sit in a circle with other women and allow yourself to be seen — not for your flaws, but for your strength.

Emotional maturity is not about moving fast. It is about moving aligned. It is about trusting that inner nudge and honoring it with care.

If something in you feels sparked, that matters. Through Women's Soul Circles, individual coaching, retreats, and workshops, we create spaces where women can slow down, listen inward, and rise together.




This may be your year to tend your fire — not alone, but supported. Rosemary Baughman DSW, LCSW, 2/21/2026.

  
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**Step into a space where you can  
reconnect with yourself, explore  
your goals and build authentic,  
lasting change!**

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*Because healing should be accessible to all!*



# MENTAL HEALTH



**YOU DON'T HAVE TO CARRY IT ALONE.**

**What Is Your Voice Inc. is now offering mental health services for individuals and families seeking support, healing, and hope.**

We provide a safe, steady, and nonjudgmental space for people navigating trauma, domestic violence, substance use, anxiety, depression, grief, and life transitions.

With services available in person and through telehealth, our team is committed to making care more accessible, affirming, and supportive.

**When you are ready, we are here.**

**COMMUNITY-BASED BEHAVIORAL HEALTH SERVICES IN LEWES, DE  
SELF PAY. WE TAKE INSURANCE. VIRTUAL AND IN PERSON THERAPY**



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 [whatisyourvoice.org](http://whatisyourvoice.org)

 [helpline@whatisyourvoice.org](mailto:helpline@whatisyourvoice.org)

## Losing Weight with Medication is Fast and Easy



**Michelle Parsons, MD** is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons is the owner of Renove Medical Spa in Rehoboth Beach.

You may have heard that there is a new class of weight-loss medications that are incredibly effective at curbing appetite, improving blood sugar control and promoting profound weight-loss. This group of medications is known as glucagon-like peptide 1 agonists, or GLP-1. This group of GLP-1 medications come in a variety of names, dosages and frequency of dosing, but they all act in one common way, they inhibit the hunger hormone, leptin. It is this hormone, leptin, that controls our hunger, whether it induces us to eat more or to realize we are full, depending on the level of the leptin hormone. Unfortunately, like insulin resistance,

many people develop leptin resistance, in that even though the leptin level may be elevated, sending a message to our brain that we should be full, we become resistant to that message and remain un-satiated which leads to overeating. By restoring leptin sensitivity, hunger is controlled, and we are able to shed excess weight.

**Wegovy and Saxenda** Here at Renove Medical Spa, Dr. Michelle Parsons, M.D. has been treating patients with this new class of medications for weight loss, including Saxenda (liraglutide) and Wegovy (semaglutide). Both of these prescription medications have been extremely effective at

curbing appetite and helping our patients easily lose pounds that they have not been able to lose before. We are in a unique window of time right now where the FDA is allowing compounding pharmacies to produce these medications to meet the very high demand of these medications, at affordable prices. So if there was ever a time to address your weight loss goals, now is a good time.

### Mounjaro Now Available through Compounding Pharmacies

Another highly effective weight loss medication, Mounjaro (tirzepatide), is now also available from compounding pharmacies. Dr. Michelle Parsons, M.D. only sends prescriptions to the highest quality compounding pharmacies with a long track record of safety and reliability.

Mounjaro, Wegovy, and Saxenda are medications that are self-administered injections that work on controlling appetite and glucose metabolism. These medications were



initially designed to treat diabetes and pre-diabetes in patients who were experiencing increasing blood sugars and weight gain. By improving glucose metabolism and controlling appetite, including cravings, studies showed that patients treated for pre-diabetes with these medications lost a significant amount of weight as well, 15% of total body weight for Wegovy and 20% for Mounjaro. Due to the greater weight loss seen with Mounjaro, Dr. Parsons can also prescribe Mounjaro.

### Complimentary Consultation

If you would like to see if losing weight using a

prescribed GLP-1 agonist is right for you, you can make a complimentary consultation with Dr. Michelle Parsons, M.D. If you do decide to go ahead with our physician directed weight loss program with a GLP-1 agonist, Dr. Parsons will meet with you once a month, to review your progress, help you minimize side effects and maximize your results. The cost of a month supply of semaglutide or tirzepatide is determined by the pharmacy and the medication will be shipped directly to you. Costs range from \$125 to \$500 per month.

**Michelle Parsons, MD | ReNove Med Spa**

For appointments please call 302.227.1079

416 Rehoboth Avenue, Rehoboth, Delaware | [www.RenoveMedSpa.org](http://www.RenoveMedSpa.org) | [Info@Renovemedspa.org](mailto:Info@Renovemedspa.org)



# WHAT YOU NEED TO KNOW ABOUT THAT PAIN IN YOUR LEGS.

Peripheral artery disease, or PAD, occurs when the same plaque that causes heart attacks builds up in your legs. If left untreated, it can cripple, and it can kill. If you have heart disease, you're at higher risk for PAD. So, talk with your physician and don't ignore the warning signs, including:

- Pain or numbness in the legs or buttocks that goes away after resting
- Pain, coldness or a change in color in the foot or toes
- Brittle toenails
- Sores on the foot or leg that are slow to heal

For an appointment or second opinion, call 302-310-8484.



Scan and Learn



Our Commitment Runs Deep | [Bayhealth.org/PAD](https://www.Bayhealth.org/PAD)

# More Than Care

## A Place Where Seniors Find Friendship and Purpose



Spring is a season of renewal. Flowers bloom, days grow longer, and many people begin to think about fresh starts and new possibilities. For older adults, this season can also be a reminder that life still holds opportunities for connection, purpose, and joy.

At **PACE Your LIFE**, located in the Milford Wellness Village, that sense of renewal happens every day.

PACE Your LIFE (Program of All-Inclusive Care for the Elderly) is a Medicare and Medicaid approved program that helps adults age 55 and older remain safely in their own homes while receiving the care and support they need.

The program serves residents in upper Sussex and lower Kent Counties, including the following zip codes: 19963, 19958, 19968, 19941, 19933, 19950, 19960, 19954, 19952, 19962, 19979, 19946, 19943, and 19934.

For many participants, the greatest change is not just the medical care they receive, but the feeling of being part of a community again and having a place where they feel welcomed, supported, and valued every day.

### More Than Health Care

As we grow older, managing doctor visits, medications, and transportation can become more challenging. At the same time, many seniors face another difficult reality: loneliness.

### PACE Your LIFE brings care and community together under one program.

Each participant receives a personalized care plan created by an Interdisciplinary Team that includes doctors, nurses, social workers, therapists, and other caring professionals. The team works together to coordinate medical care,

therapy, medications, transportation, meals, and home support so participants can continue living safely at home.

Because PACE Your LIFE serves as both the health care provider and insurance provider, all services are coordinated through one dedicated team focused on each participant's well-being.

### Friendship and Connection

While medical care is essential, many participants say the friendships and daily activities are what truly change their lives.

At the day center, participants share meals, take part in exercise and creative activities, enjoy music and games, and spend time simply talking and laughing together. These moments help restore something many older adults miss: connection.

Many participants say the center quickly begins to feel like a second family, where familiar faces, supportive staff, and daily activities create a sense of routine, comfort, and belonging.

One participant shared how joining PACE Your LIFE completely changed his daily life.

"I used to sit at home and listen to the radio all day. Now I get picked up every morning and come to PACE, and I love it. Make an appointment and come to the day center with me one day and I will show you how great it is. I have never experienced this level of care before."

Robert K., a PACE Your LIFE participant, says the program has given him a place to connect with others, stay active, and feel supported every day.

### Support for Families

PACE Your LIFE also provides peace of mind



for families and caregivers. Many adult children balance work, raising their own families, and caring for an aging parent. Knowing that a full team of professionals is coordinating care can lift a tremendous burden.

Families often share that having a trusted team overseeing medical care, therapy, and daily support allows them to focus more on spending meaningful time with their loved ones.

### A Fresh Start at Any Age

Spring reminds us that every season of life can bring new beginnings. With the right care, support, and community, older adults can continue living with independence, dignity, and joy.

For more information or to schedule a tour, contact PACE Your LIFE at 302-865-3565 or visit 21 West Clarke Ave, Suite 1010, Milford, DE 19963 in the Milford Wellness Village.

Because every stage of life deserves care, connection, and a place to belong.



## Take the time to recharge with the support of **PACE Your LIFE**

PACE Your LIFE helps alleviate the physical and mental exhaustion of being a caregiver by providing you with the support you need:

- Scheduling medical appointments
- Transportation
- Medication delivery
- A senior day center with medical care, meals and activities
- Time to recharge your batteries



Call today or visit online to tour our day center and learn more.

[paceyourlifemwv.com](http://paceyourlifemwv.com) 302-865-3565



You can join PACE Your LIFE if you are 55 or older and you live in the service area - 19958, 19968, 19941, 19933, 19950, 19960, 19963, 19954, 19952, 19962, 19979, 19946, 19943, and 19934.

