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Pg. 6



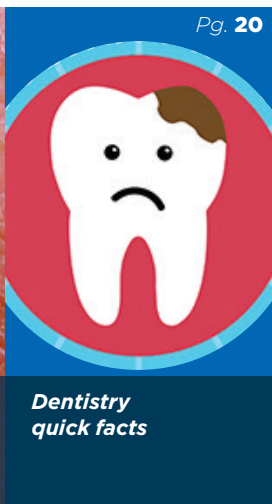
Could you be
allergic to
additives?

Pg. 7



When traditional rx
fails, psoriasis
patients seek
alternatives.

Pg. 20



Dentistry
quick facts

Pg. 46



Pain twice as
common for kids
with autism: study

Pg. 61



When does your
child's flu merit an
ER visit

Pg. 46



Peripheral-Artery-
Disease (PAD)
Quick Fact



STEPHEN SOLOWAY

MD | FACP | FACR | CCD

ARTHRITIS AND RHEUMATOLOGY ASSOCIATES
OF SOUTH JERSEY, P.C.



Stephen Soloway, MD, FACP, FACR, CCD

Matthew R. Arkebauer, D.O., MS, FACR
Board Certified Internal Medicine & Rheumatology

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- Hep A, B, & C
- Lyme Disease
- Psoriasis
- Sarcoidosis
- Ulcerative Colitis

RHEUMATIC DISEASES

- Ankylosing Spondylitis
- Autoinflammatory Diseases
- Behcet's Disease
- Cryoglobulinemia
- Dermatomyositis
- Ehler's Danlos
- Felty's Syndrome
- Gout and all Crystals
- GCA (temporal arteritis)
- IgA Vasculitis
- Lupus (SLE)
- Polymyalgia Rheumatica
- Polymyositis
- Psoriatic Arthritis
- Relapsing Polychondritis
- Rheumatoid Arthritis

RHEUMATIC DISEASES (Cont.)

- Scleroderma
- Sjogren's Syndrome
- Stills Disease
- Vasculitis

BONES

- Bursitis/Tendonitis
- Carpal Tunnel
- Elbow Pain
- Hand/Wrist Pain
- Heel Spurs
- Hip and Back Pain
- Knee Pain
- Osteoarthritis
- Osteoporosis
- Shoulder Pain
- Spinal Stenosis
- Tennis Elbow
- Trigger Finger

ON SITE

- CLIA Microscope
- Digital X-ray
- DXA
- EMG NCS
- Fluoroscopy
- Ultrasound

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- Gardasil
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- Hepatitis B
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- Japanese Encephalitis Virus
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- Prevnar 13 (Pneumococcal)
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DR. SOLOWAY HAS BEEN DEDICATED TO HELPING PEOPLE HIS ENTIRE LIFE!

Being a Philadelphia Magazine Top Doc (most prestigious area magazine) is a great honor. However, Dr. Soloway has 12 consecutive years as a Philly Top Doc. He is legendary.

While there are good doctors, there is one best doctor. Dr. Soloway's expertise is non-surgical treatment for joint pain including trigger finger, rotator cuff, carpal tunnel, elbow pain, tennis elbow, shoulder pain, hip and low back arthritis, knee pain, foot pain, gout, heel spurs, toe pain, tendonitis and bursitis of any joint.

To help his patients Dr. Soloway has lectures on Rheumatoid Arthritis, Lupus, Vasculitis, Gout, Psoriatic Arthritis/Spondyloarthropathy, and Relapsing Polychondritis on YouTube at this web address: <http://www.youtube.com/user/StephenSolowayVideos>

Dr. Soloway is affiliated with many area hospitals. Currently, he teaches other doctors at local hospitals.

2848 South Delsea Drive, Suite 2C (Delsea & Sherman), Vineland, NJ 08360
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Table of Contents

DIAL 911
FOR EMERGENCIES

Table of Contents 2 Provider Advertisements and Contact Information

Specialty/Category 4-63 Healthcare Providers by Service

Evaluation Form 64 How Can We Improve?

ACUPUNCTURE 4	DEMENTIA CARE 18	HOUSE CALL PROVIDER 33	PERIPHERAL ARTERY DISEASE (PAD) 48	SURGERY - COLON & RECTAL 56
ADDICTION - ALCOHOL & DRUG ABUSE TREATMENT 4	DENTISTRY - CHILDREN'S 18	HYPERTENSION 33	PERMANENT COSMETICS 48	SURGERY - COSMETIC & PLASTIC 56
ADULT DAY HEALTH CARE CENTERS 4	DENTISTRY - COSMETIC 18	HYPNOTHERAPY 33	PHARMACIES 48	SLEEP QUICK FACTS 57
AESTHETIC SERVICES 4	DENTISTRY - ENDODONTICS 18	IMAGING SERVICES 33	PHYSICAL THERAPY 49	SURGERY - GENERAL 58
ALLERGY & IMMUNOLOGY 4	DENTISTRY - GENERAL PRACTICE 18	INFECTIOUS DISEASES 33	PILATES 50	SURGERY - HAND 58
ADDICTION ARTICLE 5	DENTISTRY QUICK FACTS ... 20	INFUSION THERAPY 33	PODIATRY 50	SURGERY - JOINT 58
ALLERGY ARTICLE 6	DENTISTRY QUICK FACTS ... 21	INTERNAL MEDICINE 34	PREGNANCY & CHILD BIRTH SUPPORT 50	SURGERY - MOHS (SKIN CANCER) 58
ALTERNATIVE MEDICINE ARTICLE 7	DENTISTRY - PERIODONTAL 23	LABORATORIES 34	PODIATRY QUICK FACTS ... 51	SURGERY - NEUROLOGICAL 58
ALTERNATIVE MEDICINE 8	DENTURES 23	MAMMOGRAPHY 34	PRIMARY CARE 52	SURGERY - ORAL & MAXILLOFACIAL 58
ARTHRITIS & RHEUMATOLOGY 8	DERMATOLOGY 23	MASSAGE THERAPY 35	PROSTHODONTIST 52	SURGERY - ORTHOPEDIC 59
ASSISTED LIVING COMMUNITIES 8	DEPRESSION QUICK FACTS ... 24	MATERNAL FETAL MEDICINE 35	PSYCHIATRISTS 53	SURGERY - THORACIC 59
ARTHRITIS ADVERTORIAL ... 9	DERMATOLOGY ARTICLE ... 25	MEDICAL EQUIPMENT & SUPPLIES - DME 35	PSYCHOLOGISTS 53	SURGERY - VASCULAR 59
ASTHMA 10	DIALYSIS CLINICS 26	MEDICAL CANNABIS 35	PSYCHOTHERAPY 53	SURGERY CENTERS 59
BALANCE CENTER 10	EAR, NOSE & THROAT - OTORHINOLARYNGOLOGY 26	MENTAL HEALTH SERVICES 35	PULMONARY DISEASES 53	TRANSPORTATION - MEDICAL 59
BEHAVIORAL HEALTH 10	ELECTROLYSIS 26	MIDWIFERY 35	RADIOLOGY - DIAGNOSTIC 53	URGENT CARE 59
BILLING SERVICES - MEDICAL 10	EMERGENCY MEDICINE 26	NEPHROLOGY 35	REHABILITATION CARE 54	VASCULAR DISEASE: PAD QUICK FACTS 60
BIO-IDENTICAL HORMONE REPLACEMENT THERAPY 10	EMPLOYMENT - HEALTHCARE 26	NEURORLOGY 36	REHABILITATION CARE - SPORTS 54	URGENT CARE ARTICLE ... 61
BLOOD BANK & CENTERS 10	ENDOCRINOLOGY & METABOLISM 26	NURSING HOMES 36	RHEUMATOLOGY 54	UROGYNECOLOGY 62
CANCER - GENETIC SCREENINGS 10	EPILEPSY 27	NURSING SERVICES 36	SCRUBS 54	UROLOGY 62
CANCER SCREENING 10	FAMILY MEDICINE 27	NUTRITIONISTS 36	SENIOR LIVING COMMUNITIES 54	VITAMINS & SUPPLEMENTS 62
BEHAVIORAL THERAPY INFO 11	FERTILITY & GENETICS 28	OBSTETRICS & GYNECOLOGY 36	SLEEP DISORDERS TREATMENT CENTERS 54	WEIGHT LOSS 63
CARDIOLOGY 12	FITNESS CENTERS 28	OCCUPATIONAL MEDICINE 38	RHEUMATOLOGY ADVERTORIAL 55	WELLNESS SERVICES 63
CARDIOPULMONARY SERVICES 13	GASTROENTEROLOGY 28	OCCUPATIONAL THERAPISTS 38	SLEEP MEDICINE 56	WHEEL CHAIR & SCOOTERS 63
CARDIOVASCULAR DISEASE 13	GERIATRICS 29	ONCOLOGY 38	SOCIAL SERVICES 56	WOMEN'S SERVICES 63
CHILD DEVELOPMENT 13	HEALTH & DIET FOOD PRODUCTS 29	OPHTHALMOLOGY 41	SPAS - HEALTH & MEDICAL 56	WOUND CARE 63
CHIROPRACTIC CARE 13	HEARING AIDS CENTERS 29	OPTICAL - EYE CARE CENTERS 41	SPEECH & LANGUAGE PATHOLOGISTS 56	YOGA 63
CLINICS 15	HEMATOLOGY 29	OPTOMETRIC PHYSICIAN 41	SPINE CARE 56	
COUNSELING - FAMILY 15	HOLISTIC PRACTITIONERS 30	ORTHODONTICS 42	SPORTS MEDICINE 56	
COUNSELING SERVICES 15	HOLISTIC THERAPY 30	ORTHOPEDICS 43	SURGERY - BARIATRIC 56	
COUNSELING ARTICLE 16	HOME HEALTHCARE 30	ORTHOTICS & PROSTHETICS 44	SURGERY - BREAST 56	
	HOSPICE SERVICES 31	OSTEOPATHIC MEDICINE 44		
	HOSPITALS 31	PAIN MANAGEMENT 44		
	HYPNOTHERAPY QUICK FACTS 32	PARTIAL CARE 45		
		PEDIATRICS 45		
		PAIN MANAGEMENT ARTICLE 46		
		PELVIC MEDICINE 48		

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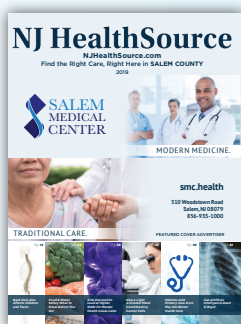
Gloucester County comprises of **337.18** square miles of land (95.5%) and 15.17 square miles of water (4.5%).¹

Did you know?

The county was named for the city of Gloucester county of Gloucestershire in England.¹

SURPRISING HEALTH FACT:

One person in 20 has an extra rib, and they are most often men.



This edition features over **900** health and wellness providers!

Sources:

https://en.wikipedia.org/wiki/Gloucester_County_New_Jersey

<https://www.health24.com/Lifestyle/Woman/Your-life/30-weird-medical-facts-20120721>



Acupuncture / Acupuntura

An ancient Chinese method to relieve pain or treat disease by inserting needles into various parts of the body.

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OPIOID-METH HABIT PARTICULARLY HARD TO BREAK

Opioid addiction is tough enough to beat, but new research shows that having an accompanying methamphetamine habit may make quitting far more difficult.

For the study, researchers looked at 799 people receiving opioid addiction treatment at three sites in Washington State. They found that methamphetamine use was associated with a more than twofold higher risk of dropping out of treatment for opioid addiction.

Methamphetamine is a highly addictive stimulant that affects the central nervous system.

The study was published recently in the *Journal of Substance Abuse Treatment*.

Study author Judith Tsui, a University of Washington School of Medicine clinician specializing in addiction treatment, noticed that an increasing number of patients she was treating for opioid

addiction disorder were also using methamphetamine.

Tsui would start the patients on buprenorphine, a medication to treat opioid addiction, but many would fail to complete the treatment.

“This study confirms anecdotally what we sensed,” Tsui said in a university news release. “The next step is to build into treatment models how we can help those patients who struggle both with opioids and methamphetamines to be successful.”

Methamphetamine use is rising on the West Coast. A National Drug Early Warning System survey published in September 2018 showed that more than 70% of local law enforcement agencies in the Pacific and West Central regions said that methamphetamine is the greatest threat in their area.

