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- Lyme Disease
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- Anklylosing 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.) VACCINES TO PROTECT

- 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

FROM INFECTION,

INCLUDING:

- Gardasil
- Hepatitis A
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- Meningococcal
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- Prevnar 13 (Pneumococcal)
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While there are good doctors, there is one best doctor. Dr. Soloway's expertise is nonsurgical 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 524 Williamstown Road, Suite A, Sicklerville, NJ 08081

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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%).

Did you know?

The county is the state's 14th-most populous county.



SURPRISING HEALTH FACT:

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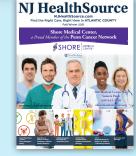
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900 health and wellness providers!









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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Addiction - Alcohol & Drug Abuse - Treatment / Adiccion - Abuso de Alcohol y Drogas - Tratamiento

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Adult Day Care Centers / Centros Para Adultos

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Vause Dermatology & Cosmetic Surgery 545 Beckett Road, Suite 206 Logan Township, NJ 08085 (856) 241-3311 Fax: (856) 294-5332 Leave a review at **njhealthsource.com**

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RAIN OR SHINE, ALLERGIES ARE U.G.I. WHAT'S THE LINK TO WEATHER?

If you think frequent changes in weather are triggering your allergy symptoms, you may be right.

A shift from a cold front to a rainy day then back to warm weather can have an impact on those with allergies, said Dr. David Corry, professor of medicine-immunology, allergy and rheumatology at Baylor College of Medicine, in Houston.

"People who have allergies, sinusitis, asthma or any other airway inflammatory disease frequently complain that their symptoms get worse with changes in the weather, and it seems like it's when various fronts come through and there is a big temperature change," Corry said.

Pollen, mold and changes in humidity can all have an impact, Corry explained.

Tree and grass pollen are among the most common environmental allergens for those who have seasonal allergies. Warm and cold fronts can carry pollen in air from other parts of the country, he said. "When fronts come from the West to the East, they can bring a lot of pollen, particularly in the 'cedar fever' season, which is roughly during mid-January to February," Corry said in a Baylor news release. "Those fronts can bring in that cedar pollen, which is extremely abundant and irritating."

And, when it's wet outside because of rain or thunderstorms, mold can bloom and trigger allergies.

"The main thing that might be bothering people's allergies is mold, which can be in the air at any time of year," Corry said. "It gets worse with major rain or precipitation, especially if a big storm like a hurricane comes through. Cases of severe allergy or asthma can skyrocket."

Some studies suggest that changes in humidity levels might also trigger allergies, possibly because the change can cause the nose to dry out, which can lead to allergic rhinitis (hay fever) symptoms, he noted.

Corry recommends treating allergies by using over-the-counter nasal steroid sprays (like

fluticasone [Flonase]) for up to two weeks. A person can also take oral antihistamines (like loratadine [Claritin]), and see a primary care provider or allergist if symptoms aren't relieved.

Figuring out whether your symptoms are due to allergies or COVID-19 is a new issue.

Allergies mainly cause itchy and watery eyes, runny nose, congestion and sneezing. The main differences between allergy and COVID-19 symptoms are a fever, sore throat and itching, such as itchy eyes, nose and ears, Corry said.

Allergies also are unlikely to cause profound tiredness, fatigue, and muscle and joint aches.

"Viruses, including the Omicron variant of COVID-19 and the common cold, can first appear like allergies, but there are certain symptoms that help distinguish the two," Corry said. "You almost never get prominent itching with a virus, and COVID often produces fever, which you never see in allergies. A prominent sore throat also indicates a virus."



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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.

ARTHRITIS & RHEUMATOLOGY ASSOCIATES OF SOUTH JERSEY, P.C. Soloway, Stephen - MD, FACP, 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

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Assisted Living usually refers to a facility that is used by people who are not able to live on their own, but do not need the level of care that a nursing home offers.

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Cardinal Village Senior Living Community 455 Hurffville Crosskeys Road Sewell, NJ 08080 (856) 582-5292 Fax: (856) 582-5026 Leave a review at **njhealthsource.com**

Fox Trail Assisted Living at Deptford 1674 Delsea Drive Deptford, NJ 08096 (856) 686-9500 Fax: (856) 384-7760 Leave a review at **njhealthsource.com**

Greenfield Senior Living at Cross Keys 3152 Glassboro Cross Keys Road Glassboro, NJ 08028 (856) 307-2100 Fax: (856) 307-2400 Leave a review at **njhealthsource.com** Juniper Village 1640 South Black Horse Pike Williamstown, NJ 08094 (856) 740-4444 Fax: (856) 740-4445 Leave a review at **nihealthsource.com**