# Have You Heard These Five Common Aging Myths?

Much has been said about the senior generation and the lives that they live. Unfortunately, not all of it is based in fact. Join us as we debunk five of the most common myths about aging!

## #1 – Dementia Is Inevitable

This one has been scaring people for some time now, and with seniors living longer and longer lives, it's become increasingly persistent.

Thankfully, it's just not true!

Dementia is common enough to warrant concern from the medical community and from family members of seniors; however, it is far from inevitable.

Recently, doctors examined the brain of a 115-year-old woman who, when she died, was the world's oldest person. No evidence of dementia or other disorders was found, and testing throughout her senior years revealed no loss in brain function.

If you're concerned about dementia, you can be proactive by taking some simple steps that will help you avoid the disease and its symptoms. Staying mentally and physically well during middle age can help people avoid dementia. Additionally, continuing to challenge the brain in one's later years has been shown to help people stave off Alzheimer's disease and other debilitating conditions.

## #2 – Loneliness Is an Inescapable Part of Senior Life

This may have been more true in the past than it is today, and loneliness has never been completely unavoidable for seniors.

The key is to recognize that isolation, which is common in one's senior years, can lead directly to loneliness. Thankfully, our world is filled with options for seniors – and others – to stay connected with the rest of the population, whether it involves using digital technology for face-to-face chats or joining a local community center. There's always a way to escape isolation!

## #3 – There's no Point in Exercising After a Certain Age

This powerful myth has prevented a large number of people from staying active and extending their lives. The truth is that it's never too late to start exercising, even if exercise has never been an important part of one's life.

Exercise is a great way for seniors to stay in shape, connect with others and feel youthful, regardless of age.

Remember, though, that any physical-fitness routine should be planned and implemented with common sense and safety in mind. Seniors should start small by taking short walks and performing simple body-weight exercises. Doctors and trainers can help seniors devise workout plans that maximize benefits while minimizing the risk of injury.

## #4 – Poverty Is Inevitable

As seniors live longer than ever before, some are finding that they simply didn't save enough during their working years to sustain their lives during old age. The cost of living keeps getting more and more expensive, as well. However, that doesn't mean that poverty is a fact of life for seniors.

The fact is that less than 10% of those aged 65 or older fall below the poverty line in the United States. That number, while higher than it ought to be, only represents a fraction of the total senior population.

Seniors are typically better at saving money than those in younger generations, and people in general are becoming more fiscally aware, which will lead to an aging populace that is more financially secure than any other such generation in history.

## #5 – Seniors Stop Learning After a Certain Age

The stereotype of the aging individual who is set in his or her ways is a strong one, but it's just not reflective of reality.

Today's seniors are more active and curious than ever before, and our world provides them with countless opportunities to explore their intellect and become introduced to new ideas. Research that shows the importance of keeping the brain active and engaged has led to a renewed commitment to learning, regardless of one's age, and many seniors are proving that it's never too late to learn a new skill or become an expert in a previously foreign subject.

## Senior Living Is What You Make of It

While these myths are not the truth, they contain enough truth to remain persistent. The real truth, though, is that anyone's life experience – whether they are elderly or a teenager – depends on the approach they take and the support that they have around them. Thankfully, today's seniors live in a world of limitless possibilities. And with the help of Always Best Care and our amazing team of caregivers, it's possible to finally put these myths to bed for good!

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# Excellence Without Exhaustion

John Mollura spent fifteen years supporting mission-critical testing for NASA and elite U.S. military units, where precision and real-world execution mattered every day. Today, he guides people to build confidence, quiet mental noise, and take meaningful action on what matters most. He lives in Milford with his wife of over twenty-two years and their three children.

*"I really appreciated how John met me where I was at. I had many big life transitions going on throughout the coaching sessions, but John's easygoing manner and thoughtful responses helped me to feel seen and grounded in the present." – Jacqueline O.*

By John Mollura, Elite Action™ Coaching & Speaking

Many of the women I meet are the ones everyone relies on. You keep things running. You remember the details. You carry responsibilities that others do not even see.

And because you care deeply about doing things well, it is easy to fall into a quiet habit. Trying to make sure everything is just right before you move forward.

At first, that instinct feels responsible. Thoughtful. Even admirable.

But over time, something shifts. Decisions take longer than they should. Small tasks start to feel heavier than expected. Even meaningful work can begin to feel surprisingly exhausting.

The reason is simple and often overlooked.

Perfection carries a hidden rule. It allows **zero mistakes**.

Not one misstep. Not one imperfect first try. Not one learning curve.

And that is where the pressure begins.

Because real life and real growth simply do not work that way.

Excellence, on the other hand, feels very different.

**Excellence gives you permission to improve.**

**It allows learning.**

**Most importantly, it allows forward movement.**

Understanding the difference between perfection and excellence can completely change how you approach your goals, your responsibilities, and even your peace of mind.

**Why Perfection Feels So Heavy**  
Perfection often begins with good intentions.

When you care about something, whether it is your family, your work, or your commitments, it is natural to want to do it well. Over time, that healthy desire can quietly turn into pressure.

Instead of asking, "What is the next step?" we begin asking, "What if this is not good enough?"

That shift changes everything.

**Perfection demands certainty before you begin. Excellence allows progress while you learn.**

When perfection takes the wheel, decisions take longer, energy drains faster, and even small responsibilities can start to feel overwhelming.

**Redefining Excellence**

For many people, excellence sounds intimidating. It can feel like a higher standard that requires even more effort.

But true excellence is actually far simpler than perfection.

Excellence means showing up with care. It means doing your best with the information you have. It means being willing to adjust along the way.

Earlier in my career, I spent fifteen years supporting testing operations for NASA and elite military units. In environments like that, nothing worked as expected the first time.

Progress happens through testing, adjusting, learning, and improving.

That is not failure. That is how excellence is built.

**Three Simple Ways to Pursue Excellence Instead of Perfection**

If perfection has been weighing on you, here are three small shifts that can make a meaningful difference.

**1. Start Before You Feel Completely Ready**

Waiting for perfect conditions often delays progress.

Instead of asking, *Am I ready?* try asking, *What is the smallest next step?*

Small beginnings create momentum.

**2. Allow Learning Along the Way**

Perfection tries to avoid mistakes.

Excellence expects growth.

When something does not go exactly as planned, it is not proof that you failed. It is information that helps you move forward more wisely.

When something does not go as

expected, pause and ask yourself one simple question. *What did I learn from that?*

Then decide on one small adjustment you will try the next time instead of replaying the mistake.

**3. Focus on Consistency, Not Intensity**

Last issue, we talked about how confidence grows through small promises kept daily.

Excellence works the same way.

Small, steady actions taken consistently create far more progress than occasional bursts of effort.

Choose one small action you can repeat each day this week. Make it simple enough that you know you will follow through.

Consistency builds trust with yourself, and over time that trust creates real momentum.

**Final Thoughts**

*Excellence does not require more pressure. It requires a healthier relationship with progress.*

When you release the grip of perfection, something surprising happens. You often move forward faster, enjoy the process more, and rediscover the confidence that comes from steady action.

You do not need perfect conditions.

You just need the next step.

Next time, we will explore what happens once momentum begins to build and how to stay consistent even on the days when motivation fades.

Until then, keep going.

Onward & Upward,  
Coach John

**John Mollura**  
Coach | Speaker 

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- ✓ Protect focus and energy with proven structure
- ✓ Apply systems trusted by 300+ high-performers

hello@johnmollura.com

## Touched with Purpose: The Mission Behind TNT Sincerely Blessed Hands



In today's busy world, many people carry stress, tension, and pain in their bodies without even realizing it. Long workdays, constant movement, and daily responsibilities can leave muscles tight and the mind overwhelmed. Massage therapy is more than a luxury; it is a powerful way to restore balance to both the body and the mind. Through intentional touch, massage helps relieve tension, improve circulation, and create a deep sense of relaxation that many people truly need in their everyday lives.

Massage therapy has been practiced for thousands of years across many cultures as a natural way to support health and healing. Today, it remains one of the most effective ways to reduce stress and improve overall wellness. When muscles are worked and tension begins to release, the body responds by relaxing. Blood flow improves, helping oxygen and nutrients circulate more efficiently throughout the body. At the same time, the mind slows down, creating a calm and peaceful feeling that many people struggle

to find during busy daily life.

This simple practice allows the body to reset, recover, and function more naturally, helping clients feel renewed both physically and mentally. Many people do not realize how much tension their bodies hold until they experience the release that massage therapy provides. Even one session can leave someone feeling lighter, calmer, and more refreshed. When massage becomes a regular part of a wellness routine, those benefits can grow even stronger, helping the body maintain balance and encouraging long-term relaxation and improved well-being.