It’s unclear why people addicted to both methamphetamines and opioids have greater difficulty

completing opioid addiction treatment, but Tsui noted that many of these patients face significant challenges in their lives.

“A substantial proportion of these patients are homeless and may use meth to stay awake at night just to stay safe and keep an eye on their belongings,” she said.

Tsui added that patients also say the streets are flooded with methamphetamines. Some patients have asked for treatment with prescribed stimulant medications like Adderall and Ritalin to help them stop using methamphetamines.

However, more research is needed to determine whether the use of those medications to treat methamphetamine addiction is effective, Tsui noted.

More information
The U.S. National Institute on Drug Abuse has more about methamphetamine.

SOURCE: University of Washington



COULD YOU BE ALLERGIC TO ADDITIVES?

You suddenly break out in a rash or your throat gets scratchy. You assume you're allergic to something ... maybe pollen or a detergent. But could you be allergic to something in your food or medicine, and how could you tell?

The medical community disagrees as to whether additives in food or even medications -- such as dyes, preservatives or emulsifiers -- cause true allergic reactions. And many are convinced that if reactions do occur, they are rare rather than widespread. The traditional thinking has been that the molecules from chemicals in food are too small to cause major reactions.

But one small study, published in the Journal of Drugs in Dermatology, found that patients who had skin disorders improved when they switched to medications without the dyes FD&C Blue No. 1 (bright blue) and Blue No. 2 (indigo carmine). The researchers stated that reactions to agents that color medications and foods may be more common than once appreciated.

COMMON FOOD ADDITIVES

- Vitamins
- Minerals
- Flavorings
- Colorings
- Preservatives

In recent years, the move towards all things "natural" has caused many food manufacturers to switch from synthetic additives to natural ones derived from plant, animal or even insect byproducts. Ironically, some experts say that our bodies may react more to natural than synthetic dyes and preservatives because our immune system is trained to recognize them as invading organisms. That response may cause an allergic reaction in some people when a natural additive is detected.

More research needs to be done. Until we have more definitive information, if you do suffer a reaction, see your doctor right away -- whether you know the source or not. While some allergies can simply be an annoyance, some can be serious, even deadly.

MORE INFORMATION: The Asthma and Allergy Foundation of America has more on adverse reactions to food additives.

When *Traditional Rx* Fails, Psoriasis Patients Seek **ALTERNATIVES**



Many Americans with the chronic skin condition psoriasis use complementary or alternative therapies to treat their symptoms, a small survey finds.

Psoriasis is an autoimmune disease marked by raised, red, scaly patches on the skin. It is associated with other serious health problems, including diabetes, heart disease and depression. Treatments range from topical ointments to ultraviolet light therapy to medication.

The National Psoriasis Foundation distributed the survey in a newsletter sent to about 100,000 members. In all, 219 people responded.

Patients typically begin using complementary or alternative medicine when traditional treatments don't help or cause unwanted side effects, said lead researcher Dr. Adam Friedman. He's interim chairman of dermatology at George Washington University in Washington, D.C.

"Patients turn to these treatments because what was initially prescribed is not working out for them," Friedman said in a university news release. "But what we found through the survey is that patients may not completely understand what products will work best for them."

The survey found that some respondents turned to therapies that have not been proven effective or have not been studied for treatment of psoriasis.

For example, patients often reported using vitamins D and B12, though there is no proof that they're effective against psoriasis.

Meanwhile, indigo naturalis -- a plant extract widely used in traditional Chinese medicine and recognized as a therapy for several inflammatory conditions -- has been shown to be effective, but was not reported by patients in the survey. Dead Sea treatments were commonly reported by patients and have shown to be beneficial.

"In addition to the chosen treatments, we also found that less than half of the respondents would recommend complementary or alternative therapies to others," Friedman said. "This could be a result of using therapies supported by limited evidence."

He said doctors should be educated about complementary and alternative treatments so they can steer patients to evidence-based approaches that may help.

The survey was recently published in the *Journal of the American Academy of Dermatology*.

More information: The National Psoriasis Foundation has more on psoriasis.

Allergy & Immunology - Continued

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Perin, Robert J. - MD
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Arthritis & Rheumatology

Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

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Front Cover, pages 1, 9 and 55

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Greenfield Senior Living at Cross Keys
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WHAT IS A RHEUMATOLOGIST?

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- What experience do you have in treating anxiety, depression, OCD, or other related disorders?
- What training and/or credentials do you have?

WORKING TOGETHER

- What is your treatment approach?
- Do you provide telemental health therapy?
 - How will you help me overcome my problem?
- How long will it take before I can expect to feel better?
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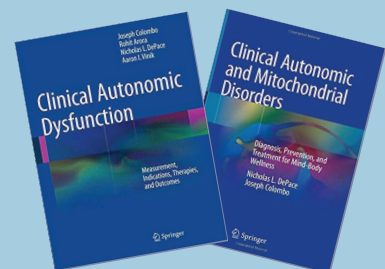


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WHAT WORKS BEST TO TREAT DEPRESSION?

“Talk therapy” for depression may cost more than medication initially, but in the long run, both may have a similar payoff, a new study finds.

The study estimated the cost-effectiveness of the two treatments. It found that over one year, antidepressants offered more value for the money. But when the researchers looked at the five-year picture, talk therapy seemed to provide more benefit for the cost.

Experts said the point is not to declare a “winner” in the realm of depression treatment.

Instead, the findings support guidelines saying that antidepressants and cognitive behavioral therapy (CBT) are both “reasonable” choices as an initial therapy, said study leader Dr. Eric Ross.

What’s important for patients is that they know there is more than one effective option, according to Ross, a psychiatrist with McLean Hospital in Belmont, Mass., and Massachusetts General Hospital, in Boston.

Dr. Mark Sinyor, a psychiatrist at Sunnybrook Health Sciences Centre, in Toronto, agreed that there is no one-size-fits-all.

A patient’s personal preferences are a critical piece, said Sinyor, who wrote an editorial published with the findings Oct. 28 in the *Annals of Internal Medicine*.

“If someone doesn’t want CBT,” he said, “it’s unlikely to help, since you have to engage with it.”

There’s also the matter of depression severity: CBT and antidepressants are, on average, equally effective for milder to moderate depression, Sinyor explained, but people with severe symptoms typically need medication.

“Depression can make you feel hopeless,” he said. “But we do have effective treatments, and if one doesn’t help you, we can try another.”

CBT is not the only form of psychotherapy for depression, but it is well-studied and recommended in guidelines. It involves individual or group sessions with a therapist. Simply put, the goal is to identify and reshape the negative thought patterns that may be driving depression symptoms, and develop healthier ways of coping.

Up front, CBT costs a lot more than medications, which are often available as a generic. A single session costs upwards of \$100, versus \$100 a year for many antidepressants, Ross and his team pointed out.

But people usually have a limited number of CBT sessions, and over time, the cost-effectiveness shifts, the new analysis suggests. In the first year, medication generally provided a greater “net monetary benefit” -- a measure that considers



how much money has to be spent to gain a year of life in good health, the researchers noted.

But at year five, CBT generally offered a greater benefit for the money. The researchers projected that at that point, health care costs could be up to \$1,800 lower for every patient treated with CBT; the finding was not significant in statistical terms, however, which indicates some uncertainty, the study authors said.

A caveat is that the projections are based on statistical modeling. The researchers used data from past studies and real-world cost figures to make estimates on cost-effectiveness. They had to make certain assumptions -- that CBT, for instance, would involve four individual sessions and eight group sessions over three months, and then individual sessions once a month.

Using study data, they projected that about 40% of first-time antidepressant patients would see their symptoms go away, and about 63% would show an improvement. Those success rates would be similar among CBT patients, but at a greater initial cost.

However, when the researchers weighed other evidence -- patients on medication being more likely to relapse, for example -- antidepressants were not more cost-effective in the long run.

According to Ross, research has found that most people with depression would prefer to try talk

therapy first. Yet less than one-quarter of U.S. patients get it.

There can be big obstacles, Ross said. People may live far from a CBT provider, or be unable to manage the time commitment.

So the mental health system may need to get creative. Sinyor pointed to one potential solution: training non-psychologists, such as social workers, to deliver CBT.

Technology could also help, he and Ross said, by, for instance, allowing patients in rural areas to receive CBT by video chat. However, Sinyor added, while that might work for some people, there will always be those who need face-to-face counseling.

More information: There's more on depression at the U.S. National Institute of Mental Health. SOURCES: Eric L. Ross, M.D., psychiatrist, McLean Hospital, Massachusetts General Hospital, Boston; Mark Sinyor, M.D., M.Sc., associate scientist and staff psychiatrist, Sunnybrook Health Sciences Centre, and assistant professor, psychiatry, University of Toronto, Toronto, Ontario, Canada; Oct. 28, 2019, *Annals of Internal Medicine*, online

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DENTAL CARIES IS AN INFECTIOUS DISEASE

Dental caries or cavities are caused by bacteria in the mouth that eat sugars and turn them into acid. This acid dissolves the tooth structure creating holes or cavities. When a child is born, their mouth does not have any of these bacteria. However, the bacteria is introduced through contact with parents and the environment. Usually it is the mother and father that first “innoculate” or give this bacteria to their child. Therefore, the first step to preventing dental cavities in children is the parents taking care of their own teeth and mouths.

DENTAL CARIES IS A CHRONIC DISEASE

Dental caries is a chronic disease. Once decay has formed, it does not just go away. Even after a filling, the disease still remains, but the tooth is repaired with dental material. Treating the decay is important because it prevents cavities from getting worse.

HOW COMMON ARE DENTAL CAVITIES IN CHILDREN?

- Dental Caries is the most common chronic disease in both children and adults
- Cavities are the most common infectious disease in children
- Dental Cavities in Children is 5 times more common than asthma, 7 times more common than Hay Fever, and 20 times more common than diabetes
- 60% of children have or have had cavities by the age of 5
- One in five children have untreated tooth decay
- In the US, children miss an estimated 51 million hours of school due to untreated tooth decay
- Dental cavities in children is increasing and is reaching epidemic proportions in the US
- Economic Impact of Dental Caries
- Over 1.6 Billion dollars is spent each year in emergency rooms treating tooth pain and tooth decay
- Untreated tooth decay can lead to life threatening infections
- Severe dental caries in children requiring general anesthesia and hospital care can cost between \$10,000 and \$25,000 per child

PREVENTION OF DENTAL CARIES

- Fluoride – fluoride helps remineralize and strengthen teeth against decay
- Establish a Dental Home – children should see the dentist by the eruption of their first tooth or by 1 year of age
- Limit juices and milk, especially at night. Most severe cases of tooth decay are from sleeping with a bottle or sippy cup
- Hygiene – start brushing once the first tooth erupts and make sure that kids go to sleep with clean teeth
- If you would like to read more about the facts, please see the AAPD’s “State of Little Teeth.”



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Drinking the right beverages milk, green and black teas



Eating foods that enhance oral health fruits. Vegetables, seafood, cheese and nuts



Going for your regular dental check-up of dental problems

BAD HABITS



Irregular or no brushing - This will result in cavities and gum problems; too much pressure can damage the protective enamel



Foregoing flossing - increases bacteria growth and results in plaque formation



Eating sugary and starchy foods - chocolates, candies, potato chips



Drinking the wrong beverages - fizzy soft drinks, sweetened sports drinks



Avoiding a dental check-up - makes it difficult to detect problems on time

Selection of the right dental care products is important; Here is how to do it right



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Dermatology / Dermatología

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Depression Info

POSTPARTUM DEPRESSION & ANXIETY

What is Postpartum Depression (PPD)?

PPD is depression suffered by a mother following childbirth, typically due to a combination of hormonal changes and psychological adjustments to motherhood.



1 in 7 women experience
POSTPARTUM DEPRESSION
following childbirth.

Postpartum Depression (PPD) Symptoms

Feelings of anger, irritability and/or sadness

Loss of interest in things you used to enjoy

Feelings of guilt, shame or hopelessness

Lack of interest in the baby

Appetite and sleep disturbance

Thoughts of harming the baby or yourself

What is Postpartum Anxiety (PPA)?

Similar to postpartum depression, mothers can develop postpartum anxiety (PPA) and can experience stress and frustration. PPA can also involve physical symptoms as well.