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ProMedica Skilled Nursing & Rehab 550 Jessup Road West Deptford, NJ 08096 (856) 848-9551 Fax: (856) 848-1817 Leave a review at **njhealthsource.com**

Summit Place 540 Mullica Hill Road Glassboro, NJ 08028 (856) 307-0617 Fax: (856) 582-4471 Leave a review at **nihealthsource.com**

Terraces at Parke Place 661 Delsea Drive Sewell, NJ 08080 (856) 256-1776 Fax: (856) 256-2775 Leave a review at **njhealthsource.com**

Twin Cedars Assisted Living 1456 Glassboro Road Wenonah, NJ 08090 (856) 468-6824 Fax: (856) 468-6318 Leave a review at **njhealthsource.com**

United Methodist Communities at Pitman 535 North Oak Avenue Pitman, NJ 08071 (856) 589-7800 Fax: (856) 589-0448 Leave a review at **njhealthsource.com**

Washington Township Senior Living 600 Medical Center Drive Sewell, NJ 08080 (856) 582-8700 Fax: (856) 582-8746 Leave a review at **njhealthsource.com**

Woodbury Mews 122-124 Green Avenue Woodbury, NJ 08096 (856) 384-6600 Fax: (856) 384-3207 Leave a review at nihealthsource.com

Balance Center

Inspira Balance Center Woodbury 509 North Broad Street Woodbury, NJ 08096 (855) 388-3246 Leave a review at **njhealthsource.com**



STEPHEN SOLOWAY

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Stephen Soloway, MD, FACP, FACR, CCD

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

DR. SOLOWAY IS LISTED YEARLY IN THE FOLLOWING:

PHILADELPHIA MAGAZINE TOP DOCTORS
INSIDE NEW JERSEY MAGAZINE TOP DOCTOR
TOP DOCTOR AS REPORTED BY THE US NEWS AND WORLD REPORT

HOW DO I KNOW IF I HAVE ARTHRITIS?

Usually your rheumatologist can properly diagnose you with arthritis. Arthritis refers to a problem involving the joint as opposed to tendonitis which involves the tendon or bursitis which involves the bursa. Note; a tendon is a stretchy substance and connects a bone to a muscle. A bursa is a small fluid filled sac that protects bones that can become inflamed and painful. The rheumatologist can determine which one you have and offer the proper treatment.

Contact Dr. Soloway today for an evaluation.

WHAT IS A RHEUMATOLOGIST?

Before seeing a joint surgeon always see a joint doctor!

A Rheumatologist is a trained physician who diagnoses joint and bone diseases. The main difference between a Rheumatologist and an Orthopedist is one is a bone doctor and the other a bone surgeon.

A Rheumatologist has special training in giving injections. The injections are for arthritis of the knee, rotator cuff tendonitis, heel spurs, wrist pain and weak grip, hip and lower back pain, plus more, just ask.

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Behavioral Health / Conducta **Saludable**

The scientific study of the emotions, behaviors and biology relating to a person's mental well-being, their ability to function in every day life and their concept of self.

Acenda Integrated Health 42 South Delsea Drive Glassboro, NJ 08028 (856) 881-8689 Fax: (856) 881-5508 Leave a review at njhealthsource.com

Assurance Behavioral Health Center 44 Cooper Street, Suite 44 Woodbury, NJ 08096 (856) 528-2207 Fax: (856) 528-2437 Leave a review at njhealthsource.com

Behavioral Crossroads 509 Route 168, Suite B Turnersville, NJ 08012 (609) 645-2500 Fax: (609) 645-9467 Leave a review at njhealthsource.com

Devereux Advanced Behavioral Health 286 Mantua Grove Road, Building 4 West Deptford, NJ 08096 (856) 599-6400 Fax: (856) 599-6401 Leave a review at njhealthsource.com

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AHA News: Transplanting Pig Hearts Into Humans Offers Promise – and Peril

Surgeons recently transplanted a genetically modified pig's heart into a man with life-threatening heart failure. The successful surgery became a medical first that is raising hopes of a new, viable alternative for people at risk of dying before limited human cadaver hearts become available and for those too sick or ineligible for human heart transplantation.

But heart failure specialists say any optimism should be buffered with caution, as questions about short- and long-term safety and survival remain unanswered.

"There is promise embedded within this story, but also peril," said Dr. Clyde Yancy, chief of cardiology at Northwestern University Feinberg School of Medicine in Chicago and a past president of the American Heart Association. "I don't think we celebrate just yet."

The Food and Drug Administration has not approved the use of porcine, or pig, heart transplants. But it made a one-time "compassionate use" exception for the Jan. 7 surgery in a 57-year-old man.