Mobile massage brings professional relaxation directly to a client's home, allowing them to enjoy the benefits of massage without traveling to a spa or office. Being in a familiar environment often makes the experience even more calming and comfortable. After the session, clients can continue resting rather than driving home while trying to hold on to that relaxed state. Mobile massage also provides a more personal and customized

experience for each client.

Every session can be tailored to a client's unique needs, whether they prefer deeper pressure to work through tight muscles or lighter, soothing techniques to relieve stress and tension. The focus is always on comfort, care, and helping the body achieve balance and natural healing. Clients are able to relax in a setting where they already feel safe and at ease, which often allows the body to respond even better to the treatment.

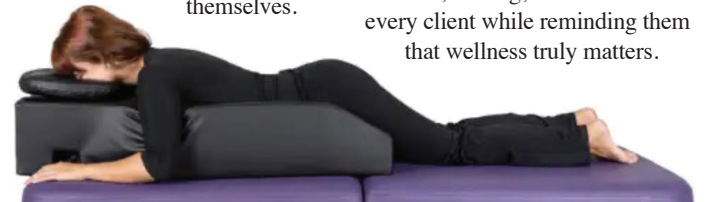
Pregnancy massage is another important service that supports wellness during a very special time in a woman's life. As the body changes throughout pregnancy, many women experience discomfort in the lower back, hips, legs, and shoulders. Prenatal massage is designed to gently relieve

pressure while supporting overall relaxation. With proper positioning and supportive pregnancy pillows, clients can safely lie face down while the therapist works on tight muscles and sore areas.

This type of massage can reduce swelling, improve circulation, ease muscle tension, and encourage better sleep. Many mothers report that it helps them feel calmer, more comfortable, and more connected to their changing bodies during pregnancy. Massage therapy also supports emotional and mental well-being, helping people slow down and take a moment for themselves.



At TNT Sincerely Blessed Hands, the goal is to provide professional massage services that help clients feel relaxed, restored, and renewed. Every session focuses on relieving tension, supporting natural healing, and creating a peaceful experience tailored to each client. Through caring hands and a heart for service, TNT Sincerely Blessed Hands continues to bless others one session at a time, bringing comfort, healing, and relaxation to every client while reminding them that wellness truly matters.



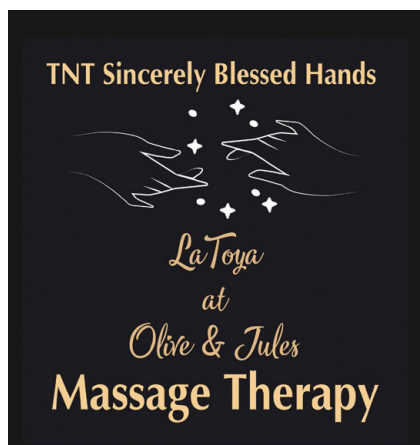
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Let's get you feeling better—one massage at a time.

*LaToya is a graduate of The Academy of Massage and Bodywork in Bear, Delaware. She has been a CMT doing massages since 2022. Her desire is to help people in physical pain was the reason for her quest to be successful in massage school. She also suffers from fibromyalgia, so she knew firsthand, the tremendous need. LaToya worked at Olive & Jules as a personal assistant for two hairdressers wherein washing hair, giving head massages, and hearing all the compliments gave her further incentive to become a massage therapist. LaToya specializes in Prenatal, Swedish, and Hot Stone Massages. When LaToya is not at work, she is a single mom of a little boy, enjoys spending time with family and church friends, and loves being at church.*



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*Journey Toward Peace*

## Feeling Stuck? Spring Is a Time for New Beginnings for Your Teen.

### How We Help Families Combat Unruly Teens

**Comprehensive Assessments:** We conduct thorough evaluations to understand your child's unique needs and identify the most appropriate treatment options.

**Personalized Treatment Plans:** We develop customized plans tailored to each child's individual circumstances, incorporating a range of therapies, including individual, family, and group sessions.

**A Network of Resources:** We connect you with a network of trusted professionals, including therapists, psychiatrists, and educational consultants, to ensure your child receives the best possible care.

**Financial Coordination:** We offer comprehensive financial coordination, navigating insurance, state, and school resources to support your family's investment in your child's well-being.

**Aftercare Coordination:** We coordinate all therapeutic aftercare, making sure the right services, structure, and support are perfectly in place so your child's healing continues without interruption.



After feeling stuck and exhausted, I created Journey Toward Peace to help families move forward with clarity, support, and hope. You don't have to navigate this alone. We don't just recommend programs; we passionately guide you past the uncertainty to the exact specialized care that will finally give your family a path toward peace.



Your family's healing journey starts here.  
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**Andrea E. Goldstein, M.D.**

Dr. Goldstein is a board-certified gastroenterologist who graduated from Georgetown University for her medical degree and then went on to complete her Internal Medicine residency at North Shore University Hospital and did her Gastroenterology fellowship training at the University of Buffalo. Dr. Goldstein is at the forefront of the pelvic floor field, performing Interstim Peripheral Nerve Evaluation (PNE) for fecal incontinence. “Gastroenterology allows me to stay on the leading edge of medicine, bringing the newest, most effective treatments to patients with serious conditions. As your doctor, I strive to give you the best possible medical care you can receive and also an environment where you can feel comfortable. This starts with talking and listening closely to ensure that I get a complete picture of your medical history and symptoms, and also that you understand what you need to know to follow your treatment plan and return for the follow-up testing you need to protect your health. Giving you my time, compassion and full attention is as important as any test or procedure I perform.”

## HEMORRHOIDAL TREATMENT

**Over half the population will experience some type of hemorrhoidal problem in their lifetime.** You may be suffering in silence because you are too embarrassed to discuss the problem, or worry that the cure will be more painful than the problem itself. Now, advances in medicine have made hemorrhoid treatment fast and virtually painless. Your only challenge is finding a doctor who offers the right treatment and makes you feel comfortable receiving it.

**How do hemorrhoids develop?** Hemorrhoids are simply swollen and engorged veins in the anal and rectal region. They are most commonly caused by changes in frequency of bowel movements, pressure of straining and hormonal changes or pressure during pregnancy. The veins swell and stretch and gradually lose the support of surrounding connective tissue.

**Hemorrhoids can cause the following symptoms:**  
 Itching/Burning  
 Bleeding  
 Protrusion during Bowel Movements  
 Pain  
 Hygiene Concerns

**Are all hemorrhoids the same?** Hemorrhoids are actually classified into four stages

- based upon severity. This helps determine which treatment is most appropriate for you.
- 1) Stage I:** The hemorrhoids remain inside at all times. They do not protrude from the anus.
  - 2) Stage II:** The hemorrhoids protrude with a bowel movement, but reduce spontaneously.
  - 3) Stage III:** The hemorrhoids protrude with a bowel movement, but require manual insertion.
  - 4) Stage IV:** Fourth degree hemorrhoids: The most severe hemorrhoids always protrude and cannot be pushed back inside.

**What are the treatment options for removing hemorrhoids?** Effective hemorrhoid treatment depends on your specific medical condition. No doctor should recommend a solution without first doing an exam to rule out other potential causes of rectal pain or bleeding.

Once you have been diagnosed with hemorrhoids, you will have different options to choose from, depending on the severity of your case. You may get adequate relief from increasing fiber in your diet, taking warm sitz baths and using topical creams. Treatment options include

a variety of minimally invasive procedures that cut off blood flow to the hemorrhoid and cause it to shrink. In some cases your doctor may recommend a surgical procedure to remove excess tissue.

**What is the most painless method for treatment?** An even less invasive and pain-free solution has recently been approved for internal hemorrhoids. This new banding option, the CRH O’Regan System™ is considered the “gold standard” in treatment and almost eliminates the discomfort and recovery time associated with other hemorrhoid removal options.

During the 60 SECOND procedure, the physician uses a gentle suction device to place a small rubber band around the tissue, just above the hemorrhoid. There are very few nerve endings in this area to cause any pain. The hemorrhoid shrinks and falls off within a day or two. Research has shown that 99.8% of patients treated with the CRH O’Regan System™ have no post-procedure pain and require no pain medication before, during, or after the procedure. There is no bowel prep, and you can drive yourself home afterwards. Another advantage, external hemorrhoids may also improve with this option.

**Make an appointment with a specialist** If you or a family member is ready to get permanent relief from hemorrhoids, you should make an appointment with a digest specialist for an accurate diagnosis and the most appropriate treatments

available. Only doctors who have been specially trained by CRH O’Regan System™ trainers/doctors are licensed to provide this state-of-the-art banding treatment. Locally, it is performed at Hunterdon Gastroenterology Associates (HGA).

**Please call 908-483-2047 to make an appointment.**

HEMORRHOID

**“I can’t believe I suffered needlessly with hemorrhoid pain for over 3 years!” - SHELLY R.**

**We don’t want you to suffer in silence.**

At Hunterdon Gastroenterology Associates, you’ll find a physician who is easy to talk to without embarrassment. You’ll have an exam to check for hemorrhoids and rule out other potential causes of rectal pain or bleeding. If we do detect hemorrhoids, you’ll get all the information you need to understand your condition and treatment options.