6% of pregnant women have anxiety.

10% of **postpartum** women develop **anxiety**.

Postpartum Anxiety (PPA) Symptoms

Changes in eating and sleeping

Rapid heartbeat

Dizziness

Nausea

Hot flashes

Inability to focus or sit still

Treatment



Mothers who experience one or more of the listed symptoms should notify their primary care provider or contact Postpartum Support International (PSI) to find a mental health care provider specializing in depression and anxiety following childbirth.



ADAA offers a free online search tool of mental health professionals from our member community who specialize in anxiety, depression and/or co-occurring disorders. PSI also offers local coordinators and healthcare providers specializing in maternal mental health issues.

Are you a mother looking for help?



Call 1-800-944-4773 (4PPD)
or
Text 503-894-9453

Available 24 hours a day, you will be asked to leave a confidential message and a trained and caring volunteer will return your call or text. They will listen, answer questions, offer encouragement and connect you with local resources as needed.



Dermatology Article

Ever Get a Rash from Your Skin Cream or Makeup? Here's Why

Skin creams and cosmetics can sometimes produce rashes instead of a beautiful complexion, but why has been a mystery until now.

A new study suggests that some chemicals in these products remove natural fats in skin cells, which might be why they trigger allergic reactions.

When the immune system spots something foreign, its T-cells spring into action, the researchers explained.

"However, many small compounds that trigger allergic contact dermatitis lack the chemical groups needed for this [allergic] reaction to occur," said study author Annemieke de Jong, an assistant professor of dermatology at Columbia University Vagelos College of Physicians and Surgeons.

"These small chemicals should be invisible to T-cells, but [sometimes] they're not," she said in a Columbia news release.

De Jong and her colleagues believed that CD1a, a molecule on the skin's outer layer, might be the culprit that makes certain chemicals visible to T-cells.

In experiments with human skin cells, the researchers found that several common chemicals known to cause allergic reactions were able to bind to CD1a molecules and activate T-cells.

The chemicals included Balsam of Peru

and farnesol, which are found in many products such as skin creams, toothpaste and fragrances. The researchers identified more than a dozen small chemicals that activate T-cells through CD1a.

Because the study was only done in the lab and not on people, de Jong cautioned that "we have to be cautious about claiming that this is definitively how it works in allergic patients."

Still, the findings might point to a possible strategy to stop allergic reactions in their tracks.

Such reactions might be prevented by applying other fats to the skin to displace ones causing the immune reaction. Several of these fats are already known, de Jong noted.

The only way to stop allergic contact dermatitis now is to identify and avoid contact with the triggering chemical.

Currently, skin ointments can help soothe the rashes, which usually clear up in less than a month. In severe cases, doctors may prescribe corticosteroids.

The report was published online Jan. 3 in the journal *Science Immunology*.

More information: For more on skin rashes, head to the U.S. National Library of Medicine.

SOURCE: Columbia University Irving Medical Center, New York City

Dermatology - Continued

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Inspira Medical Group Family Medicine
 Washington Township
 372 Egg Harbor Road, Suite 4A
 Sewell, NJ 08080
 (856) 218-5899 Fax: (856) 497-5207
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Family Medicine - Continued

Inspira Medical Group Family Medicine Woolwich
100 Lexington Road, Building 100
Woolwich Township, NJ 08085
(856) 467-7360 Fax: (856) 467-5959
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Jack C. Wu M.D., P.A.
219 Highland Avenue
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(856) 456-1881 Fax: (856) 456-3959
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Jefferson Health Alliance - Family Medicine
601 North Main Street
Glassboro, NJ 08028
(844) 542-2273 Fax: (856) 881-6982
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Koerner, Theodore G. - DO
4911 Route 42
Turnersville, NJ 08012
(856) 227-7048
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Medical Group Associates
190 Evergreen Avenue, Suite 102
Woodbury, NJ 08096
(856) 845-8010 Fax: (856) 845-9398
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Mullica Hill Medical Associates
201 Bridgeton Pike
Mullica Hill, NJ 08062
(856) 478-2111 Fax: (856) 478-4709
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Petruncio, George J. - MD
188 Fries Mill Road, Suite E-1
Turnersville, NJ 08012
(856) 875-7700 Fax: (856) 262-0428
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Provencher, Robert A. - DO
296 Kings Highway
Clarksboro, NJ 08020
(856) 423-7000
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Schopfer, Carl - DO
115 South Delsea Drive, PO Box 565
Clayton, NJ 08312
(856) 881-0010 Fax: (856) 881-0157
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Sicklerville Family Care
570 Egg Harbor Road, Suite B-5
Sewell, NJ 08080
(856) 723-8100 Fax: (856) 723-8107
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South Jersey Family Medicine
831 Kings Highway, Suite 100
West Deptford, NJ 08096
(856) 853-8730 Fax: (856) 853-8870
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South Jersey Family Medicine Associates
127 North Broad Street
Woodbury, NJ 08096
(856) 848-1307 Fax: (856) 848-1682
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Tomasso, Tara M. - MD
612 Glassboro Road
Woodbury Heights, NJ 08097
(856) 845-0323 Fax: (856) 845-4322
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Villare, Anthony W. - MD
560 Mantua Avenue
Paulsboro, NJ 08066
(856) 423-5466
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Wax, Craig M. - DO, LLC Family Medicine & Wellness
155 North Main Street
Mullica Hill, NJ 08062
(856) 478-4780
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Fertility & Genetics

South Jersey Fertility Center
570 Egg Harbor Road, Suite B-4
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Fitness Centers / Centros de Aptitud

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Club Fitness
1060 Broadway
Westville, NJ 08093
(856) 742-5300 Fax: (856) 742-0420
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Edge Fitness Clubs
141 Tuckahoe Road
Sewell, NJ 08080
(856) 629-5451
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Edge Fitness Clubs
1450 Clements Bridge Road
Woodbury, NJ 08096
(856) 848-2314
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Fit For Life Personal Training Studio
923 South Woodbury Road
Pitman, NJ 08071
(856) 582-3675
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Four Seasons Health Club
626 Delsea Drive North
Glassboro, NJ 08028
(856) 881-9418 Fax: (856) 881-7561
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Giant Fitness
309 Fries Mill Road, Echo Plaza
Turnersville, NJ 08012
(856) 504-3333
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Jefferson Health Fitness
167 Bridgeton Pike
Mullica Hill, NJ 08062
(856) 478-0060
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Jefferson Health Fitness
501 Route 168
Turnersville, NJ 08012
(856) 401-1885 Fax: (856) 401-1886
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LA Fitness Sports Club
731 North Delsea Drive
Glassboro, NJ 08028
(856) 556-1071
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

LA Fitness Sports Club
5901 Route 42
Turnersville, NJ 08012
(856) 401-9688
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

LA Fitness Sports Club
1006 Mantua Pike
Woodbury, NJ 08096
(856) 381-4941
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Pinnacle Fitness & Wellness
5360 Route 42, Suite 12
Turnersville, NJ 08012
(856) 245-7032
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Retro Fitness
864 North Delsea Drive
Glassboro, NJ 08028
(856) 413-5311
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Super Fitness, LLC
553 Beckett Road
Logan Township, NJ 08085
(856) 467-5888 Fax: (856) 467-5886
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Virtua Center for HealthFitness
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(844) 982-3862 Fax: (856) 341-8139
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West Deptford Riverwinds Community Center
1000 River Winds Drive
West Deptford, NJ 08096
(856) 251-0990 Fax: (856) 251-0790
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YMCA
235 East Red Bank Avenue
Woodbury, NJ 08096
(856) 845-0720 Fax: (856) 845-2617
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Gastroenterology / Gastroenterología

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Advanced Gastrointestinal Specialists, PC
570 Egg Harbor Road, Suite B3
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(856) 374-5822 Fax: (856) 374-1489
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Advanced Gastrointestinal Specialists, PC
875 Kings Highway, Suite 102
West Deptford, NJ 08096
(856) 384-8282 Fax: (856) 853-7316
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Cooper University Health Care -
Digestive Health Institute
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(856) 642-2133 Fax: (856) 642-2134
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DiMarino-Kroop-Prieto
Gastrointestinal Associates
26 East Red Bank Avenue
Woodbury, NJ 08096
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Jefferson Digestive Health at Inspira
17 West Red Bank Avenue, Suite 306
Woodbury, NJ 08096
(856) 315-1000
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Jefferson Health Alliance - Gastroenterology
188 Fries Mill Road, Suite N1
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(856) 783-2241 Fax: (856) 783-2243
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Philadelphia Gastroenterology Group
570 Egg Harbor Road, Suite A-2
Sewell, NJ 08080
(856) 218-1410 Fax: (856) 218-0193
Leave a review at njhealthsource.com

Plumeri, Peter A. - DO, FACP
445 Hurffville Crosskeys Road, Suite B-10
Sewell, NJ 08080
(856) 218-0200 Fax: (856) 218-0099
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Professional Gastroenterology Associates, PA
188 Fries Mill Road, Building D-1
Turnersville, NJ 08012
(856) 875-8040 Fax: (856) 424-6732
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Virtua Gastroenterology
239 Hurffville Crosskeys Road, Suite 360
Sewell, NJ 08080
(844) 982-3862
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Timberline Shopping Center
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www.HearingHut.com
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Acoustical Hearing Aid Center
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(856) 691-6809
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Audibel Hearing Care Centers
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Turnersville, NJ 08012
(856) 340-4370
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Beltone Hearing Aid Center
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(856) 589-2371 Fax: (856) 589-2310
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Hear MD
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(856) 602-4200 Fax: (856) 946-1747
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Hear USA
1800 Clements Bridge Road, Suite 3-B
Deptford, NJ 08096
(856) 384-2771 Fax: (856) 384-5801
Leave a review at njhealthsource.com

Hearing Aid Center of South Jersey
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Williamstown, NJ 08094
(856) 629-0776 Fax: (856) 629-5576
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Precision Hearing Instruments, Inc.
545 Beckett Road, Suite 206
Swedesboro, NJ 08085
(856) 339-0800 Fax: (856) 339-0884
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Team Hearing Swedesboro
300 Lexington Road, Suite 220
Swedesboro, NJ 08085
(856) 467-4677 Fax: (856) 832-4173
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Tru Clarity Hearing Care
108 Swedesboro Road
Mullica Hill, NJ 08062
(856) 478-0501 Fax: (856) 478-0567
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Hematology

The branch of medicine that pertains to blood and the organs involved in forming blood.

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Voorhees, NJ 08043
(856) 435-1777

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Sudhindra, Rama R. - MD
Sachdeva, Kush - MD
Roy, Shailja - MD
Negin, Benjamin P. - MD
Al Ustwani, Omar - MD
Sandilya, Vijay - MD
Clark, Jennifer - APN
Blizzard, Mysti - APN
1505 West Sherman Avenue, Suite 101
Vineland, NJ 08360
(856) 696-9550 Fax: (856) 696-1686
www.SouthernOncology.net

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Hematology - Continued

SOUTHERN ONCOLOGY HEMATOLOGY ASSOCIATES, PA

Sudhindra, Rama R. - MD

Sachdeva, Kush - MD

Roy, Shailja - MD

Negin, Benjamin P. - MD

Al Ustwani, Omar - MD

Sandilya, Vijay - MD

Clark, Jennifer - APN

Blizzard, Mysti - APN

310 Salem-Woodstown Road,
4th Floor

Salem, NJ 08079

(856) 696-9550 Fax: (856) 696-168

www.SouthernOncology.net

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THE MINNITI CENTER FOR MEDICAL ONCOLOGY & HEMATOLOGY

Minniti, Carl - MD

Bach, Tami L. - MD, PhD

174 Democrat Road

Mickleton, NJ 08056

(856) 423-0754 Fax (856) 423-7508

www.minniticenter.com

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Penn Hematology/Oncology
239 Hurffville Crosskeys Road, Suite 480
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Center For Healing Light
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South Jersey Healing & Wellness Center
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190 North Evergreen Avenue, Suite 201

Woodbury, NJ 08096

(856) 579-4996 Fax: (856) 579-4999

www.griswoldhomecare.com

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2nd Floor, 2 East

Salem, NJ 08079

(856) 678-8500 Fax: (856) 678-5180

www.salemhomehealthnj.com

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Attentive Care, Inc
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(856) 552-1518 Fax: (267) 295-7943
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Avenues To Independent Living
55 Curtis Avenue
Woodbury, NJ 08096
(856) 537-7919 Fax: (856) 537-7914
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BAYADA at Inspira - Gloucester County
608 North Broad Street, Suite 300
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(856) 845-2500 Fax: (856) 845-5600
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BAYADA Home Health Care
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(856) 589-2270 Fax: (856) 256-9500
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SalemHomeHealthNJ.com**

Home Healthcare - Continued

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(856) 853-0959 Fax: (856) 853-0918
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Mantua, NJ 08051
(856) 681-2371 Fax: (856) 681-2373
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Home Helpers
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(856) 812-0626 Fax: (302) 660-8189
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Home Instead Senior Care
200 B Kings Way West
Sewell, NJ 08080
(856) 582-1311 Fax: (856) 582-1313
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Inspira Health Network - HomeCare Services
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Interim Healthcare
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Nurse Practitioner Professional Resources, LLC
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PPD HomeCare, Inc
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Ranch Hope Residential Home For Girls
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Williamstown, NJ 08094
(856) 875-8363
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Serenity Home Healthcare & Nursing Solutions
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Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Young Nursing Services, LLC
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(856) 404-9949 Fax: (856) 968-0007
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Hospice Services / Servicios de Hospicio

Hospice care is any form of medical care or treatment that concentrates on reducing the severity of the symptoms of a disease or slows its progress rather than providing a cure. It aims at improving quality of life, and particularly at reducing or eliminating pain.