Heart transplants become necessary when there is severe heart failure, which occurs if one or both heart ventricles stop functioning properly. Human hearts for transplant come from organ donations made available when people die.

However, the need far exceeds availability and roughly 20% of people waiting for a donor heart either die before they reach the top of the list or become too ill for a successful transplant. According to the federal Organ Procurement and Transplantation Network, there are 3,484 people awaiting hearts as of Jan. 14.

Researchers have long been searching

for alternatives to human heart transplants. The most successful efforts have come through advances in technology, such as the left ventricular assist device – LVAD – which helps the heart pump blood and has greatly reduced death rates for people awaiting transplant over the past several decades.

Animal organ transplants, called xenotransplants, hold promise but come with a host of unknowns, Yancy said. While pig hearts are similar to human hearts and therefore good candidates for transplant, there are unforeseen risks, such as whether they could transfer porcine viruses into their human hosts.

"There are lots of reasons to be celebratory, but we need to pause and consider all of the questions that go along with this discovery," he said, "starting with any evidence of harm and a careful review of safety."

Another question is how long – and how well – a pig's heart can work in a human host. Human heart transplants are highly successful with a one-year survival rate of 91%. On average, heart transplant recipients live another 12 to 13 years.

"Will these genetically modified pig hearts meet the now standard thresholds for transplantation?" Yancy asked. "Will they last as long as a human cadaver heart can last? Will they be as functional? Will the patient feel better?"

Whether they do or not, the fact that the recipient's body did not immediately reject the new heart is encouraging, said Dr. Sandra Chaparro, director of the advanced heart failure program at Miami Cardiac & Vascular Institute at Baptist Health South Florida.

"It's already a success because the



patient did not develop acute rejection in the first 24 hours," she said. "Obviously it's going to take time to understand the long-term implications of the human body adapting to a pig organ transplant. But this is a historical step in the direction of getting therapies for end-stage heart failure patients."

Some also have raised ethical concerns over raising an animal for the sole purpose of creating an organ genetically tailored to save a human life, she said.

Other questions to be answered are how much it costs to raise and genetically modify a pig sufficiently for its heart to be transplanted into a human and how to make such transplants available in an equitable fashion, Chaparro said. "We obviously want to make sure access is equal for all patients who need this, not only the ones with the resources to pay for it."

While researchers continue to explore xenotransplantation and other solutions to end-stage heart failure, Yancy said he'd like to see more emphasis on the lifestyle behaviors that can help people maintain good heart health. These include not smoking, staying physically active, eating a heart-healthy diet, maintaining an appropriate weight and keeping blood glucose, cholesterol and blood pressure levels under control.

"As encouraging as it is to see this potential new resource for heart transplantation and the ability to extend definitive interventions for patients," Yancy said, "it is equally important to give consideration for how we can prevent the condition from the outset. The best treatment for heart failure is never having it."

By Laura Williamson

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Dental Care During Pregnancy

With all the changes brought on by pregnancy, you may not be thinking about routine things like getting your teeth cleaned. But new research suggests that it is more important than ever to keep that date with your dental hygienist -- gum disease, perhaps surprisingly, may affect your pregnancy.

To keep your gums in good shape during pregnancy, have your teeth cleaned professionally every six months, brush at least twice a day and floss daily. If you develop any symptoms of dental problems, it's essential to see your dentist right away -- no matter which trimester you're in.

How does pregnancy affect your mouth?

During pregnancy, blood flow throughout your body increases by about 30 to 50 percent. One result of increased blood flow to your gums is that bacteria living at the gumline get plenty of nutrition, and even if you were free of gum disease before pregnancy, you may now notice your gums are swollen, tender and even bleed when you brush. The elevated levels of estrogen and progesterone in your system also contribute to gum inflammation and sensitivity. This condition is called pregnancy gingivitis, and about 50 percent of all pregnant women will develop it.

Another dental problem related to pregnancy is that some women develop growths on their gums called or pregnancy tumors, also known as pyogenic granulomas. These are noncancerous growths caused by inflammation -- an immune response to an irritant, in this case plaque. They usually disappear after childbirth.

How can oral health affect your baby?

Recent studies show that gum disease or gingivitis -- marked by red, swollen, or bleeding gums -- may actually damage your baby's health. In one study, researchers found that women with severe gum disease are up to seven times more likely to deliver significantly prematurely -- before 32 weeks -- than women with healthy gums. Another study looked at women with gingivitis and more severe gum disease and found a threefold increase in the risk of delivering before 37 weeks.