**HGA offers the most effective hemorrhoid treatments available for immediate and long lasting relief.**

- The newest non-surgical and painless band ligation procedure that lasts under 60 seconds, called the **CRH O’Regan System**. HGA doctors have been specially trained to offer this virtually pain-free, drug-free solution for internal hemorrhoids.
- Infrared coagulation
- HET bipolar coagulation

Your HGA specialist will provide the treatment that’s right for your individual needs so you can enjoy life free from the pain and irritation of hemorrhoids.



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Name & photo have been changed to protect the privacy of the patient.



				
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# Misplaced Loyalty: Are You Your Own Fiduciary?



By Len Hayduchok, CFP®  
The Delaware Retiree Advisor

“Fiduciary”—someone who has a legal obligation to act in another individual’s best interest and place that individual’s interest above their own—has become a popular buzzword in the discussion about financial services. And for good reason. Working with a fiduciary provides greater confidence and trust that the fiduciary is providing services and advice that will help optimize an individual’s financial situation.

As important as the concept of “fiduciary” is, many retirees and pre-retirees neglect to prioritize selecting the right advisor and in the process are not acting as their own fiduciary. Instead of considering who is the best advisor for them in this stage in life and objectively evaluating their financial advisor’s expertise and performance (or their own if they manage their own finances), they maintain a relationship with an advisor who may lack the specific financial planning skills needed and who is not proactive, accessible, or local; above considering to work with another financial advisor who would serve them more effectively.

Seniors should expect a lot from their advisor—not just friendly conversation, but real expertise and measurable results. Your advisor should have:

- An understanding of who you are and what you want your money to accomplish.
- Expertise in each of the Five Disciplines of Financial Planning: Generating Income, Building Wealth, Reducing Taxes, Neutralizing Risk, and Leaving a Legacy, that are integrated into a comprehensive financial plan.
- Adequate staffing with a team of professionals to serve you efficiently and effectively.
- A proactive communications approach, complete with recommendations to improve

your financial situation.

- Credentials such as being a Certified Financial Planner® practitioner that help validate the expertise they claim to have.

While it’s nice to have an enjoyable relationship with your advisor, their job is first and foremost to deliver results and provide you with a world-class experience and service. You are ultimately responsible for your financial success and surrounding yourself with the professionals that will help deliver it.

A financial advisor is not a generic profession and just as is true of any profession, not all advisors have the same experience, expertise, resources,

and level of concern for your well-being. Be sure your financial advisor excels in each of these areas. It may serve you well to assess objectively if you have acted in your own best interest and done that.

## ABOUT THE AUTHOR:

Len Hayduchok, is the CEO and Founder of Dedicated Financial. As a Certified Financial Planner® practitioner, he brings extensive experience in Financial and Retirement Planning.

Investment advisory services offered through Turner Financial Group Inc., an SEC Registered Investment Advisory Firm. CFP Board owns the marks CFP®, CERTIFIED FINANCIAL PLANNER®, and CFP® (with plaque design) in the U.S.

## What is it you expect from your Financial Advisor

*(even if YOU are your financial advisor)?*

How do you know when they (or you) are doing a good job?

How do you judge if your advisor is truly effective? Personal connection matters, but it shouldn’t be the only measure of quality—sometimes, loyalty or comfort can mask the need for a closer look at your plan. It’s important that your advisor’s strategies are tailored to your goals, your stage of life, and your vision for retirement.



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# Is Your Website Working as Hard as You Do?



*Charles Hammond is the owner of CAN Web Management, where he provides professional web design, hosting, and ongoing website management services to businesses looking to enhance their online presence. His work focuses on creating modern, high-performing websites and digital marketing strategies that help clients attract and convert more customers.*

If you're like most business owners, your days don't exactly come with an "off switch." You're answering calls, managing customers, and trying to grow—all at the same time. The truth is, your website should be doing more of that work for you.

But most websites don't.

They sit there. They look fine. Maybe they load... eventually. But they're not bringing in consistent leads, showing up on Google, or turning visitors into customers.

That's where CAN Web Management comes in.

We believe your website should be your hardest-working employee—available 24/7, capturing opportunities, and helping your business grow. Not just something you "have," but something that actively works for you.

At CAN Web Management, we build custom websites designed around your business, your goals, and your customers.

No templates. No cookie-cutter designs. Just clean, modern websites built to perform.

But we don't stop at design.

We make sure your site is fast, mobile-friendly, and optimized to show up where it matters most—in front of people already searching for your services. Because a great-looking website means nothing if no one sees it.

And unlike many companies, we don't disappear after launch.

We provide ongoing support, updates, and strategy to help your site continue to grow with your business—so you're never left wondering what to do next.

Imagine if your website:

- Answered customer questions before they even called
- Built trust instantly
- Generated leads while you focused on running your business

That's not a luxury anymore—it's the standard. And if your current site isn't doing that, it could be costing you more than you realize.

The good news? Getting started is simple.

We offer a free consultation and custom website mockup, so you can see exactly what your new site could look like—before committing to anything.

No pressure. No guesswork. Just a smarter way to grow your business online.

Because your business deserves more than just a website.

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## Meet Jimmy Davis from Surfnet

Jimmy Davis is the Founder of Surfnet Tech Services Inc. based in Georgetown, DE. Jimmy has been working in the Engineering/ IT field since 2006. He began his work with the Department of Defense, helping design & deploy Air Traffic Control & Communications systems to bases worldwide. He was the lead technician/designer for installations in Qatar and Japan, among many others. When that project ended, Jimmy moved to a Carrier-based drone program which was responsible for the first unmanned plane to land on an aircraft carrier. His role was identifying capability gaps and finding solutions using the "Small Business Innovation Research" (SBIR) program. That's where his work with small businesses started.

After leaving the federal government in 2018, Jimmy began working for various State and Local governments re-designing their Tax Collection systems. Clients include States of Delaware, Maryland, and New Jersey. He spent his evenings & weekends helping a local company with IT administration for small businesses in Southern Maryland. In 2023, that local company closed. The clients were left without IT support, so many asked Jimmy to take over. That's how Surfnet was born.

Surfnet was a Part-Time project for the first few years. Until 2026 when Jimmy decided to focus on Surfnet Full-Time. They've been spending the last 3 years helping their customers in Southern MD and expanding service offerings. In addition to IT support, Surfnet now offers Phone service, Internet service, File backups, and Backup internet connections (and much more)!

Jimmy learned from his predecessor that relationships and reputation are what's most important. Surfnet works with small businesses because they too are a small business. They understand the challenges that small business owners face. Surfnet doesn't want your business to sacrifice "peace-ofmind" when it comes to your tech. Larger IT Consultants/Service Providers charge a lot of money for these services, forcing owners to choose a reactive approach to their networks & computers. Surfnet makes it possible for your business to be proactive against threats like viruses, ransomware, and failing hardware.



Surfnet is actively looking for new customers. If you're a business owner that is wondering if your network is built to handle the choppy water that is IT Security in 2026, let Jimmy and his team at Surf net be your lifeguard!

*"Surfnet Tech Services is awesome to work with—super quick, super helpful, and made everything less stressful. They explained things in a way that actually made sense, which was a huge relief. I would highly recommend them to any business looking for reliable, top-tier IT support."*

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# The Risk Of Declaring "I'm Better" Too Early



By Amanda K. Dobies, Esq.

In my practice, I often hear from injured individuals several weeks after a work accident or car crash. They usually explain that they had neck or back pain at the beginning, but after a few weeks of chiropractic care or physical therapy, they felt as though the issue had been resolved. Then, weeks or even months later, the situation changes.

The pain returns after a long day, a poor night's sleep, or a minor activity that never would have caused an issue before. Stiffness becomes more noticeable in the mornings. Headaches start to appear. What once felt "resolved" now feels unpredictable. This doesn't mean the earlier treatment was inappropriate. In many cases, the treatment helped calm the initial symptoms. However, it can be a sign that the underlying injury never fully healed. Many injuries, such as soft tissue injuries, neck and back strains, and concussions, heal gradually and unevenly. Symptoms can improve, plateau, or return weeks later.

Improvement early on is great, but symptom resolution may be temporary. Hastily notifying the insurance adjuster or your doctor that you are 100% healed can create problems down the road.

### How you describe your recovery matters

When patients tell providers, employers, or insurance companies that they are "fine" or "back to normal," that language can carry more weight than intended. It may affect treatment plans, work restrictions, or assumptions about recovery, even if the body is not yet ready.

A more helpful approach is to be specific and honest. Saying something like, "I'm improving, but I still have stiffness in the mornings," or "The pain is better, but certain movements are still difficult," paints a clearer picture. It allows medical professionals to guide care appropriately and reduces the risk of setbacks.