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Woodbury, NJ 08096
(856) 845-8220 Fax: (856) 845-8227
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Hospitals / Hospitales

An institution providing medical and surgical treatment and nursing care for sick or injured people.



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Salem, NJ 08079
(856) 935-1000

Inspira Medical Center - Elmer
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Elmer, NJ 08318
(856) 363-1000
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Inspira Medical Center - Mullica Hill
700 Mullica Hill Road
Mullica Hill, NJ 08062
(856) 508-1000
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Inspira Medical Center - Vineland
1505 West Sherman Avenue
Vineland, NJ 08360
(856) 641-8000
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Inspira Medical Center - Woodbury
509 North Broad Street
Woodbury, NJ 08096
(856) 845-0100
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Jefferson Washington Township Hospital
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Turnersville, NJ 08012
(856) 582-2500 Fax: (856) 582-2552
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Jefferson Washington Township Hospital
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Hypnosis can double the average weight loss of traditional approaches

BENEFITS OF LOSING WEIGHT

Reduce risk for cancers, heart disease, type 2 diabetes, lower blood pressure and cholesterol, improve sleep and respiratory problems



Hypnosis is a safe and effective modality for people with stress related problems from:

Fears, anxieties, limiting beliefs
Smoking and chewing tobacco
Obesity



"It's hard to find a field that hasn't used hypnosis successfully, everything from quitting smoking to irritable bowel syndrome."
– Good Morning America, 2010



Hypnosis Patients Lose More Weight Than 90% of Traditional Approaches and Keep It Off



Hypnosis patients twice as likely to Remain Smoke-Free

BENEFITS OF STOPPING SMOKING

Lower risk of many cancers, heart disease, lung disease and stroke



Hypnosis most effective for smoking cessation

Hypnosis is over three times as effective as nicotine replacement and 15 times as effective as trying to quit alone.

Hospitals - Continued

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Cherry Hill, NJ 08002
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Jefferson Stratford Hospital
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Stratford, NJ 08084
(856) 346-6000
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Virtua Health System - Berlin
100 Townsend Avenue
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(844) 982-3862
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Virtua Health System - Camden
1000 Atlantic Avenue
Camden, NJ 08104
(844) 982-3862
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Virtua Health System - Voorhees
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Voorhees, NJ 08043
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House Call Provider

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www.medical-housecall.com

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Turnersville, NJ 08012
(844) 982-3862 Fax: (856) 374-4445
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Hypnotherapy

A sleep-like state induced by the suggestions of a hypnotherapist.

Spectrum Hypnotherapy Associates, LLC
432 Ganttown Road, Suite 106
Sewell, NJ 08080
(856) 256-7960 Fax: (856) 256-7961
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Imaging Services / Servicios de Imaging

Booth MRI at Inspira Health Network Medical Arts Building
52 West Red Bank Avenue, Suite 19
Woodbury, NJ 08096
(856) 848-4998 Fax: (856) 853-7362
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Inspira Health Network - Imaging Center
Woolwich (X-Ray Only)
101 Lexington Road
Woolwich Township, NJ 08085
(856) 542-1300
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Inspira Imaging Center Tomlin Station
201 Tomlin Station Road, Suite A
Mullica Hill, NJ 08062
(856) 241-2555
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Inspira Medical Center Woodbury Imaging Services
509 North Broad Street
Woodbury, NJ 08096
(856) 853-2042
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Jefferson Health Outpatient Medical Imaging
900 Medical Center Drive, Suite 101
Sewell, NJ 08080
(856) 406-4100 Fax: (856) 582-3132
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Penn Radiology Woodbury Heights
1006 Mantua Pike
Woodbury Heights, NJ 08097
(856) 686-8282 Fax: (856) 686-8280
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

RadNet at Washington Township
157 Fries Mill Road
Turnersville, NJ 08012
(856) 677-1010 Fax: (856) 677-1020
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Stat Medical Imaging @ Riverwinds
204 Grove Avenue, Suite F
West Deptford, NJ 08096
(856) 251-9100 Fax: (856) 251-9190
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Infectious Diseases / Enfermedades infecciosas

A disease that can be spread from one person to another.

Garden State Infectious Disease Associates, PA
151 Fries Mill Road, Suite 101
Turnersville, NJ 08012
(856) 566-3190 Fax: (856) 566-1904
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Virtua Medical Associates - Infectious Diseases
730 North Broad Street, Suite 200
Woodbury, NJ 08096
(856) 795-7505 Fax: (856) 795-8010
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Infusion Therapy

ARTHRITIS & RHEUMATOLOGY ASSOCIATES OF SOUTH JERSEY, P.C.
Soloway, Stephen - MD, FACP, FACR, CCD
2848 South Delsea Drive, Suite 2-C
Vineland, NJ 08360
(856) 794-9090 Fax: (856) 794-3058
Toll Free: 855-SOLOWAY (765-6929)
www.drsoloway.com

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MEDICAL HOUSE CALL ASSOCIATES

1134 S Black Horse Pike
Suite 322
Blackwood, NJ 08012
856-345-0444

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Medical collaborating physician and nurse practitioners on staff.

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- Dentist
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- Ophthalmologist
- Podiatrist
- Physical Therapy
- Phlebotomy
- Prescriptions
- Psychotherapist
- Sick visits
- Ultrasounds
- Wound Care Specialist
- X-Rays
- and More

Internal Medicine / Medicina Interna

A branch of medicine that deals with the diagnosis and (nonsurgical) treatment of diseases of the internal organs.

ARTHRITIS & RHEUMATOLOGY ASSOCIATES OF SOUTH JERSEY, P.C.
Soloway, Stephen - MD, FACP, FACR, CCD
 2848 South Delsea Drive, Suite 2-C
 Vineland, NJ 08360
 (856) 794-9090 Fax: (856) 794-3058
 Toll Free: 855-SOLOWAY (765-6929)
 www.drsoloway.com

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Cooper University Health Care - Heart Institute
 One Plaza Drive, Suite 103
 Sewell, NJ 08080
 (856) 342-2034 Fax: (856) 270-4198
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Cooper University Health Care - Internal Medicine
 One Plaza Drive, Suite 103
 Sewell, NJ 08080
 (856) 270-4080 Fax: (856) 270-4085
 Leave a review at njhealthsource.com

Cooper University Health Care - Internal Medicine
 196 Grove Avenue, Suite C
 Thorofare, NJ 08086
 (856) 848-7577 Fax: (856) 848-6554
 Leave a review at njhealthsource.com

Inspira Medical Group Internal Medicine
 Almonesson
 1652 Cooper Street
 Deptford, NJ 08096
 (856) 227-8611 Fax: (856) 227-5716
 Leave a review at njhealthsource.com

Inspira Medical Group Internal Medicine Pitman
 410 North Broadway, Suite 1
 Pitman, NJ 08071
 (856) 589-3708 Fax: (856) 589-2662
 Leave a review at njhealthsource.com

Jefferson Health Alliance - Washington Township
 Primary Care & Internal Medicine
 151 Fries Mill Road, University Executive Campus,
 Suite 400
 Turnersville, NJ 08012
 (856) 401-9300 Fax: (856) 374-5307
 Leave a review at njhealthsource.com

Laskin & Higgins Internal Medicine
 400 Grove Road
 Thorofare, NJ 08086
 (856) 628-8120 Fax: (856) 628-8123
 Leave a review at njhealthsource.com

Virtua Medical Associates - Woodbury Family Care
 223 South Evergreen Avenue
 Woodbury, NJ 08096
 (856) 384-0400 Fax: (856) 384-7771
 Leave a review at njhealthsource.com

Mediversity Health at Turnersville
 4991 Route 42, Suite 8
 Turnersville, NJ 08012
 (856) 740-9777 Fax: (856) 740-9990
 Leave a review at njhealthsource.com

Woodbury Internal Medicine
 297 Westwood Drive, Suite 104
 West Deptford, NJ 08096
 (856) 848-1083 Fax: (856) 848-2271
 Leave a review at njhealthsource.com

Woodbury Medical Office
 50 Cooper Street
 Woodbury, NJ 08096
 (856) 848-8081 Fax: (856) 848-1577
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SALEM MEDICAL CENTER

Modern Medicine. Traditional Care.

Laboratory

499 Beckett Rd, Logan Twp., NJ 08085
(856) 467-6966

Laboratories / Laboratorios

A laboratory where tests are usually done on clinical specimens in order to obtain information about the health of a patient as pertaining to the diagnosis, treatment, and prevention of disease.

SALEM MEDICAL CENTER - LABORATORY
 499 Beckett Road
 Logan, NJ 08085
 (856) 467-6966

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Arucco Ceramic Dental Lab
 6 Prince Edward Drive
 Sewell, NJ 08080
 (856) 232-1114
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Inspira Medical Center Woodbury Laboratory
 509 North Broad Street
 Woodbury, NJ 08096
 (856) 845-0100
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LabCorp
 100 Kings Way East, Suite B-3
 Sewell, NJ 08080
 (856) 582-9469 Fax: (856) 218-9722
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LabCorp
 800 Jessup Road, Suite 801
 Thorofare, NJ 08086
 (856) 848-4882 Fax: (856) 848-2893
 Leave a review at njhealthsource.com

LabCorp
 151 Fries Mill Road, Suite 205-206
 Turnersville, NJ 08012
 (856) 401-1290 Fax: (856) 401-1304
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Quest Diagnostics
 196 William L. Dalton Drive
 Glassboro, NJ 08028
 (856) 589-7836 Fax: (856) 589-7838
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Quest Diagnostics
 302 Hurffville Crosskeys Road, Suite A-2
 Sewell, NJ 08080
 (856) 881-1975 Fax: (856) 881-1677
 Leave a review at njhealthsource.com

Quest Diagnostics
 188 Fries Mill Road, Building H
 Turnersville, NJ 08012
 (856) 262-3310 Fax: (856) 262-3314
 Leave a review at njhealthsource.com

Quest Diagnostics
 730 Broad Street, Suite 125
 Woodbury, NJ 08096
 (856) 853-0283 Fax: (856) 853-4210
 Leave a review at njhealthsource.com

Virtua Lab Services
 239 Hurffville Crosskeys Road
 Sewell, NJ 08080
 (844) 982-3862
 Leave a review at njhealthsource.com

Mammography

South Jersey Radiology
 105 Hurffville Cross Keys Road
 Sewell, NJ 08080
 (856) 589-6646 Fax: (856) 589-6142
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South Jersey Radiology
 239 Hurffville Crosskeys Road, Suite 140
 Sewell, NJ 08080
 (856) 740-5241 Fax: (856) 740-5167
 Leave a review at njhealthsource.com

South Jersey Radiology
 901 Route 168, 301
 Turnersville, NJ 08012
 (856) 227-6600 Fax: (856) 227-8537
 Leave a review at njhealthsource.com

South Jersey Radiology
 748 Kings Highway
 West Deptford, NJ 08096
 (856) 848-4998 Fax: (856) 853-7362
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Massage Therapy / Terapia de Masajes

The manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being.