Overall, the current studies of gum disease during pregnancy show a risk level for prematurity comparable to that of heavy drinking (more than 10 drinks a week) and somewhat higher than most estimates for smoking. Premature babies can have a wide range of health problems immediately after birth and often have more long-term complications than full-term babies (born after 37 weeks).

In addition to delivering early, women with pregnancy gingivitis may also have smaller babies, whether they're born early or not. One study found that women with pregnancy gingivitis were more than three times as likely to deliver a low-birthweight baby. This estimate is comparable to the risk posed by smoking during pregnancy.

How can gingivitis lead to premature birth?

The current theory is that when you have gingivitis, the bacteria found in plaque can make its way into your bloodstream. Your body responds to infections or trauma by producing chemicals called prostaglandins, which are also a signal for labor to start. Your immune system produces prostaglandins, which can cause uterine contractions and send you into early labor.

What should I do if I am diagnosed with gum disease?

Besides brushing twice a day and flossing daily, you should have your teeth professionally cleaned once during your pregnancy. At your visit, be sure to tell the dentist or hygienist that you're pregnant, or you suspect you might be.

If you are diagnosed with gum disease, consider asking your dentist or hygienist about a process called scaling and root planing, a form of deep cleaning that is recommended when plaque pockets are larger than 3 millimeters. After scraping or scaling the plaque at and below the gumline, the base of the tooth is planed, or smoothed, so that it's harder for plaque to grow again.

In one study, women with gum disease who had their teeth cleaned by this method had a six times lower rate of preterm birth (before 35 weeks, in this case) than women who received only a professional cleaning.

The second trimester is a good time to schedule a routine visit to your dental professional, but if you're experiencing problems at any time during your pregnancy, see him or her right away. In general, try to avoid major dental treatments while pregnant -- especially during the first trimester, which is the most crucial time in the baby's development. (A recent clinical trial indicates that essential dental treatment, such as filling a cavity, is safe in weeks 13-21 of pregnancy.) If you have a history of miscarriage or are otherwise concerned, consider talking to your dentist about postponing your nonemergency dental work -- but don't wait too long for your routine cleaning.

What about x-rays?

The American Dental Association recommends avoiding routine or elective x-rays during pregnancy. If you absolutely require x-rays, make sure the dentist or technician gives you a leaded collar to protect your thyroid, in addition to the regular leaded apron to protect your abdomen.



When Gums Aren't Healthy, Mind and Body May Follow

Gum disease isn't just a threat to your teeth. It also increases your risk of diabetes, heart disease, mental woes and more, British researchers report.

"The study reinforces the importance of prevention, early identification and treatment of periodontal disease, and the need for members of the public to attend regular oral health checks with a dentist or dental care professional," lead researcher Dr. Joht Singh Chandan said.

Looking at thousands of people with gum disease, the researchers found links to a host of chronic health conditions. Compared to people with healthy gums, folks with "pink in the sink" were more likely to develop heart failure, stroke, vascular dementia, high blood pressure, arthritis, psoriasis and type 1 and type 2 diabetes. Also, depression, anxiety and other serious mental illnesses.

"We found evidence that periodontal diseases appear to be associated with an increased risk of developing these associated chronic diseases," said Singh Chandan, a lecturer in public health at the University of Birmingham's Institute of Applied Health Research.

"As periodontal diseases are very common, an increased risk of other chronic diseases may represent a substantial public health burden, because chronic diseases may be related to poor oral health," he said.

According to the U.S. Centers of Disease Control and Prevention, nearly half of Americans over age 30 have gum, or periodontal, disease. Its early stage, called gingivitis, is characterized by swollen and red gums that may bleed. In its later form, called periodontitis, the gums can pull away from the tooth, bone can diminish, and the teeth may loosen or fall out.

Dr. Leena Palomo is a professor and chair of periodontology and implant dentistry at NYU College of Dentistry in New York City. Palomo said that although this study doesn't prove gum disease causes all these diseases, as "practicing periodontists, we live this data every day."

For the study, the U.K. research team collected data on nearly 64,400 patients with a history of gum disease. They compared these patients with more than 250,000 patients without the condition.

Among those with gum disease, nearly 61,000 had gingivitis and almost 3,400 had periodontitis, both of which cause inflammation. Over three years of follow-up, those with gum disease were more likely to develop other medical problems, the investigators found.

People with gum disease were 37% more likely to develop a mental health condition, 33% more likely to develop an autoimmune disease and 18% more likely to develop cardiovascular disease. They were also 7% more likely to develop a metabolic disorder, with a 26% increased risk for developing type 2 diabetes, the researchers noted.