### Avoid the pitfalls

Not only should you be careful in how you describe your recovery, please understand that there are drawbacks and pitfalls to abruptly ending medical treatment before your injury is fully healed. Stopping treatment affects your healing process. Healthcare providers often recommend continuing treatment or follow-up even if you start feeling better to ensure that the healing is stable and sustainable, not just temporary.

### Ending treatment early can negatively affect your case

Your personal injury claim for pain and suffering against the at-fault party can also be negatively affected by ending medical treatment too soon, or by telling the insurance company you are completely healed. In a personal injury case, there is only one opportunity to settle. Once a settlement is reached, the case is over. If pain returns or symptoms worsen later, there is no ability to seek additional compensation. You do not get a second settlement if the injury turns out to be more serious than it first appeared. Settling too early assumes that recovery is complete, and sometimes that assumption is wrong.

Further, if you stop treatment too early, but restart after a lengthy time period, this gap in treatment can be a red flag when your claim is evaluated for settlement. From the insurance claims perspective, gaps in treatment can be seen as an injury was not serious.

### Make your healing a priority

Many people, particularly in today's fast paced environment, feel pressure to move on quickly after an injury. They do not want to complain. They do not want to be a burden. They want life to go back to normal. However, healing is rarely a straight line. Good days and bad days are common.

If you've been injured, the goal is not just to feel better for the moment. The goal is to heal enough to prevent recurrence and to prevent future problems. This means listening to your body, staying consistent with the recommended course of treatment, and giving yourself permission to recover fully, even when progress feels slow.

Having an attorney allows you to focus on what matters most: attending your doctor's appointments and healing your injuries. Text or call us at 302-565-6100 to schedule a free consultation.

### Testimonial

*"A few years ago, I lived through a nightmare when someone slammed into my vehicle with my elderly mother and I inside. It completely flipped our entire lives upside down. I really had no idea what to do. I was injured and devastated and didn't know where to turn. Thanks to AMANDA DOBIES I received the compassion and care I needed when I was at my lowest. She worked with me and checked in with my family and me consistently. She gave me a voice and fought for me. Some heroes don't wear capes. Some fight for those that can't fight for themselves. And that's what she did. That's what she does. Put your trust in this brilliant woman and fierce lawyer. Her strength is immeasurable and she will lead you through the storm." ~ Lauren L.*

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# Injuries Women Are Most Likely to Ignore



By Amanda K. Dobies, Esq.

Many of the women I meet do not ignore their injuries because they do not care. They ignored their pain because they were busy. They were caring for children, managing households, showing up for work, and holding everything together. Pain became something to manage quietly, something to work around, and something to push through.

Often, the discomfort starts small. A stiff neck after a car accident. A sore back after a fall at work. A lingering headache that shows up at the end of the day. At first, the pain feels manageable. Life demands attention, and the injury feels like something that can wait.

Over time, those “minor” symptoms can become harder to ignore. Pain lingers longer than expected. Sleep becomes difficult. Energy drops. Simple tasks start to feel heavier. What once felt like an inconvenience begins to interfere with daily life. By the time medical care is sought, the injury may be more complicated to treat than it would have been early on.

Certain injuries are especially likely to be minimized by women.

## Neck and back soft tissue injuries

Because these traumas do not always show up on imaging, the injuries are easy to dismiss, both by patients and sometimes by providers.

## Repetitive stress injuries

Stress injuries to areas like shoulders, wrists, and elbows are another category that women often work through rather than treat, especially in jobs that require constant motion.

## Post-concussion symptoms

These include headaches, light sensitivity, and difficulty concentrating, are also frequently downplayed, particularly when there was no loss of consciousness during the accident.

## Pelvic and hip injuries

Women are often hesitant to raise these symptoms at all, even when they are affecting mobility or comfort. Instead of seeking care, many simply adjust and move on.

We, as women are conditioned to tolerate discomfort and to prioritize the needs of others. We worry about being perceived as overreacting. Many of us do not have the time or flexibility to add medical appointments to an already full schedule. For some of us, prior experiences of having pain complaints dismissed and not being taken seriously make it easier to stay quiet.

Ignoring an injury does not make it go away. In many cases, it allows the body to compensate in ways that create new problems. A sore neck leads to headaches. An altered gait leads to hip or back pain. What could have been addressed early becomes a longer and more frustrating recovery.

When treatment is postponed, it can become harder to connect symptoms back to the original injury. Recovery may take longer. Treatment options may become more limited. The window to fully address the injury, medically and practically, can narrow.

Paying attention to an injury does not require alarm or dramatics. It means noticing

patterns. It means following up when pain lingers longer than expected. It means mentioning symptoms even when they feel inconvenient or uncomfortable to discuss. It means allowing yourself to be evaluated, even if you are still functioning.

The goal is not to treat every ache as an emergency. The goal is to recognize when the body is asking for attention and to respond before a small problem becomes a larger one. Taking your symptoms seriously is not a sign of weakness. It is an investment in your health, your stability, and your ability to keep showing up for the life you are already carrying.

Delaying treatment can also have consequences beyond your health. In a personal injury claim, timing matters. When there is a long gap between an accident and medical care, insurance

companies often question whether the injury was serious or whether it was caused by something else. Even when pain is very real, delayed treatment can make it harder to connect symptoms back to the original incident. Seeking care early and following through consistently helps protect not only your recovery, but your ability to be fully compensated if someone else’s negligence caused your injury.

If you have been injured in an auto or work accident and have questions, contact one of our experienced attorneys at 302-565-6100, for a free consultation to learn how we can support your needs.

Scan to read Amanda’s Bio →





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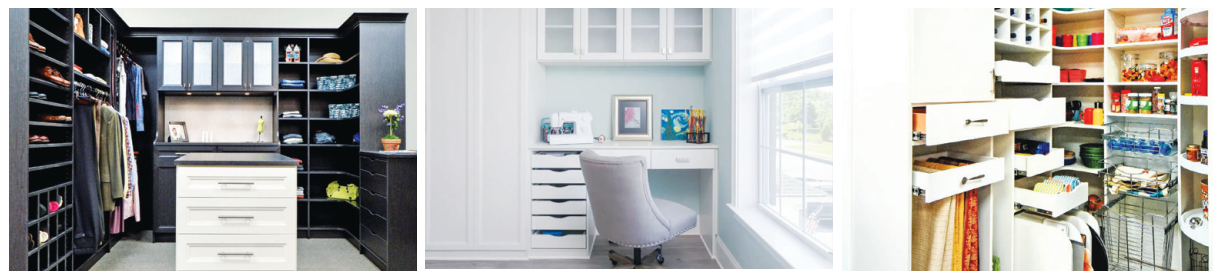
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## Meet the Hunterdon Gastroenterology Associates Physicians:

### Gilbert S. Cardoso, D.O.

Dr. Gilbert Cardoso is a board-certified gastroenterologist. Dr. Cardoso graduated from Michigan State University for his medical degree and proceeded to complete his residency and fellowship at Genesys Regional Medical Center. Dr. Cardoso is trained to perform Endoscopic Retrograde Cholangiopancreatography (ERCP), a procedure that is used to diagnose diseases of the gallbladder, biliary system, pancreas, and liver. “I enjoy performing procedures, whether it is a simple diagnostic test to assess acid reflux or a more complex test like an ERCP to examine the bile ducts and pancreas. The wide variety of problems I treat—and the many ways I’m able to help my patients—makes every day interesting and rewarding.”



### Andrea E. Goldstein, M.D.

Dr. Goldstein is a board-certified gastroenterologist who graduated from Georgetown University for her medical degree and then went on to complete her Internal Medicine residency at North Shore University Hospital and did her Gastroenterology fellowship training at the University of Buffalo. Dr. Goldstein is at the forefront of the pelvic floor field, performing Interstim Peripheral Nerve Evaluation (PNE) for fecal incontinence. “Gastroenterology allows me to stay on the leading edge of medicine, bringing the newest, most effective treatments to patients with serious conditions. As your doctor, I strive to give you the best possible medical care you can receive and also an environment where you can feel comfortable. This starts with talking and listening closely to ensure that I get a complete picture of your medical history and symptoms, and also that you understand what you need to know to follow your treatment plan and return for the follow-up testing you need to protect your health. Giving you my time, compassion and full attention is as important as any test or procedure I perform.”



### Jason M. Matthews, M.D.

Dr. Jason Matthews is a board-certified gastroenterologist who graduated from Columbia University, College of Physicians and Surgeons for his medical degree and proceeded to complete his residency at New York University and Bellevue Hospital and his fellowship at University of California. “Being thorough with my patients, right from the beginning, is so important. I spend extra time making sure I understand your symptoms, often asking you to clarify complaints or describe them in different ways so that I make sure I understand. I may use pictures or draw diagrams to enhance your understanding. I want you to be fully aware of why I am recommending a certain approach and understand what we will do going forward.”