Body Divine
30 West Holly Avenue
Pitman, NJ 08071
(856) 589-8555 Fax: (856) 589-8655
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Peace of Mind Massage Therapy
151 Fries Mill Road, Suite 305
Turnersville, NJ 08012
(609) 707-7869
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Phoenix Permanent Makeup & Body Spa
860 Black Horse Pike, Suite 104
Turnersville, NJ 08012
(856) 232-8100
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Serenity Spa
1112A Kings Highway
Swedesboro, NJ 08085
(856) 241-9945 Fax: (856) 467-2117
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Virtua Vir tu' Spa
239 Hurffville Crosskeys Road, 130
Sewell, NJ 08080
(844) 982-3862
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Maternal Fetal Medicine

The branch of obstetrics that focuses on the medical and surgical management of high-risk pregnancies.

Inspira Medical Group Maternal and Fetal Medicine Tomlin Station
201 Tomlin Station Road, Suite A (Inside Imaging)
Mullica Hill, NJ 08062
(856) 641-7960 Fax: (856) 241-2575
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Virtua Maternal/Fetal Medicine
239 Hurffville Crosskeys Road, Suite 245
Sewell, NJ 08080
(844) 982-3862
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Medical Equipment & Supplies - DME / Equipos Médicos y Suministros - DME

Any equipment that provides therapeutic benefits to a patient in need because of certain medical conditions and/or illnesses.

Asher Haley Surgical, Inc.
614 Heron Drive, Suite 8
Bridgeport, NJ 08014
(856) 467-7066 Fax: (856) 467-7063
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Bowman Home Medical & Respiratory Services, LLC
26 Walnut Avenue
Pitman, NJ 08071
(856) 256-0777 Fax: (856) 256-0779
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Core Care Technologies, Inc.
136 Hurffville Crosskeys Road
Sewell, NJ 08080
(856) 629-0400 Fax: (856) 629-8441
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Professional Pulmonary Service, Inc.
27 East Centre Street
Woodbury, NJ 08096
(856) 848-2440 Fax: (856) 853-1146
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

RTA Home Medical Equipment & Pediatric Care
2 West Boulevard
Newfield, NJ 08344
(877) 697-8002 Fax: (856) 697-8003
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Fortino, Robert - MD
129 Johnson Road, Suite A3
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(856) 318-4100

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Mental Health Services / Servicios de Salud Mental

The assessment, diagnosis, treatment or counseling in a professional relationship to assist an individual or group in alleviating mental or emotional illness, symptoms, conditions or disorders.

Family Care Connections
59 North Broad Street
Woodbury, NJ 08096
(856) 579-7303 Fax: (856) 579-7298
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Midwifery

A person who helps women at childbirth, but who isn't necessarily a nurse or physician.

ROWAN MEDICINE - OBSTETRICS & GYNECOLOGY
405 Hurffville-Crosskeys Road
Suite 202
Sewell, NJ 08080
(856) 589-1414 Fax: (856) 589-9487
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ROWAN MEDICINE - OBSTETRICS & GYNECOLOGY
570 Egg Harbor Road, Suite C-2
Sewell, NJ 08062
(856) 589-1414
👁 See Our Ad Page 36

Virtua OB/GYN-Midwifery
239 Hurffville Crosskeys Road, Suite 132
Sewell, NJ 08080
(844) 982-3862
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Nephrology / Nefrología

The branch of medicine that deals with the physiology and diseases of the kidneys.

Advocate Nephrology of South Jersey
188 Fries Mill Road, Suite N-2
Turnersville, NJ 08012
(856) 424-7390 Fax: (856) 424-7386
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Advocate Nephrology of South Jersey
979 North Black Horse Pike
Williamstown, NJ 08094
(856) 424-7390 Fax: (856) 424-7386
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Lyons Chvala Nephrology Associates
730 North Broad Street, Suite 101
Woodbury, NJ 08096
(856) 384-0147 Fax: (856) 384-4788
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Nephrology & Hypertension Associates of New Jersey
300 Medical Center Drive, Suite A
Sewell, NJ 08080
(856) 218-4991 Fax: (856) 218-1499
Leave a review at [njhealthsource.com](https://www.njhealthsource.com)

Neurology / Neurología

The branch of medicine that pertains to the nervous system.

PRINCETON BRAIN & SPINE
608 North Broad Street, Suite 200
Woodbury, NJ 08096
(856) 336-9808 Fax: (856) 336-9809

Cooper University Health Care - Neurological Institute
 188 Fries Mill Road, Suite J
 Turnersville, NJ 08012
 (856) 968-7965
 Leave a review at njhealthsource.com

Cooper University Health Care - Neurology
 One Plaza Drive, Suite 103
 Sewell, NJ 08080
 (856) 342-2445 Fax: (856) 964-0504
 Leave a review at njhealthsource.com

Inspira Medical Group Neurology Mullica Hill
 155 Bridgeton Pike
 Mullica Hill, NJ 08062
 (856) 467-4432 Fax: (856) 853-5405
 Leave a review at njhealthsource.com

Inspira Medical Group Neurology Woodbury
 17 West Red Bank Avenue, Suite 204
 Woodbury, NJ 08096
 (856) 853-1133 Fax: (856) 845-5405
 Leave a review at njhealthsource.com

Virtua Medical Associates - Neurology Consultants
 468 Hurffville Cross Keys Road, Suite 2
 Sewell, NJ 08080
 (856) 795-2000 Fax: (856) 795-3625
 Leave a review at njhealthsource.com

Neurology Associates & Brain Center
 750 Mantua Pike
 Woodbury Heights, NJ 08097
 (856) 482-0030 Fax: (609) 567-8832
 Leave a review at njhealthsource.com

Princeton Brain & Spine
 608 North Broad Street, Suite 200
 Woodbury, NJ 08096
 (856) 336-9808 Fax: (856) 336-9809
 Leave a review at njhealthsource.com

Sammartino, Robert A. - DO
 445 Hurffville Crosskeys Road, Suite B-8
 Sewell, NJ 08080
 (856) 589-7740 Fax: (856) 256-0291
 Leave a review at njhealthsource.com

Virtua Neuroscience
 239 Hurffville Crosskeys Road, Suite 355
 Sewell, NJ 08080
 (844) 982-3862
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Nursing Homes

A place of residence for people who require constant medical care.

Meadow View Nursing & Respiratory Care Center
 1420 South Black Horse Pike
 Williamstown, NJ 08094
 (856) 875-0100 Fax: (856) 629-4619
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Shady Lane Nursing Home
 256 County House Road
 Clarksboro, NJ 08020
 (856) 224-6979 Fax: (856) 224-8709
 Leave a review at njhealthsource.com

Nursing Services

Nursefriendly Inc.
 38 Tattersall Drive
 Mantua, NJ 08051
 (856) 415-9617 Fax: (856) 415-9618
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Nutritionists

A person who studies or is an expert in nutrition.

Falconiero Nutrition
 556 Egg Harbor Road, Suite A
 Sewell, NJ 08080
 (856) 589-0650 Fax: (856) 589-2720
 Leave a review at njhealthsource.com

Inspira Nutrition Counseling Woodbury
 509 North Broad Street
 Woodbury, NJ 08096
 (856) 853-2141
 Leave a review at njhealthsource.com

South Jersey Center for Nutrition & Wellness
 553 Beckett Road, Suite 406
 Swedesboro, NJ 08085
 (856) 467-3535 Fax: (856) 467-1911
 Leave a review at njhealthsource.com

Thrive Health & Wellness
 1606 Hessian Drive
 Williamstown, NJ 08094
 (609) 654-0100
 Leave a review at njhealthsource.com

To Better Health, LLC
 831 Kings Highway, Suite 200
 West Deptford, NJ 08096
 (844) 223-6973 Fax: (844) 223-6973
 Leave a review at njhealthsource.com

Virtua Medical Nutrition Therapy
 239 Hurffville Crosskeys Road, 365
 Sewell, NJ 08080
 (844) 982-3862
 Leave a review at njhealthsource.com

Virtua Nutrition & Diabities
 239 Hurffville Crosskeys Road, Suite 365
 Sewell, NJ 08080
 (844) 982-3862
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medicine**

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Obstetricia y Ginecología**

The branch of medicine that deals with the care and treatment of women during and after pregnancy and childbirth.

**ROWAN MEDICINE -
OBSTETRICS & GYNECOLOGY**
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- Immunotherapy
- Laboratory Services

Ashok R. Bapat, M.D.

Richard L. Gordon, D.O.

Trina Poretta, DO



Not every treatment plan is the same. Our treatment center is equipped to identify a treatment plan that meets your individual needs.

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856-435-1777 | comprehensivecancer.com**

Obstetrics & Gynecology - Continued

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570 Egg Harbor Road, Suite C-2
Sewell, NJ 08062
(856) 589-1414

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Advocare Premier OB/GYN of South Jersey
151 Fries Mill Road, Suite 105
Turnersville, NJ 08012
(856) 772-2300 Fax: (856) 772-2301
Leave a review at [njhealthsource.com](#)

Chandra, Prasanta C. - MD
468 Hurffville Crosskeys Road, Suite 4
Sewell, NJ 08080
(856) 582-2111 Fax: (856) 582-9781
Leave a review at [njhealthsource.com](#)

Cherry Hill OBGYN
188 Fries Mill Road, Suite B-1
Turnersville, NJ 08012
(856) 629-1400 Fax: (856) 629-6695
Leave a review at [njhealthsource.com](#)

Cooper University Health Care - Obstetrics & Gynecology
4 Plaza Drive, Suite 403
Sewell, NJ 08080
(856) 270-4020 Fax: (856) 270-4022
Leave a review at [njhealthsource.com](#)

Harmony Healthcare for Women, LLC
100 Kings Way East, Suite D-4
Sewell, NJ 08080
(856) 232-0050 Fax: (856) 232-0251
Leave a review at [njhealthsource.com](#)

Inspira Medical Group Obstetrics and Gynecology
600 Jessup Road, Suite 100
West Deptford, NJ 08096
(856) 845-4061 Fax: (856) 384-1770
Leave a review at [njhealthsource.com](#)

Inspira Medical Group Obstetrics and Gynecology Mullica Hill
155 Bridgeton Pike, Suite B
Mullica Hill, NJ 08062
(856) 845-4061 Fax: (856) 384-1770
Leave a review at [njhealthsource.com](#)

Jefferson Health Alliance
165 Princeton Avenue
West Deptford, NJ 08096
(856) 384-0210 Fax: (856) 384-0218
Leave a review at [njhealthsource.com](#)

Jefferson Health System - Women's & Children's Services
435 Hurffville Cross Keys Road
Turnersville, NJ 08012
(856) 582-3098 Fax: (856) 582-3090
Leave a review at [njhealthsource.com](#)

Keswani, Ashok K. - MD, PC
992 Mantua Pike, Suite 104
Woodbury Heights, NJ 08097
(856) 845-5645 Fax: (856) 845-1666
Leave a review at [njhealthsource.com](#)

Obstetrics & Gynecology Associates
239 Hurffville Crosskeys Road, Suite 250
Sewell, NJ 08080
(856) 262-8300 Fax: (856) 262-1635
Leave a review at [njhealthsource.com](#)

Premier Women's Health of South Jersey
34 Colson Lane, Suite C
Mullica Hill, NJ 08062
(856) 223-8930 Fax: (856) 223-8948
Leave a review at [njhealthsource.com](#)

Premier Women's Health of South Jersey
603 North Broad Street, Suite 300
Woodbury, NJ 08096
(856) 223-8930 Fax: (856) 223-8948
Leave a review at [njhealthsource.com](#)

Premier Women's Health of South Jersey
100 Lexington Road, Building 100
Woolwich Township, NJ 08085
(856) 223-8930 Fax: (856) 223-8948
Leave a review at [njhealthsource.com](#)

Occupational Medicine / Medicina Ocupacional

The branch of medicine dealing with the prevention and treatment of job-related injuries and illnesses.