Whether gum disease causes these problems or gum disease is caused by them isn't clear, Palomo said. "Some data shows that it's a two-way street. That's the case with diabetes. In other areas, we need more research and more investigation," she said.

If your gums aren't healthy, you should ask your doctor to screen for other medical conditions that may co-occur, Palomo advised.

When gum disease is caught early, it can be easily treated, she said. For a healthy mouth, it's important to keep up regular dental appointments.

"The advice is to be hypervigilant," Palomo said. "Just because nothing hurts in your mouth, it doesn't mean you should be ignoring dentist visits or the basic fundamentals of brushing and flossing. People tend to forget those basic principles until there's a toothache or an abscess."

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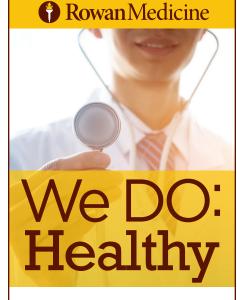
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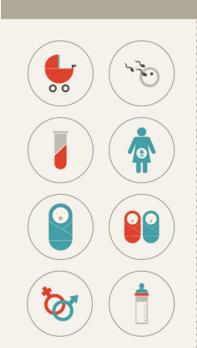
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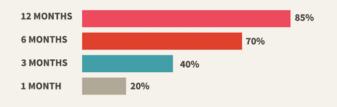




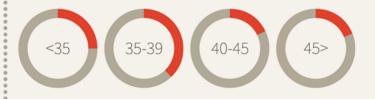


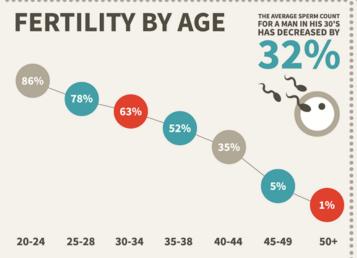


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Carbon Monoxide Deaths Soar During

POWER OUTAGES

Power outages are becoming more frequent in the United States, and a new study highlights one consequence of prolonged blackouts: carbon monoxide poisonings.

Looking at major U.S. power outages between 2007 and 2018, researchers found that carbon monoxide poisonings spiked during those disruptions, versus the days immediately before.

The pattern is not surprising, said lead researcher Dr.
Christopher Worsham. Last year, when a winter storm swept across Texas, causing a massive power outage, carbon monoxide poisonings shot up.
More than 1,400 people reportedly ended up in the emergency department, and at least 11 died.

"The big cold snap in Texas gave us a dramatic example of what can happen," said Worsham, a critical care doctor at Massachusetts General Hospital and Harvard Medical School, in Boston.

But while there is "no shortage" of such stories, he said, the issue had not been

systematically studied before now.

Carbon monoxide (CO) is an invisible, odorless gas produced when fuels — including gasoline, coal, wood and natural gas — are incompletely burned. When people breathe in CO, it replaces oxygen in the bloodstream and can prove fatal.

During a typical year, CO poisoning sends more than 20,000 Americans to the emergency room, and kills upwards of 400, according to the U.S. Centers for Disease Control and Prevention.

"It's a silent killer," said Katherine Pruitt, national senior director for policy at the American Lung Association. "But these are preventable tragedies."

Often, CO poisonings are related to furnaces and other indoor appliances that are faulty or improperly ventilated to the outdoors.

During major power outages, people often fall victim after running power generators indoors, or bringing outdoor heat and cooking sources like charcoal grills and campfire stoves — into the home. In some cases, people tried to use a gas stove as a heat source, or ran a car in a closed garage, in an effort to warm up or charge batteries.

It's critical, Pruitt said, to keep those devices out of the home.

"Don't burn anything inside unless it's intended to be used indoors, and has proper ventilation," she said.

For the new study, Worsham's team used federal data to identify 581 major power outages that happened between 2007 and 2018. On average, they lasted 48 hours.

Then, using an insurance claims database, the researchers found 799 emergency department visits for CO poisoning that happened within 10 days before or 10 days after the onset of an outage. The large majority — 580 — struck after an outage began.

When outages lasted more than 48 hours, the study found,

CO poisonings peaked on day three. At that point, they were nine times more common, versus 10 days before the outage began.

The findings were published Jan. 13 as a research letter in the New England Journal of Medicine.

Tracy Fox, a spokesperson for the American Red Cross, said it is critical for people to have a working CO detector on each level of the home — plus backup batteries in the event of a blackout.

And while power generators can provide electricity during an outage, Fox said that using them properly is vital. "I think many people don't realize power generators should only be run outdoors," she said.

Pruitt, of the lung association, said that people who rely on power for medical devices, such as supplemental oxygen, should plan for emergencies. Talk to your doctor about what to do should you lose power, she advised.