### Cherag A. Daruwala, M.D.

Dr. Cherag Daruwala is a board-certified gastroenterologist who graduated from Drexel University College of Medicine and proceeded to complete his residency at Temple University Hospital and his fellowship in Gastroenterology and Hepatology at Lankenau Hospital in Philadelphia. Dr. Daruwala came to Hunterdon Gastroenterology Associates from Philadelphia, where he was working at Temple University. “Like many gastroenterologists, I enjoy the technological aspect of my specialty. Because of my training and experience, I am proud to have been the first gastroenterologist in Central New Jersey to offer endoscopic ultrasound. This emerging technology is quickly becoming the gold standard in the diagnosis of various gastrointestinal illnesses. With endoscopic ultrasound, we are able to get high quality information about a patient’s condition in a way that is much easier and less invasive than other diagnostic procedures.”

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## Anik M. Patel, M.D.

Dr. Anik Patel is a board-certified gastroenterologist who graduated from St. George's University School of Medicine for his medical degree and went on to complete his internal medicine residency and fellowship in Gastroenterology at Winthrop University Hospital where the institution's strong nutrition department led him to a focus on nutrition. He has been trained in endoscopic mucosal resection, which involves using an endoscopic technique to remove large polypoid growths and early cancers of the gastrointestinal tract. "I emphasize preventive care, particularly with diet and proper screening. But at the same time, complex medical problems are a day-to-day part of gastroenterology. The ability to contribute positively to a patient's clinical condition, such as removal of pre-malignant colon polyps that would have caused cancer, or stopping a life-threatening internal gastroenterological bleed is what is most rewarding. Through the integration of advanced technology and treatment methods, I am able to provide in-depth consultations and treatments to empower my patients in gaining their lives back."



## Richard J. Arrigo, D.O.

Dr. Richard Arrigo is also a board-certified gastroenterologist who graduated from New York College of Osteopathic Medicine of New York Institute of Technology and then proceeded to complete his Residency at the University of Medicine and Dentistry of New Jersey- New Jersey Medical School and then his fellowship at Rutgers New Jersey Medical School. Prior to his fellowship, Dr. Arrigo was in practice with the Liver Transplant program in Newark, NJ where he managed patients with severe liver disease. Dr. Arrigo is trained to perform Endoscopic Ultrasound (EUS), a procedure that uses sound waves to create visual images of the digestive tract, and Endoscopic Retrograde Cholangiopancreatography (ERCP), a procedure that is used to diagnose diseases of the gallbladder, biliary system, pancreas, and liver. "I hope to give my patients an answer to their problem and perhaps a cure or a way to control their chronic medical condition so they can live a better quality of life. I hope to give my patients confidence that they are in good hands."



## Devi Patel, MD

Dr. Devi Patel is a board-certified gastroenterologist who also has her board certification in Obesity medicine. She graduated from RWJ Medical School at Rutgers University and then proceeded to complete her residency at Thomas Jefferson University Hospital. She then went on to complete her fellowship in Gastroenterology and Hepatology at Cooper University Hospital. "During my training, I observed many of my patients struggling with not only their chronic medical problems such as GERD, diabetes, HTN, but also obesity. I started to realize that the root of many of these chronic medical conditions was in fact his/her underlying obesity. Currently, I treat patients with a myriad of gastrointestinal disorders ranging from gastroesophageal reflux to gallstones to fatty liver. All of these diagnoses can be linked to obesity. Because of this desire to help my patients not only in the field of gastroenterology, but also their overall well-being, I decided to obtain my board certification in Obesity Medicine. I hope to incorporate teaching patients about obesity, nutrition and exercise in my practice as a gastroenterologist in hopes of helping them lose weight, and hopefully, help them improve their overall health."



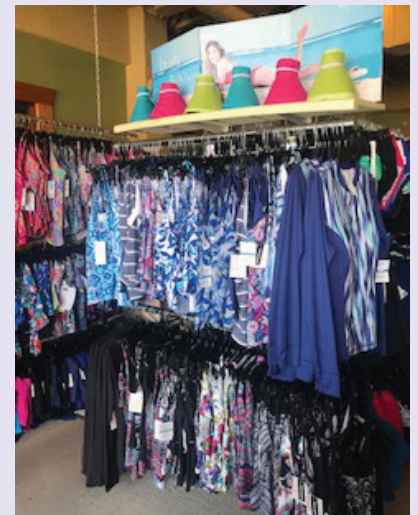
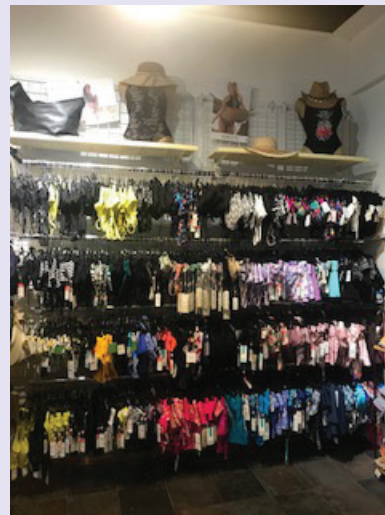
## Steven Mathews, M.D.

Undergraduate: Boston University, B.S. in Biomedical Engineering (Cum Laude) • Medical Degree: Stony Brook University School of Medicine • Residency: New York-Presbyterian/Weill Cornell Medicine • Fellowship: New York-Presbyterian/Weill Cornell Medicine • Board Certifications: Gastroenterology (board eligible), Internal Medicine, Lifestyle Medicine • Other Certifications: Physician Nutrition Specialist "My passion for lifestyle medicine allows me to stay encouraged and focused on each individual patient's goal. It allows me to work closely with patients to uncover the root of the issue while collaborating with each patient on a plan to address these challenges moving forward. Most importantly, it allows me to stay grounded in the knowledge that health, just like life, is a journey, and that focusing on small, sustainable changes are the most effective way to achieve long-term wellness and happiness. I love spending time outdoors, hiking, basketball, lacrosse, tennis, snowboarding, and paddleboarding. Given my interest in nutrition, my family and I follow a wholefood plant-based diet and we are always excited to try new foods and recipes."



# New Spring Collection for 2026

Vacation time is just around the corner and soon everyone will start planning their summer getaways. The Pineapple Princess swimwear is the one stop shop for all your travel needs thru out the spring and summer. We are located on Rehoboth Avenue in Rehoboth Beach, DE and have our racks full and restocked with our sales. Brands such as Tommy Bahama, Seafolly, Captiva, Jvaldi, Kate Spade, Sunsets, Becca and Seawaves are just a few that fill our store. The staff is trained and very knowledgeable when it comes to fitting the customer. Now, we all know that daunting task of bathing suit shopping and how it isn't the "highlight" of every lady's day, but at the Pineapple Princess we take this task with pride and try and make it as enjoyable and pleasant for every gal. Our selection of over 50 brands including coverups, apparel and accessories give our gals plenty of options and we help guide you in finding the perfect fit. We carry a wide variety of sizes in junior, missy and plus (xs-3x) and cup sizes A-H in one pieces, tankini separates and bikini separates. To make for an even better fit we have an in house seamstress to alter and adjust any swimsuit. The owner has 30 years of sewing experience on swimwear and can work wonders for any body type. The options are fun and endless! We are open daily 10a-5p with amazing sales! Hope to see everyone at the beach this summer... oh and no parking meters, which is a bonus! A big thank you to all of our amazing customers for making these last 14 years beyond what we could've imagine and cheers to many more!



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# Your Home, Your Sanctuary: How Smart Landscaping Adds Beauty, Privacy, and Value

By Bradshaw Landscape

You've worked hard for your home. You've curated the interior — the furniture, the finishes, the details that make it distinctly yours. But when was the last time you gave that same attention to what's outside your front door?

For many homeowners in Sussex County, the landscape is an afterthought. Yet it's the very first thing anyone sees — and one of the most powerful ways to elevate how your home looks, feels, and performs as an investment.

## First Impressions Begin at the Driveway

From the moment you pull in, your landscape sets the tone. Lush, well-designed plantings signal pride of ownership and create an immediate sense of warmth and calm. Whether your home is newly built or your gardens have simply grown tired over the years, a thoughtful planting renovation can completely transform how you experience arriving home each day.

Evergreens offer year-round structure and a sense of permanence, while flowering perennials and shrubs bring seasonal color and life. The right combination makes your property feel intentional, welcoming, and beautifully maintained.

## Privacy That Doesn't Have to Look Like a Wall

One of the most sought-after upgrades for homeowners in our area is privacy screening — and for good reason.

Whether you're enjoying your patio, pool, or hot tub, or simply relaxing in your backyard, a sense of seclusion makes outdoor living far more enjoyable.