American Work Care
1125 Delsea Drive North
Glassboro, NJ 08028
(856) 218-7600 Fax: (856) 218-7800
Leave a review at [njhealthsource.com](#)

Best Med Consultants
474 Hurffville Crosskeys Road
Sewell, NJ 08080
(856) 988-7770 Fax: (856) 988-7638
Leave a review at [njhealthsource.com](#)

Inspira Health Network - Sports Rehab Care
Tomlin Station
201 Tomlin Station Road, Suite A
Mullica Hill, NJ 08062
(888) 585-9875 Fax: (856) 453-1218
Leave a review at [njhealthsource.com](#)

Interstate Mobile Care, Inc.
137 Egg Harbor Road, Suite F
Sewell, NJ 08080
(856) 256-9677 Fax: (856) 589-0315
Leave a review at [njhealthsource.com](#)

Virtua Occupational Health
239 Hurffville Crosskeys Road, 160
Sewell, NJ 08080
(844) 982-3862 Fax: (856) 341-8215
Leave a review at [njhealthsource.com](#)

Washington Medical Occupational Health Center
100 Heritage Valley Drive, Suite 2
Sewell, NJ 08080
(856) 582-6100 Fax: (856) 582-0397
Leave a review at [njhealthsource.com](#)

WORKNET Occupational Medicine
510 Heron Drive, Suites 108
Swedesboro, NJ 08085
(856) 467-8550 Fax: (856) 467-3361
Leave a review at [njhealthsource.com](#)

Occupational Therapists

Teaching useful skills to sick or handicapped people to promote rehabilitation and healing.

Advance Therapy Associates
188 Fries Mill Road, Suite J
Turnersville, NJ 08012
(856) 740-2300 Fax: (856) 629-1896
Leave a review at [njhealthsource.com](#)

Spectrum Rehab, LLC
860 Route 168, Suite 104
Turnersville, NJ 08012
(609) 204-4849 Fax: (609) 383-8340
Leave a review at [njhealthsource.com](#)

Oncology / Oncología

The branch of medicine dealing with tumors, including the origin, development, diagnosis, and treatment of malignant neoplasms.

COMPREHENSIVE CANCER & HEMATOLOGY SPECIALISTS, PC
705 White Horse Road, Suite D105
Voorhees, NJ 08043
(856) 435-1777

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SOUTHERN ONCOLOGY HEMATOLOGY ASSOCIATES, PA

Sudhindra, Rama R. - MD
Sachdeva, Kush - MD
Roy, Shailja - MD
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Pain Twice as Common for Kids With **Autism**: Study



Children with an autism spectrum disorder may be twice as likely to experience pain as kids without autism, a new study suggests.

“Pain is a common but under-recognized experience for children with autism,” said researcher Danielle Shapiro. She is an assistant professor of clinical psychology at the University of Michigan, in Ann Arbor.

Children with autism may experience more pain because they often have other medical conditions, such as cerebral palsy, epilepsy, intellectual disability or gastrointestinal problems, the authors noted.

It’s also possible that children with autism may experience pain differently than other children.

“Children with autism spectrum disorder also have sensory sensitivities, meaning that physical sensations may be experienced differently or bother them more,” Shapiro said. “Painful experiences may, therefore, cause them more distress.”

Also, children who have language and communication difficulties, which are common in autism, may have more difficulty describing painful experiences, she said.

Using responses from the 2016 to 2017 National Survey of Children’s Health, Shapiro’s team

collected data on pain from nearly 1,500 children with autism ages 6 to 17, and nearly 49,000 children without autism.

Parents who completed the survey were asked if in the past year their child had frequent or chronic physical pain, including headaches or back or body pain.

Between 16% and 20% of kids with autism were reported to have pain versus 8% of children without the neurodevelopmental disorder, the findings showed.

Kids in pain do have ways of communicating it, even if they are not highly verbal, Shapiro said.

“Children who have difficulty with communication may show that they are in pain behaviorally, which may take the form of increased irritability or behavioral problems,” she explained.

But families and doctors may not think of pain as a possible cause of this behavior, Shapiro added.

“A sudden, otherwise unexplained change in behavior is a good clue that something physical, like pain, may be a factor,” Shapiro said.

One way to ask these kids about pain is to use pictures of the body to show where it hurts, and sad and happy faces to describe the degree of discomfort, she suggested.

Brandon Korman is a neuropsychologist at Nicklaus Children’s Hospital, in Miami. He said, “A lot of kids with autism spectrum disorder don’t communicate pain reliably. They may not cry,

moan or seek comfort the way other children might, although they may be more sensitive to pain.”

Korman isn’t sure that kids with autism experience more pain, however. “It’s possible that it varies a lot among different kids,” he said.

Pain may be experienced in different ways depending on where on the spectrum a child is, Korman added.

“I think it is important that we treat a child as an individual with their capacities and their own needs,” he said. “It’s likely that what’s painful to us is painful to them as well, even if they don’t show it or communicate it the same way.”

Shapiro’s report noted that, historically, kids with autism were thought to be less sensitive to pain than others.

Armed with the new findings, she said children with an autism spectrum disorder should have access to the same pain management strategies that all children do. These may include medication, physical therapy, or behavioral and psychological techniques.

The report was published online Oct. 28 in JAMA Pediatrics.

More information: For more on autism, head to the U.S. National Institute of Mental Health.

SOURCES: Danielle Shapiro, Ph.D., assistant professor, clinical psychology, University of Michigan, Ann Arbor; Brandon Korman, Ph.D., neuropsychologist, Nicklaus Children’s Hospital, Miami; Oct. 28, 2019, JAMA Pediatrics, online

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2
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4
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LACE IT UP RIGHT



1 HEEL SLIPPING
Secure the top and leave the rest.

Heel loops. Lace each shoe normally, but at the mouth use side holes to run lace up and out to create a small loop. (Don't cross over tongue, just run lace under and up through next hole.) Take ends of lace, cross to opposite side and run lace up through loops; pull tight.



2 HAMMER TOES
Lifts up toe box to help keep toes from curling.

Thread one end of the lace through the eyelet at your big toe. Pull the end of that lace up to the last eyelet on the opposite side. Bring the lace through to the outside. Take lace straight across towards outside of shoe, then diagonally up towards inside of the shoe. Repeat.



3 HIGH ARCHES
Parallel lacing.

Removes pressure points on sensitive nerves on the top of the foot. Don't cross laces over each other after each eyelet—alternate going up and across to the next eyelet like a ladder.



4 FOOT PAIN
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ROWAN FAMILY MEDICINE
100 Century Parkway, Suite 140
Mount Laurel, NJ 08054
(856) 380-2400
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ROWAN FAMILY MEDICINE
570 Egg Harbor Road, Harbor Pavillions, Suite C-2
Sewell, NJ 08080
(856) 218-0300 Fax: (856) 589-5082
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ROWAN FAMILY MEDICINE
42 East Laurel Road, Suite 2100
Stratford, NJ 08084
(856) 566-7020
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SALEM MEDICAL CENTER HEALTH PHYSICIANS
95 Woodstown Road
Swedesboro, NJ 08085
(856) 832-4359

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Advocare Family Medicine Associates
979 North Black Horse Pike
Williamstown, NJ 08094
(856) 629-5151 Fax: (856) 629-0281
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DePersia Medical Group
17 West Red Bank Avenue, Suite 207
Woodbury, NJ 08096
(856) 845-0664 Fax: (856) 845-7602
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Family Practice Associates at Washington, PA
188 Fries Mill Road, Suite N-3
Turnersville, NJ 08012
(856) 875-8000 Fax: (856) 875-8494
Leave a review at njhealthsource.com

Inspira Medical Group Family Medicine
Woodbury
75 Red Bank Avenue
Woodbury, NJ 08096
(856) 853-2055 Fax: (856) 848-2879
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Jefferson Health Alliance
565 Egg Harbor Road
Sewell, NJ 08080
(844) 542-2273
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Jefferson Health System - Family Health Services
445 Hurffville Cross Keys Road, Building A
Sewell, NJ 08080
(856) 218-2312 Fax: (856) 218-2873
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Jefferson Health System - Health Care Center
535 Egg Harbor Road
Sewell, NJ 08080
(856) 582-3170 Fax: (856) 582-3143
Leave a review at njhealthsource.com

Virtua Atrium Two Family Practice
570 Egg Harbor Road, Suite B5
Sewell, NJ 08080
(856) 589-2929 Fax: (856) 582-1146
Leave a review at njhealthsource.com

Virtua Medical Associates - Wedgewood Family Practice Associates, PA
302 Hurffville Crosskeys Road, Suite A1
Sewell, NJ 08080
(856) 589-4610 Fax: (856) 589-1624
Leave a review at njhealthsource.com

Penn Medicine at Woodbury Heights
1006 Mantua Pike
Woodbury Heights, NJ 08097
(856) 845-8600 Fax: (856) 845-0535
Leave a review at njhealthsource.com

Pine Street Family Practice
220 East Pine Street
Williamstown, NJ 08094
(856) 629-7436 Fax: (856) 875-4742
Leave a review at njhealthsource.com

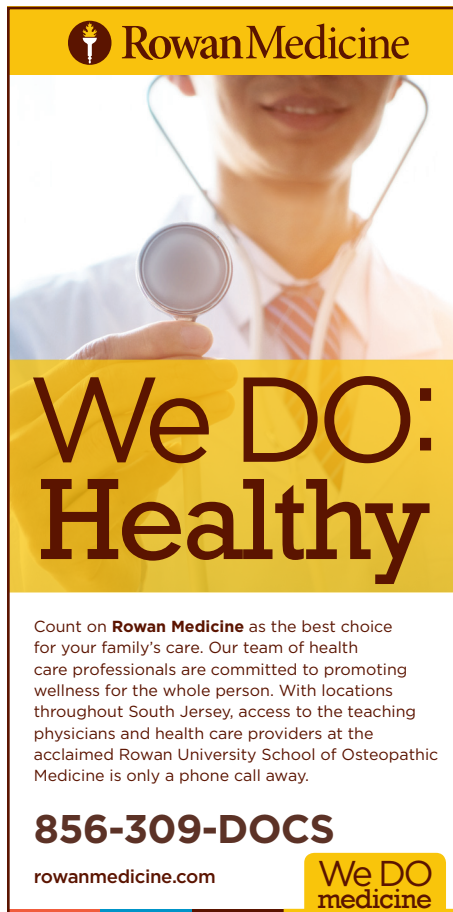
Seretis Care Family Practice
499 Beckett Road, Suite 201-B
Swedesboro, NJ 08085
(856) 467-6400 Fax: (856) 467-1033
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Virtua Primary Care
239 Hurffville Crosskeys Road, Suite 350A
Sewell, NJ 08080
(844) 982-3862 Fax: (856) 341-8180
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Prosthodontist

Also known as dental prosthetics or prosthetic dentistry, is the area of dentistry that focuses on dental prostheses.

South Jersey Prosthodontic Associates
292 Hurffville Grenloch Road
Sewell, NJ 08080
(856) 589-9335 Fax: (856) 589-0095
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Rowan Medicine

We DO: Healthy

Count on **Rowan Medicine** as the best choice for your family's care. Our team of health care professionals are committed to promoting wellness for the whole person. With locations throughout South Jersey, access to the teaching physicians and health care providers at the acclaimed Rowan University School of Osteopathic Medicine is only a phone call away.

856-309-DOCS
rowanmedicine.com

We DO medicine

Psychiatrists / Psiquiatras

A medical practitioner specializing in the diagnosis and treatment of mental illness.

Prabhaker S. Patel, MD, PA
901 Route 168, Suite 101
Turnersville, NJ 08012
(856) 228-7577 Fax: (856) 228-0534
Leave a review at njhealthsource.com

Psychiatric Emergency
509 North Broad Street
Woodbury, NJ 08096
(856) 845-9100 Fax: (856) 845-5745
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Psychologists / Psicólogos

A provider specializing in the scientific study of mental processes and behavior. The behavioral and cognitive characteristics of a specific individual, group, activity, or circumstance.