Symptoms of CO poisoning include dizziness, headache, nausea and confusion. Fox stressed that people who notice those symptoms, in themselves or their children, should immediately get to fresh air then call 911.

According to the U.S. Energy Information Administration, 2020 was a record-setting year for power outages — with the average American going eight hours without power, versus a little over three hours in 2013. Weather events, like hurricanes and ice storms, were often the culprit.

Worsham echoed the advice on what individuals should do to prevent CO poisoning, but also said the root causes of power outages need to be addressed: weather extremes related to climate change and the nation's aging power grid.

"We need to invest in our infrastructure for many reasons," Worsham said. "This is one more."



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New Treatment Greatly BOOSTS SURVIVAL for Kids With a Rare, Aggressive Cancer

Children with the rare cancer neuroblastoma often succumb to the disease despite aggressive treatment. But researchers have found that adding an experimental antibody to that treatment, right off the bat, may improve their outlook.

Of 64 children treated with the antibody in a clinical trial, 74% were still alive and free of a recurrence three years later. That compares with historical rates of around 50% with conventional treatment alone.

The antibody, known as hu14.18K322A, remains experimental, and is not yet available as a treatment, said Dr. Wayne Furman, the lead researcher on the trial.

The Children's Oncology Group, a government-funded clinical trials group, is planning a larger study to test the tactic of early antibody therapy -- with either hu14.18K322A, or another drug, Furman said.

Neuroblastoma is a cancer that begins in immature nerve cells,

and primarily affects babies and children younger than 5. Each year, about 800 children in the United States are diagnosed with the disease, according to the American Cancer Society.

Roughly half of them are diagnosed after the cancer has spread and is considered "high risk."

At that point, aggressive treatment is needed. The typical regimen starts with high-dose chemotherapy, followed by surgery to remove any remaining visible tumors. Next comes additional chemo, followed by a stem cell transplant to rebuild the immune system, and then radiation.

In more recent years, doctors have added another weapon to the end of that regimen: the monoclonal antibody drug dinutuximab. The drug latches onto GD2, a protein on the surface of many neuroblastoma cells. It's given along with certain immune system proteins, in the hopes of boosting the child's immune response to cancer cells

that have survived the treatment onslaught.

Dinutuximab has made a difference: One trial found that after two years, 66% of children given the drug were recurrence-free, compared with 46% of those on standard treatment alone.

But dinutuximab has been given at the tail end of treatment, said Furman, an oncologist at St. Jude Children's Research Hospital in Memphis, Tenn.

That was based on the belief that giving it early, during the initial high-dose chemo, would zap its effectiveness -- because the chemo suppresses the immune system.

"But we've been learning more and more about the immune system," Furman said.

Studies of adults with certain cancers, for example, have found that combining antibody therapy with chemo -- a concept called chemoimmunotherapy -- improved patients' responses.













And a recent Children's Oncology Group trial found that adding dinutuximab to chemo showed "significant anti-tumor activity" in children whose neuroblastoma had come back.

Furman's team reasoned that giving an anti-GD2 antibody straight away, instead of waiting, might do the same for children newly diagnosed with high-risk neuroblastoma.

Instead of dinutuximab, though, they used the experimental antibody, developed at St. Jude. It also targets GD2, but was designed to limit a primary side effect of dinutuximab: pain.

Children in the trial received six rounds of chemo, along with infusions of the antibody therapy. They then moved on to other standard treatments, including additional antibody infusions.

While the experimental antibody was designed to cause less pain, the children still needed infusions of opioid painkillers during treatment. Pain was the most

common side effect tied to the antibody -- reported in 10% of treatment cycles.

After three years, 86% of the children were still alive, with 74% recurrence-free.

Furman said that in 30 years of treating kids with high-risk neuroblastoma, those are the best outcomes he has seen.

It is not clear whether all of those recurrence-free children are cured; it's possible the treatment delays recurrence in some, according to Furman. The hope, of course, is that the results hold

"This is a very important and provocative study building on recent advances with chemoimmunotherapy for children with relapsed neuroblastoma in the Children's Oncology Group," said Dr. John Maris, chair of neuroblastoma research at Children's Hospital of Philadelphia.

Like Furman, he pointed to the COG trial that will test the

approach in newly diagnosed children.

"If confirmed, chemoimmunotherapy would become standard therapy and hopefully, significant improve chances for cure of high-risk neuroblastoma," said Maris, who wasn't part of the research.