Privacy plantings don't have to be a plain row of identical shrubs. At Bradshaw Landscape, we design layered, mixed-planting screens that blend different heights, textures, and seasonal interest. Imagine hollies with vibrant winter berries alongside flowering trees, or evergreens of varying shapes framed by the peeling bark of a birch or the rich cinnamon tones of a crape myrtle. These aren't just screens — they're living backdrops that evolve beautifully through every season.

A well-designed privacy hedge also reduces noise from neighbors and street traffic, buffers wind, creates summer shade, and elegantly conceals less attractive features like utility structures, fencing, or wellheads.

## Local Knowledge Makes All the Difference

Not all plants are created equal for our Delaware climate. Some popular choices — like emerald green arborvitae — are irresistible to local deer. Others, like Leyland cypress, are prone to toppling under snow and high winds. And certain fast-growing options like bamboo can quickly become a neighbor dispute waiting to happen.

Choosing the right plants for our specific region, soil, and conditions is where professional expertise pays for itself many times over. Done well, landscaping doesn't just enhance your daily quality of life — it adds measurable, lasting value to your property.

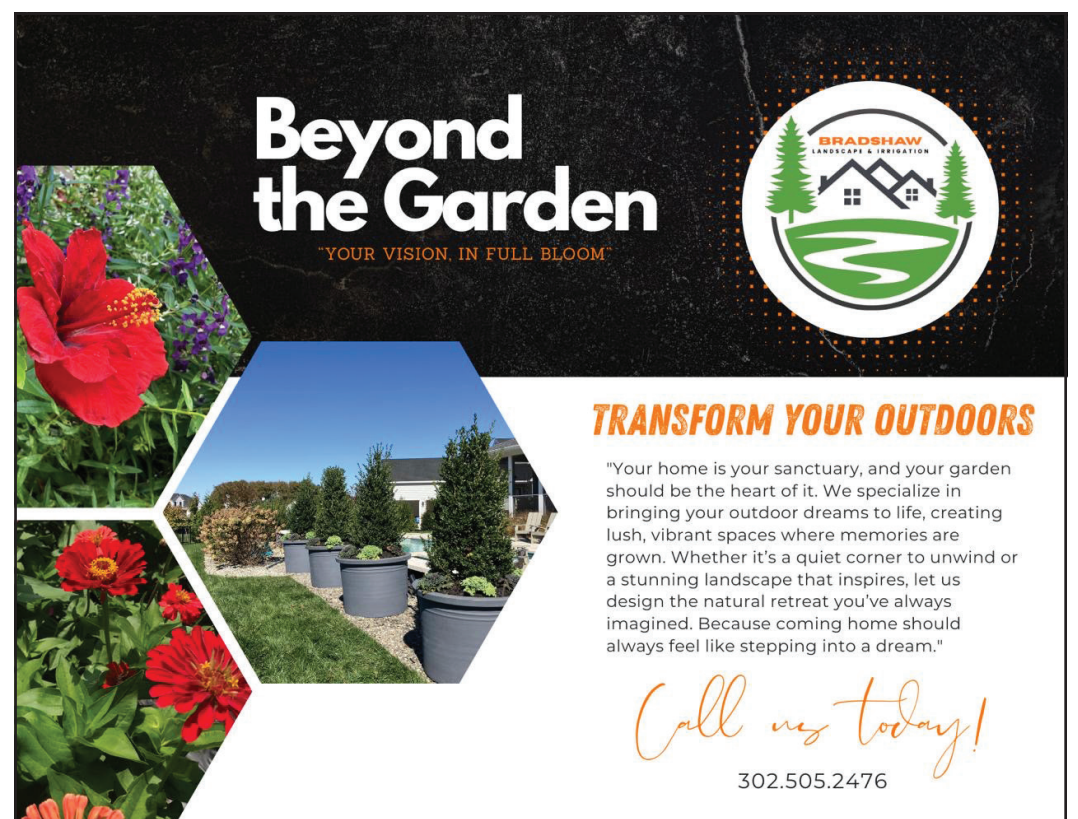
Your home deserves to be as beautiful on the outside as it is within. Let's start with the landscape.

Bradshaw Landscape specializes in high-end residential planting and landscape renovation in Sussex County, Delaware. Contact us to schedule a consultation.

## Reviews:

We started working with Bradshaw Landscape & Irrigation last year and we're thrilled with them. We have quite a challenging landscape, and all the different members of her team (including Denise, the owner) have addressed every issue we've presented them with. The office is a joy to work with, always a pleasant voice on the phone. If you have a landscape which requires a detailed eye, give Bradshaw Landscape a call. - Doug L.

Bradshaw Landscaping treats your house like their own. Quality care/ Reliable and friendly. Creative design team/knowledgeable - Carla S.



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- Pamela Rizzo & Heather Kingree,  
Publishers, The Women’s Journal

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## Blooming Opportunities: Navigating the Spring Real Estate Market in Sussex County, Delaware



As the vibrant hues of spring start to paint the landscape, the real estate market in Sussex County, Delaware, is also blossoming with opportunities for both buyers and sellers. Whether you're looking for a resort getaway or a permanent residence, the coastal charm and diverse offerings of Sussex County make it a highly sought-after destination. In this article, we'll guide you through the key aspects of the spring real estate market, providing expert advice to help you make informed decisions.

### Buying in Sussex County: Finding Your Coastal Haven

For those eager to embrace the coastal lifestyle, Sussex County offers a plethora of options, from tranquil beachfront properties to charming inland residences. As you embark on your home-buying journey, consider these essential tips:

**Location Matters:** Whether you're eyeing a resort property or a primary home, the location is paramount. Coastal communities like Rehoboth Beach, Bethany Beach, and Lewes offer unique atmospheres, so explore each area to find the one that aligns with your lifestyle. Looking more inland communities like Millsboro, Milford, and Seaford offer larger lots while maintaining the convenience of stores, restaurants, and more just a short drive to the beaches.

**Timing Is Key:** The spring market in Sussex County is vibrant, so be prepared to act

swiftly. Consult with one of our trusted agents at the Julie Gritton Team who understands the nuances of the market and can help you navigate the sometimes fast-paced transactions.

**Beach and Beyond:** While proximity to the beach is undoubtedly appealing, don't overlook other amenities. Consider factors like accessibility to restaurants, entertainment, and medical facilities to ensure your chosen property caters to your needs.

### Selling Your Slice of Sussex: Attracting the Right Buyer

If you find yourself on the selling side this spring, make the most of the season's buoyant market with these strategies:

**Curb Appeal Sells:** The charm of Sussex County extends beyond the beaches, and buyers are drawn to well-maintained

properties. Enhance your home's curb appeal by tidying up the landscaping and giving your exterior a fresh coat of paint and/or power washing.

**Capture the Season:** Showcase your property in its springtime glory. Open curtains to let in natural light, add fresh flowers, and consider a thorough spring cleaning. Highlighting your home's potential for outdoor enjoyment can be a significant selling point.

**Set the Right Price:** Consult with a member of the Julie Gritton Team to determine a competitive yet realistic listing price. In a market like Sussex County, finding the sweet spot can attract motivated buyers and facilitate a smoother selling process.

**Expert Advice for a Seamless Experience**  
To ensure a successful real

estate transaction, we are here dedicated to you as a trusted real estate resource in our community. Specializing in Sussex County we can provide valuable insights into the local market trends, help you navigate the intricacies of contracts, and guide you through the closing process.

As you embark on your real estate journey in Sussex County this spring, embrace the season's opportunities with a blend of enthusiasm and prudence. Whether buying or selling, the coastal charm and diverse offerings make Sussex County a destination with something for everyone. Happy house hunting! Call The Julie Gritton Team today for a real estate market update 302-645-1111.

Scan the QR Code for a market update on your home or to start searching for your new home today!

## Agent Spotlight



*Melissa is a full-time real estate agent who has been in the industry for 6+ years and brings many additional years of legal and customer service experience to the team. She was previously a Paralegal and Military Real Estate Agent with AHRN. She specializes in luxury properties and residential real estate. Her passion is to provide all home buyers and sellers*

*with professional, responsive and attentive real estate services and assist any client in the buying and selling process.*



*With a thirty-year career in real estate, Leisa Armstrong my experience includes multi-family property management, new home construction and home sales. I have a passion for real estate and am devoted to helping my clients live their best lives as they sell and purchase property. My business is built on dedication, communication, transparency and integrity.*

*In addition to her passion for real estate, she love animals. She has many pets of her home and has volunteered her time with animal rescues for many years.*

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*Julie Gritton*  
TEAM

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Catch Deb and all her incredible creations at various vendor events throughout Sussex County in 2026!