WENONAH PSYCHOLOGICAL SERVICES
305 Lenape Trail
Wenonah, NJ 08090
(856) 468-7767 Fax: (856) 468-7767
emlskr6@comcast.net

Appel, Laurie - PsyD
1534 Kings Highway, Suite A
Swedesboro, NJ 08085
(856) 467-6800
Leave a review at njhealthsource.com

Barr, Roger T. - EdD
488 Woodbury Glassboro Road
Woodbury Heights, NJ 08097
(856) 848-3279
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Center for Stress Management
151 Fries Mill Road, Suite 305
Turnersville, NJ 08012
Fax: (856) 228-8784
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Family & Psychological Services, Inc.
429 Woodbury Glassboro Road
Mantua, NJ 08051
(856) 424-4408 Fax: (856) 596-9164
Leave a review at njhealthsource.com

Family & Psychological Services, Inc.
901 Route 168, Unit 406B
Turnersville, NJ 08012
(856) 424-4408 Fax: (856) 596-9164
Leave a review at njhealthsource.com

Kagel, Alan S. - EdD
800 Jessup Road, Suite 808
Thorofare, NJ 08086
(856) 845-7800 Fax: (856) 845-3861
Leave a review at njhealthsource.com

Lawrence G Mintzer, PhD
432 Ganttown Road, Suite 109
Sewell, NJ 08080
(215) 321-3637
Leave a review at njhealthsource.com

Main Street Psychological Services
1043 North Main Street, Suite B
Pitman, NJ 08071
(856) 582-0052 Fax: (856) 582-1502
Leave a review at njhealthsource.com

Merhige, Bruce - PhD
1152 Cooper Street
Deptford, NJ 08096
(856) 848-8668
Leave a review at njhealthsource.com

Neurobehavioral Wellness Center
1630 Rte. 322, Suite C
Woolwich Township, NJ 08085
(856) 975-6279 Fax: (856) 975-6281
Leave a review at njhealthsource.com

Peace Of Mind Counseling Center
429 Woodbury Glassboro Road, Suite 200
Sewell, NJ 08080
(856) 812-1436 Fax: (856) 956-3995
Leave a review at njhealthsource.com

Penn Psychological Associates and The
Neurobehavioral Assessment Center of South
Jersey
545 Beckett Road, Suite 207
Logan Township, NJ 08085
(856) 467-1000
Leave a review at njhealthsource.com

South Jersey Center for
Psychological Services, LLC
20 South Broadway, Suite 2
Pitman, NJ 08071
(856) 383-0585 Fax: (856) 256-0585
Leave a review at njhealthsource.com

South Jersey Counseling & Psychotherapy
44 Cooper Street
Woodbury, NJ 08096
(856) 853-0222
Leave a review at njhealthsource.com

Psychotherapy

The treatment of mental disorder by psychological rather than medical means.

Counseling and Psychotherapy Services, LLC
860 Route 168, Suite 104
Turnersville, NJ 08012
(856) 818-3767
Leave a review at njhealthsource.com

Pulmonary Diseases / Enfermedades pulmonares

A group of lung diseases that block airflow and make breathing difficult.

Carlos A. Obregon DO & Bryan R. Ferroni DO
100 Kings Way West, Suite A
Sewell, NJ 08080
(856) 218-8080 Fax: (856) 218-8070
Leave a review at njhealthsource.com

Inspira Medical Group Pulmonary Associates
17 West Red Bank Avenue, Suite 104
Woodbury, NJ 08096
Fax: (856) 845-8024
Leave a review at njhealthsource.com

Virtua Pulmonary
239 Hurffville Crosskeys Road, 360
Sewell, NJ 08080
(844) 982-3862
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**Traditional
Care.**

Radiology

499 Beckett Rd, Logan Twp., NJ 08085

(856) 467-6966

Radiology - Diagnostic / Diagnóstico de Radiología

SALEM MEDICAL CENTER
499 Beckett Road
Logan Township, NJ 08085
(856) 467-6966

 *See Our Ad Page 53*

Inspira Imaging Center Glassboro
200 Rowan Boulevard
Glassboro, NJ 08028
(856) 582-0500 Fax: (856) 582-0163
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SALEM MEDICAL CENTER

Modern Medicine. Traditional Care.

Rehabilitation

Staffed by FOX Clinicians

499 Beckett Rd, Logan Twp., NJ 08085
(856) 467-6205

Rehabilitation Care / Cuidado de Rehabilitación

May involve inpatient and outpatient services that assist in an individual's recovery from injuries including spinal cord injury, brain injury, stroke, orthopedic or amputation. Rehabilitation centers work towards restoring the highest level of independence possible to individuals with disabilities.

SALEM PHYSICAL THERAPY & REHABILITATION

499 Beckett Road
Logan Township, NJ 08085
(856) 467-6205

See Our Ad Page 54

NovaCare Rehabilitation
707 North Main Street, Hollybush Plaza
Glassboro, NJ 08028
(856) 307-9700 Fax: (856) 307-0289
Leave a review at njhealthsource.com

NovaCare Rehabilitation
570 Egg Harbor Road, Suite B-6
Sewell, NJ 08080
(856) 218-8050 Fax: (856) 218-8173
Leave a review at njhealthsource.com

NovaCare Rehabilitation
520 Beckett Road, Suite 200
Swedesboro, NJ 08085
(856) 467-3421 Fax: (856) 467-5731
Leave a review at njhealthsource.com

NovaCare Rehabilitation
935 Kings Highway, Suite 600
West Deptford, NJ 08096
(856) 845-7473 Fax: (856) 879-0117
Leave a review at njhealthsource.com

NovaCare Rehabilitation
603 North Broad Street, Suite 100
Woodbury, NJ 08096
(856) 845-4488 Fax: (856) 853-5256
Leave a review at njhealthsource.com

Rehab Excellence Center
900 Route 168, Suite A8
Turnersville, NJ 08012
(856) 227-1440 Fax: (856) 227-1446
Leave a review at njhealthsource.com

Sprains, Strains & Fractures, LLC
556 Egg Harbor Road, Suite C
Sewell, NJ 08080
(856) 881-1555 Fax: (856) 269-4621
Leave a review at njhealthsource.com

Sunspectrum Outpatient Rehab
102 Kings Way West, Suite B
Sewell, NJ 08080
(856) 582-4500 Fax: (856) 589-1280
Leave a review at njhealthsource.com

Virtua Physical Therapy & Rehabilitation
204 Grove Avenue, Suite B
West Deptford, NJ 08096
(844) 982-3862 Fax: (856) 433-6383
Leave a review at njhealthsource.com

Weisman Children's Rehabilitation Center
405 Hurffville Crosskeys Road
Sewell, NJ 08080
(856) 218-3280
Leave a review at njhealthsource.com

Rehabilitation Care - Sports

Sports rehabilitation is a multidisciplinary approach for treating injuries sustained by playing sports.

Inspira Health Network - Sports Rehab Care
Tomlin Station
201 Tomlin Station Road, Suite D
Mullica Hill, NJ 08062
(856) 241-2533
Leave a review at njhealthsource.com

Inspira Sports Rehab Care Woolwich
100 Lexington Road, Suite 130
Woolwich Township, NJ 08085
(856) 241-2533
Leave a review at njhealthsource.com

Rheumatology

ARTHRITIS & RHEUMATOLOGY ASSOCIATES OF SOUTH JERSEY, P.C.
Soloway, Stephen - MD, FACR, FACR, CCD
2848 South Delsea Drive, Suite 2C
Vineland, NJ 08360
(856) 794-9090 Fax: (856) 794-3058
Toll Free: 855-SOLOWAY (765-6929)
www.drsoloway.com

See Our Ad Front Cover Magnet, Inside Front Cover, pages 1, 9 and 55

Scrubs

Generally are considered to be any medical uniform consisting of a short-sleeved shirt and pants, typically with a drawstring.

Scrub Pro Uniforms
1075 Delsea Drive
Westville, NJ 08093
(856) 853-8888 Fax: (856) 853-5518
Leave a review at njhealthsource.com

Scrub Pro Uniforms
1704 South Black Horse Pike
Williamstown, NJ 08094
(856) 740-1056 Fax: (856) 740-1057
Leave a review at njhealthsource.com

Senior Living Communities

Communities, also known as retirement communities, senior living communities or independent retirement communities, are housing designed for seniors 55 and older.

Homestead at Harmony
400 Harmony Road
Gibbstown, NJ 08027
(856) 224-8613 Fax: (856) 224-8614
Leave a review at njhealthsource.com

Sleep Disorders Treatment Centers

Advantage Sleep Center
100 Kingsway East, B-6
Sewell, NJ 08080
(856) 256-1117 Fax: (856) 256-2030
Leave a review at njhealthsource.com

Rowan Medicine - Sleep Study Lab
570 Egg Harbor Road, Harbor Pavilions, Suite C-2
Sewell, NJ 08080
(856) 566-7070 Fax: (856) 589-5082
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MD | FACP | FACR | CCD

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OF SOUTH JERSEY, P.C.**

**DOUBLE BOARD CERTIFIED
INTERNAL MEDICINE &
RHEUMATOLOGY**



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WHEN THEY CAN'T.**

Stephen Soloway,
MD, FACP, FACR, CCD

Matthew R. Arkebauer, D.O., MS, FACR
Board Certified Internal Medicine & Rheumatology

Infusion Rheum™ STATE-OF-THE-ART INFUSION CENTER

We infuse medications for Rheumatoid Arthritis, Psoriatic Arthritis, SLE (Lupus), Gout, Osteoporosis, Ankylosing Spondylitis, Crohn's Disease, and for many other specialties with the exception of Oncology.

Our Infusion Rheum™ provides an atmosphere that allows you to relax in our comfortable, fully reclining, heat and massage chairs while you receive your Infusion services.

We provide Infusion services for the following Biologics:

Actemra • Benlysta • Cimzia • Cytoxan • Enbrel • Entyvio • Humira • Injectafer • IVIG • Krystexxa • Ocrevus • Orencia • Prolia • Reclast • Remicade • Rituxan • Simponi Aria • Solu-Medrol • Stelara • Xolair • Zinplava • Zometa • and more

If your biologic is not listed here (with the exception of Oncology treatments), please contact our Infusion Center directly at 856-794-1003.

- ✓ 30+ Comfortable Seats (fully reclining with heat & massage)
- ✓ Experienced Registered Nurses
- ✓ Convenient Hours
- ✓ Snacks and Beverages

- ✓ Tablet Computers
- ✓ Ear Buds Provided for Use With Personal Electronics
- ✓ Private Rooms

2848 South Delsea Drive, Suite 2C (Delsea & Sherman), Vineland, NJ 08360
524 Williamstown Road, Suite A, Sicklerville, NJ 08081

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Fax: 856-794-3058 www.drsoloway.com

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Dr. Stephen Soloway MD



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youtube.com/c/stephensolowaymd



Sleep Medicine

A medical specialty or subspecialty devoted to the diagnosis and therapy of sleep disturbances and disorders.

Inspira Sleep Center Woodbury
75 West Bank Avenue
Woodbury, NJ 08096
(856) 853-2131
Leave a review at njhealthsource.com

Jefferson Health System - Sleep Center
400 Medical Center Drive, Suite D
Sewell, NJ 08080
(800) 580-6364
Leave a review at njhealthsource.com

Virtua Sleep Center
239 Hurffville Crosskeys Road, Suite 375
Sewell, NJ 08080
(844) 982-3862
Leave a review at njhealthsource.com

Social Services

Center of Independent Living of South Jersey
1150 Delsea Drive, Suite 1
Westville, NJ 08093
(856) 853-6490 Fax: (856) 853-1466
Leave a review at njhealthsource.com

Kelsch Associates Inc.
368 Broadway
Westville, NJ 08093
(856) 456-2022 Fax: (856) 456-4372
Leave a review at njhealthsource.com

Washington Township Family & Community Services - Municipal Alliance Commission
523 Egg Harbor Road
Sewell, NJ 08080
(856) 589-0520 Fax: (856) 589-0153
Leave a review at njhealthsource.com

Spas - Health & Medical

A facility that during all hours of business shall operate under the on-site supervision of a licensed health care professional operating within their scope of practice, with a staff that operates within their scope of practice as defined by their individual licensing board if licensure is required.