Furman said children in his study received the experimental antibody at a dose more than double the maximum approved dose of dinutuximab. It's unclear, he said, whether the children's outcomes are related to the higher dose, or because hu14.18K322A is "a better antibody."

The study -- published Dec. 6 in Journal of Clinical Oncology, was funded by federal and foundation grants. The experimental antibody is now owned by EMD Serono, a division of drug maker Merck.



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YOU DON'T HAVE TO BE A SMOKER TO GET LUNG CANCER



Think you're safe from lung cancer because you've never smoked? Think again.

While cigarette smoking is the main cause of lung cancer, it's possible to get the disease without ever lighting up.

"Anyone with lungs can get lung cancer," said Dr. Missak Haigentz Jr., chief of Thoracic and Head and Neck Medical Oncology at Rutgers Cancer Institute of New Jersey in New Brunswick.

In fact, a new U.S. National Cancer Institute study estimates 10% of men and 20% of women who develop lung cancer have never used tobacco products. There are three types of lung cancer in nonsmokers, according to the study.

"What we know already is that lung cancers, despite appearing similar under the microscope, may develop differently in never-smokers, and this information on molecular differences has already had a tremendous impact in the way we treat the disease with targeted cancer therapies," Haigentz said in a Rutgers news release.

Lung cancer in nonsmokers results from other known exposures, including radon gas or secondhand smoke.

Asbestos exposure carries a risk for mesothelioma, a rare type of cancer affecting the thin tissue that covers the majority of a person's internal organs.

"Anything that we inhale can potentially expose our airways and our lungs to damaging agents that may give rise to cancer -- we have not yet identified all of these," Haigentz said.

In smokers, it's often caused by years of exposure to cancercausing substances in tobacco smoke. These substances cause multiple genetic changes in cells that line the lungs.

Haigentz said this new research helps scientists understand how smokers and neversmokers can benefit from treatments such as targeted cancer therapeutics. Based on the molecular features of lung cancers, scientists have recently developed several effective treatment options targeting its biology, Haigentz said. More advances are anticipated.

Nonsmokers who are worried about lung cancer can take a number of steps, according to Haigentz.

Most important, never start smoking. Experts now recommend lung cancer screening with yearly low-dose CT scans for those who have had significant exposure to smoking, including former smokers. And test your home for radon gas.

"Most importantly, we need to remove the stigma of lung cancer; understand that there are people who have smoked their whole life and never develop cancer, and there are people who have never smoked at all who develop lung cancer," Haigentz said.

More information: The U.S. National Cancer Institute has more on lung cancer.

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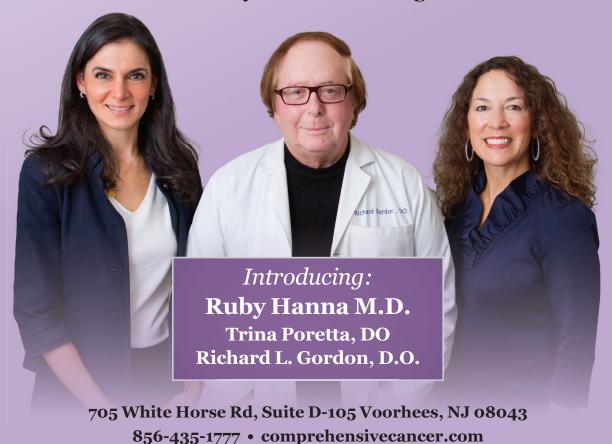
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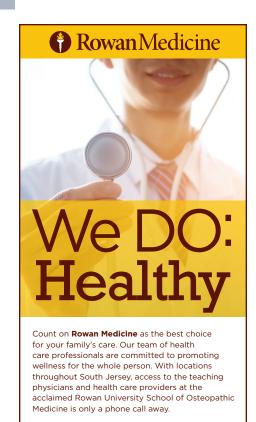
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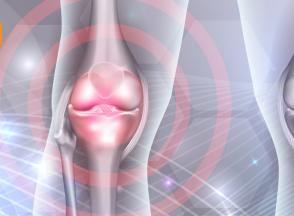
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Addictive Opioid Painkillers Might Not Be Needed After Knee Surgery



Addictive opioid painkillers aren't the only option for patients seeking relief following anterior cruciate ligament (ACL) knee reconstruction, researchers say.

As the United States wrestles with skyrocketing rates of opioid abuse and drug overdose deaths, the findings may come as good news.

After ACL surgery, Advil and other nonsteroidal anti-inflammatory drugs (NSAIDs), acetaminophen (Tylenol) and muscle relaxers appear to offer the same degree of pain control to patients as prescription opioids like morphine, hydrocodone or oxycodone, the small study concluded.