*"Spring will come and so will happiness. Hold on. Life will get warmer."  
- Anita Krizzan*

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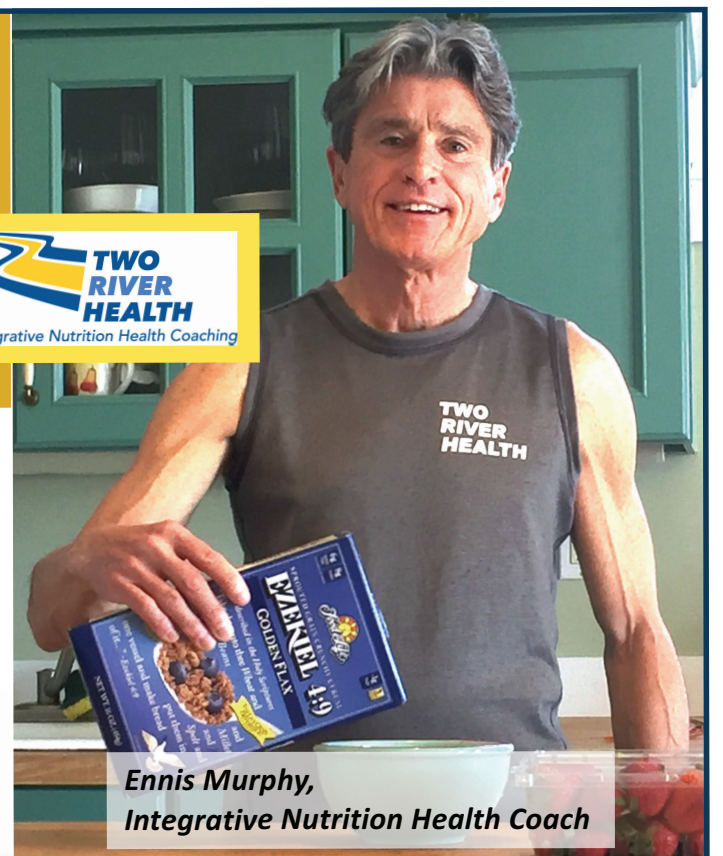
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**Ennis Murphy,**  
Integrative Nutrition Health Coach

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## *Pamela J. Rizzo*

Twenty two years ago I had never even heard of the Women's Journal, and today I can honestly say the Women's Journal most

definitely changed my life. I had always made good money with my different business ventures, but the Women's Journal has given me the freedom to control my own financial life, and also have the freedom to enjoy my family. I took a concept and gave it my own touch, and with hard work and consistently following the concept that I was trained in I have built an extremely successful paper.

## *Change Your Life In 2026!*

## *Lynn K. Wolf*

With the experience of publishing nine different County Woman publications, I can confidently inform you that this is one of the most exciting, rewarding, and successful business ventures for women entrepreneurs in any part of the nation. I originally born and raised in Minnesota and I have lived on the West Coast and the East Coast and many states in between. Some of my past careers include being a National

Insurance Account Executive, Retail Operations Manager, Certified New Jersey Teacher and Teacher of the Year, but of these, I have being a County Woman Publisher to be the most gratifying on many levels. I guarantee that you will meet many incredible business owners and community leaders. Your publication will be the critical component in helping to launch a new business and/or successfully grown an existing business. The personal rewards are endless.



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# Remove Stubborn Hard to Lose Fat with CoolSculpting



**Michelle Parsons, MD** is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons is the owner of Renove Medical Spa in Rehoboth Beach.

After summer time fun, fall can be a time when we put on some extra pounds when we slow down again, enjoy holiday baking and family get togethers leading up to the holidays. But this fall will be different!

This fall we will be helping our patients look and feel their best and be holiday dress ready this season, with CoolSculpting.

### What Is CoolSculpting

CoolSculpting is an in-office treatment that targets areas of hard to lose fatty areas, such as the low abdomen, hips, back fat, arms and inner thigh fat, or chest and under chin fat. The CoolSculpting is applied to that area for 35 to 45 minutes and it slowly cools that area until the fat cells freeze. Fat cells freeze at a higher temperature than water, so there is no risk of harming the skin or other tissues. When the fat cells are briefly frozen, they don't survive and the fat and fat cells are reabsorbed and removed naturally, eliminated by the body over the next few weeks.

### What Can I Expect During a CoolSculpting Treatment

When you come in for your CoolSculpting treatment, you will have a consultation with Dr. Michelle Parsons, M.D. to be sure you are a good candidate for the treatment. The treatment area is in a private room with a comfortable recliner. The CoolSculpt applicator will be applied to the area to be treated and held in place with a velcro strap and comfortably supported. Once the treatment begins, you will feel the area get cooler, and it is not uncomfortable. Most of our patients will read, be on their phone or watch Netflix in the room and some take a nap. After the 35 to 45 minutes, our staff will remove the CoolSculpting applicator and gently warm up and massage the treated area, this takes two minutes. Once your treatment is complete, there is no bruising, redness or swelling, the area will look completely normal.

### When Can I Expect to See Results From CoolSculpting

Once your treatment is complete, the treated area will look completely normal



and no one will know you had anything done. Within two weeks, you will begin to notice that the treated area will start to diminish as the fat is removed and eliminated from the area. This fat is removed by the body through natural processes, taken up by the lymphatic system and eliminated through the stool and urine. But you really

won't notice any of this! This process will continue for up to 12 weeks, getting smaller and less fatty as time goes on. The skin will also tighten up in this area as it is a gradual process. Typically the amount of fat removed will be about 30% of the area treated! This will be definitely noticeable in how your clothes fit.

**How Long Will My CoolSculpting Results Last**  
Removing fat non-invasively with CoolSculpting is a long lasting treatment with long lasting results. And without gaining any weight, it is considered permanent. What is so attractive about CoolSculpting is that fat can be permanently removed without the risk of surgery, recovery or any scarring, and no one knowing that you had any procedure done. CoolSculpting is safe, and very effective.

If you would like to see if you are a good candidate to receive a CoolSculpting treatment to remove stubborn hard to lose fat, then come in to see Dr. Michelle Parsons, M.D., where the doctor is the difference for a complimentary consultation. Mention that you saw this article and receive a \$100 gift card toward your treatment.

*Reclaim, Restore, Remove.*



**Freeze Your Fat Away.**  
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## HGA's 9 Step Prescription for Good Digestive Health Improve Your Vitality & Eliminate Discomfort



**The key to good nutrition depends on two things:  
Eating the right foods and maintaining a strong digestive system that allows your body to  
break down and absorb the nutrients from the foods you eat**

In order to keep your digestive system in optimum shape, follow these guidelines:

- 1. Focus on fiber.** Ideally, you should be eating 20 to 35 grams of fiber — or about 14 grams of fiber for every 1,000 calories you eat. Fiber is the workhorse that slows down digestion and gives your body time to absorb the glucose it needs to produce energy.
- 2. Drink lots of water.** Water helps move nutrients into your organs and tissues. It helps regulate your body temperature. An adequate amount of fluid also softens your stool for easier elimination.
- 3. Avoid processed foods.** Many processed foods have little or no fiber, are too high in sodium, and often contain preservatives and other additives that you may be sensitive to. Some processed foods also contain lactose, which can give you gas.
- 4. Cut down on fat.** Foods that are naturally high in fat or are fried in fat alter the digestive process and can lead to constipation or diarrhea. No more than 30% of the calories you consume should be fat; and only one-third of fat calories should be saturated fat.
- 5. Limit your alcohol consumption.** Drinking too much alcohol can have a negative impact on every organ in your body.
- 6. Add yogurt to your food plan.** Your digestive system contains healthy bacteria, known as probiotics, which help your digestion and fight off disease. Both yogurt and kefir contain probiotics. Eating them on a regular basis can help replace good bacteria lost by eating a poor diet, illness, stress and some medications and medical treatments.
- 7. Reduce your stress.** Stress can be harmful to your digestion. It can cause your esophagus to go into spasms, your stomach to produce more acid and your colon to respond in a way that causes a change in your bowel habits and peptic ulcers.
- 8. Maintain a healthy weight.** Your weight affects the efficiency of your digestive system. Even a few extra pounds can cause acid reflux, a condition where stomach contents flow back into your esophagus and cause heartburn. Losing weight will not only help you feel better, it can also prevent more serious conditions, such as hiatal hernia, non-alcohol fatty liver disease and colorectal cancer.
- 9. Exercise!** Regular exercise improves your digestion by increasing blood flow to all your organs. It can help you lose weight and reduce stress. It can also strengthen the abdominal muscles and improve colon transit times along your gastrointestinal tract, helping your colon work more efficiently to eliminate food waste.

### Office Consultation Appointments

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Monday and Thursday: 7:30am-8:00pm

**Somerville Office**  
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Wednesday: 11:00am-7:00pm

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## The Publisher

*There is just one life  
for each of us - our own  
- Euripides*

## On the Cover



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- It often develops without symptoms in early stages
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- ✓ Anyone experiencing symptoms such as:
  - Blood in stool, Persistent abdominal pain, Unexplained weight loss, or Changes in Bowel Habits

**Schedule your appointment today (908) 483-4000**

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