Hand & Stone Massage & Facial Spa
2000 Clements Bridge Road
Deptford, NJ 08096
(856) 845-8888
Leave a review at njhealthsource.com

Hand & Stone Massage & Facial Spa
694 North Delsea Drive
Glassboro, NJ 08028
(856) 442-0042
Leave a review at njhealthsource.com

Hand & Stone Massage & Facial Spa
141 Bridgeton Pike
Mullica Hill, NJ 08062
(856) 478-4600
Leave a review at njhealthsource.com

Hand & Stone Massage & Facial Spa
3501 Route 42
Turnersville, NJ 08012
(856) 629-8080
Leave a review at njhealthsource.com

Paragon Skin Center Medical Spa - Center For Laser & Cosmetic Surgery
620 North Broad Street
Woodbury, NJ 08096
(856) 848-1485 Fax: (856) 848-1487
Leave a review at njhealthsource.com

Vir tu' Spa
239 Hurffville Crosskeys Road, 130
Sewell, NJ 08080
(856) 341-8460
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Speech & Language Pathologists / Patólogos del Habla y el Lenguaje

Specialists in the study and treatment of speech and language problems.

South Jersey Speech Center
925 South Black Horse Pike, Suite B
Williamstown, NJ 08094
(856) 885-2493 Fax: (856) 368-0780
Leave a review at njhealthsource.com

Spine Care

Health care professionals who are specially trained to provide primary care for patients with spinal disease.

Coastal Spine
239 Hurffville Crosskeys Road, Suite 340
Sewell, NJ 08080
(856) 740-5360 Fax: (856) 740-5363
Leave a review at njhealthsource.com

Liberty Spine Care
556 Egg Harbor Road, Suite A
Sewell, NJ 08080
(877) 232-2999 Fax: (610) 992-9022
Leave a review at njhealthsource.com

Sports Medicine

An area of medical practice concerned with the treatment of injuries resulting from athletic activities. A physician practicing sports medicine focuses on sports-related medical services.

South Jersey Sports Medicine Center
556 Egg Harbor Road, Suite A
Sewell, NJ 08080
(856) 589-0650 Fax: (856) 589-2720
Leave a review at njhealthsource.com

Surgery - Bariatric

Goldstein, Adam S. - DO
159 South Broad Street
Woodbury, NJ 08096
(856) 665-2017 Fax: (856) 488-6769
Leave a review at njhealthsource.com

Surgery - Breast

Inspira Medical Group Breast Surgery Mullica Hill
155 Bridgeton Pike, Suite C
Mullica Hill, NJ 08062
(856) 478-0136 Fax: (856) 223-8761
Leave a review at njhealthsource.com

Virtua Breast Care
239 Hurffville Crosskeys Road, 360
Sewell, NJ 08080
(844) 982-3862
Leave a review at njhealthsource.com

Surgery - Colon & Rectal

Field in medicine, dealing with disorders of the rectum, anus, and colon. The field is also known as proctology, but the latter term is now used infrequently within medicine, and is most often employed to identify practices relating to the anus and rectum in particular.

Advocate Colon & Rectal Surgical Specialists
188 Fries Mill Road, Suite K-2
Turnersville, NJ 08012
(856) 262-7340 Fax: (856) 262-7315
Leave a review at njhealthsource.com

Inspira Medical Group Surgical Associates
Mullica Hill
155 Bridgeton Pike (Route 77)
Mullica Hill, NJ 08062
(856) 213-6375 Fax: (856) 213-6458
Leave a review at njhealthsource.com

Surgery - Cosmetic & Plastic / Cirugía - Cosmética y Plástico

Surgical specialty dedicated to reconstruction of facial and body defects due to birth disorders, trauma, burns, and disease.

Malik Medical Aesthetics of Mullica Hill
201 Bridgeton Pike
Mullica Hill, NJ 08062
(856) 478-4700
Leave a review at njhealthsource.com

Perri Skin Care/Surgical Specialties
474 Hurffville Crosskeys Road
Atrium One, Suite B
Sewell, NJ 08080
(856) 582-8900 Fax: (856) 582-9667
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Sleep Quick Facts



Can't Sleep?

COMMON HABITS BEFORE YOU SLIP INTO BED COULD
BE STANDING IN YOUR WAY OF A GOOD NIGHT'S SLEEP

AVOID THESE 5 PRE-BEDTIME DON'TS



TAKE ANY **OVER-THE-COUNTER**
MEDICATIONS THAT CONTAIN PSEUDOEPHEDRINE



TEXT, WATCH TV OR SPEND TIME ON YOUR
ELECTRONIC DEVICES



TAKE A **HOT SHOWER** OR **BATH**
LESS THAN 1-HOUR BEFORE YOU PLAN TO SLEEP



EAT GREASY, FATTENING, SALTY **BEDTIME SNACKS**



DRINK **CAFFEINE** BEYOND THE MORNING AS
IT CAN STAY IN YOUR SYSTEM FOR AS LONG AS 12 HOURS

DON'T

Surgery - Cosmetic & Plastic - Continued

Plastic & Cosmetic Surgical Group
of New Jersey, PC
400 Medical Center Drive, Suite F
Sewell, NJ 08080
(856) 256-7705 Fax: (856) 256-7709
Leave a review at njhealthsource.com



**Modern
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Care.**

General Surgery

Daniel Timmerman, DO
8 Bypass Rd., Salem, NJ 08079
(856) 279-2842

Surgery - General / Cirugía - General

Surgical specialty that focuses on abdominal contents including esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder and bile ducts, and often the thyroid gland (depending on local reference patterns).

SALEM MEDICAL CENTER HEALTH PHYSICIANS

Timmerman, Daniel - DO

8 Bypass Road
Salem, NJ 08079
(856) 279-2842

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Advocare Surgical Specialists of Washington
Township
338 Hurffville Crosskeys Road
Sewell, NJ 08080
(856) 589-0600 Fax: (856) 589-7979
Leave a review at njhealthsource.com

Cooper University Health Care - Department of
Surgery
2 Plaza Drive, Suite 202
Sewell, NJ 08080
(856) 270-4150 Fax: (856) 270-4012
Leave a review at njhealthsource.com

Inspira Medical Group General & Vascular
Surgery
17 West Red Bank Avenue, Suite 203
Woodbury, NJ 08096
(856) 848-8242 Fax: (856) 384-6015
Leave a review at njhealthsource.com

Inspira Medical Group -
General Surgery Mullica Hill
155 Bridgeton Pike
Mullica Hill, NJ 08062
(856) 363-1522
Leave a review at njhealthsource.com

Inspira Medical Group Surgical Associates
Mullica Hill
34 Colson Lane
Mullica Hill, NJ 08062
(856) 213-6375
Leave a review at njhealthsource.com

Virtua Medical Associates - Surgical Associates
468 Hurffville Cross Keys Road
Sewell, NJ 08080
(856) 546-3900 Fax: (856) 546-3908
Leave a review at njhealthsource.com

Surgery - Hand

Field of medicine that includes the investigation, preservation, and restoration by medical, surgical, and rehabilitative means of all structures of the upper extremity directly affecting the form and function of the hand and wrist.

Philadelphia Hand to Shoulder Center
556 Egg Harbor Road, Suite A
Sewell, NJ 08080
(856) 256-2401
Leave a review at njhealthsource.com

Virtua Hand Surgery & Rehabilitation Center
100 King Way, Suite D3
Sewell, NJ 08080
(844) 982-3862 Fax: (856) 845-8422
Leave a review at njhealthsource.com

Surgery - Joint

SALEM MEDICAL CENTER HEALTH PHYSICIANS

499 Beckett Road
Logan Township, NJ 08085
(856) 975-6270

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Surgery - Mohs (Skin Cancer)

A type of surgery that is used for the treatment of skin cancer, especially basal cell or squamous cell carcinoma of the skin. Mohs surgery is designed to remove all the cancerous tissue while removing as little of the healthy tissue as possible.

Warmuth Institute of Dermatology
95 Woodstown Road
Swedesboro, NJ 08085
(856) 358-1500 Fax: (856) 358-1117
Leave a review at njhealthsource.com

Surgery - Neurological

Medical specialty concerned with the prevention, diagnosis, treatment, and rehabilitation of disorders which affect any portion of the nervous system including the brain, spinal cord, peripheral nerves, and extra-cranial cerebrovascular system.

Inspira Medical Group - Neurosurgery Mullica Hill
155 Bridgeton Pike (Route 77)
Mullica Hill, NJ 08062
(856) 507-0600 Fax: (856) 507-0233
Leave a review at njhealthsource.com

Surgery - Oral & Maxillofacial / Cirugía - Oral y Maxilofacial

Specialty of dentistry which includes the diagnosis, surgical and adjunctive treatment of diseases, injuries and defects involving both the functional and aesthetic aspects of the hard and soft tissues of the oral and maxillofacial region.

Compassionate Care Oral Surgery LLC
1035 North Black Horse Pike, Suite 7
Williamstown, NJ 08094
(856) 740-1300 Fax: (856) 740-1302
Leave a review at njhealthsource.com

Cooper University Health Care - Oral &
Maxillofacial Surgery
2 Plaza Drive, Suite 203
Sewell, NJ 08080
(856) 270-4100 Fax: (856) 270-4012
Leave a review at njhealthsource.com

Lanzi Burke Oral & Maxillofacial Surgeons
449 Hurffville Crosskeys Road, Unit 2
Sewell, NJ 08080
(856) 582-4222 Fax: (856) 582-2295
Leave a review at njhealthsource.com

Lanzi Burke Oral & Maxillofacial Surgeons
1630 Route 322, Suite A
Woolwich Township, NJ 08085
(856) 832-4690 Fax: (856) 832-4694
Leave a review at njhealthsource.com

Oral & Maxillofacial Surgery
188 Fries Mill Road, Suite K1
Blackwood, NJ 08012
(856) 740-6660 Fax: (856) 629-5566
Leave a review at njhealthsource.com

Oral & Maxillofacial Surgery
123 Egg Harbor Road, Suite 500
Sewell, NJ 08080
(856) 227-8888
Leave a review at njhealthsource.com

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Can't
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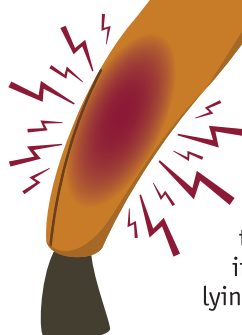
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Find Out IF YOU HAVE IT



Ask for an ABI,
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WARNING!

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that does not heal quickly or
if your leg pain is worse when
lying down, **GET CHECKED FOR PAD.**

What YOU Can Do

TO PREVENT PAD

Don't smoke or
get help to quit



Control your blood pressure,
cholesterol and diabetes



Stay active and
exercise daily



Talk to your health
care team and know
your options

Urgent Care Article

When Does Your Child's Flu Merit an **ER** Visit?

It's hard not to worry when your child suffers from the flu, but pediatricians say too many parents are taking their sick kids to the emergency room when a doctor's visit would suffice.

"We are seeing a jump in the number of patients coming to our emergency department for flu-like symptoms," said Dr. Michele Walsh, medical director of the Pediatric Emergency Department at Vanderbilt University's Monroe Carell Jr. Children's Hospital, in Nashville, Tenn.

The hospital has had 30% more emergency department visits in recent weeks compared to the same period in 2018.

"What we are finding is that the majority of these visits could have been averted," Walsh said in a hospital news release. "Many of them don't need to be admitted to the hospital and probably would have been best served by their pediatricians, in walk-in clinics or urgent care facilities. We want to provide optimal care for the families in our community, but sometimes emergency departments shouldn't be considered the first stop."

"It is always best to call your pediatrician to discuss symptoms," she added. "They should be the first line of defense because they are most familiar with the patient and will be able to direct parents to the best place to receive care."

Walsh outlined when children with flu-like symptoms should be taken to the emergency department. They should be brought in if they have: difficulty breathing or distress, dehydration, severe headache or spinal neck pain, high fever that causes a change in behavior.

"This year's flu season has come early, and it's interesting that influenza B [a springtime virus] is our most common strain," said Dr. Buddy Creech, director of the Vanderbilt Vaccine Research Program.

"Now is the time to make sure everyone in the family is vaccinated so that we can protect ourselves, each other and those around us who can't be vaccinated because of cancer or other problems with their immune systems," Creech said.

To reduce the spread of the flu and colds, Vanderbilt doctors advise people to: wash hands frequently; cover your mouth when coughing and sneezing; wear a mask when you have signs of illness, and stay home when sick.

More information: The U.S. Centers for Disease Control and Prevention has more on children and the flu.

SOURCE: Monroe Carell Jr. Children's Hospital at Vanderbilt, news release





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