"Opioid medications can be helpful in managing high levels of pain when appropriately prescribed," explained study co-author Dr. Kelechi Okoroha. He is an orthopedic surgeon and sports injury specialist with the Mayo Clinic in Minneapolis.

"However, when used for long periods of time, opioids can be addicting," Okoroha cautioned. And "when used incorrectly, or in high doses, opioids can have side effects, including drowsiness, confusion, slowed breathing and even death."

Drug overdose deaths in the United States are at an all-time high, the U.S. Centers for Disease Control and Prevention reported this month — 100,000 drug-related fatalities between April 2020 and April 2021. This represents a 30% jump over the prior year. And more than three-quarters of these deaths were attributed to opioid use alone.

For many people, opioid addiction starts with legitimate prescription painkiller use after surgery. Orthopedic and spine conditions account for nearly 28% of all opioid prescriptions issued in the United States, the research team said in background notes. That has led experts to seek safer means of minimizing postsurgical discomfort.

ACL surgery is a common operation, and "knee surgery can cause high levels of pain," Okoroha said.

But the good news is that the new study shows that "with appropriate multimodal management, we can make this pain tolerable," while eliminating opioid use, he added.

The findings were published online recently in the American Journal of Sports Medicine.

For the study, Okoroha's team tested their pain management protocol with 34 patients who underwent ACL surgery between February 2019 and January 2020.

All were offered opioid-free pain medicines post-op, including NSAIDs, acetaminophen and muscle relaxers. Pain levels 10 days after pain treatment began were compared with those of 28 other patients treated with an opioid medication.

The investigators determined that pain relief was the same across both groups, with no appreciable differences in terms of side effects (addiction risk aside), even after accounting for age, gender and body mass index (a standard indicator of obesity status).

The findings don't surprise one expert who was not part of Okoroha's study team.

"I have actually had both of my ACLs reconstructed, so I know the associated pain well," said Dr. David Katz, director of the Yale University Prevention Research Center, in New Haven, Conn. "I believe I used opioids for a day or two both times, and then quickly transitioned to non-opioid treatment."

That treatment went beyond medication. "An automated, cooling compress around the surgical site provided the greatest relief," said Katz.

"Based on personal experience, I am not at all surprised that opioids can be omitted from the regimen, while preserving comparable pain management," he added.

Nevertheless, Katz expressed some reservations about the current study's approach.

"The regimen in this study does not impress me all that much, to be brutally honest," he said. "It avoids opioids, which can be dangerously habit-forming, but includes a benzodiazepine (Valium), which can be dangerously habit-forming. And there is no mention of non-medication options, such as the cooling compress I described," Katz noted.

"As the site starts to heal, there is a case for gentle massage as well. Truly 'multimodal' pain relief is not just different medications. It should include non-medication options that work, too," he suggested.

Still, Katz didn't dismiss the work entirely. "In general, opioids are overused, while a lot of chronic pain is undertreated. So there is certainly a need to broadcast any advance that can help address these dual threats," he said.

More information: There's more on opioids and related risks at the U.S. Centers for Disease Control and Prevention.



FLAT-FOOTED

What Works Best to Fix 'Fallen Arches'?

If you have fallen arches, you know just how debilitating they can be.

Now, doctors have some new guidance on which patients with this condition — also called flat feet — would benefit most from surgery.

"Roughly half of patients will need surgery," said Dr. Scott Ellis, a foot and ankle surgeon at the Hospital for Special Surgery in New York and senior author of a new study. "If the foot continues to hurt and limits quality of life and function, and there's pain from walking, travel and other activities, then we say it's time to perform surgery."

Fallen arches are relatively common with advancing age and affect at least 3% of women over 40 and more than 10% of folks over 65. The condition is more common in women and excess weight increases the risk.

The condition is caused by weakening, stretching or other changes to the tendons and ligaments in the foot and can

significantly affect mobility.

"Once the foot starts collapsing, it never uncollapses, and the worry is that over time the ligaments will continue to stretch, the foot will flatten, and the pain will increase," Ellis said in a hospital news release.

A combination of stretching, physical therapy and the use of orthotic devices may help people with milder cases, but more severe cases may require surgery to reshape the foot and restore function.

To find out which patients would benefit most from surgery, researchers analyzed data from 71 patients who had surgery between early 2016 and early 2018. Average follow-up was 27 months.

Those who reported the most severe impairment were most likely to experience clinically meaningful improvements after surgery.

Patients with a score of less than 40.9 on scale of physical function had a nearly 98% chance of clinical gains, compared with 14% for those

with an impairment score of 45.7.

The findings were recently published in the journal Foot and Ankle International and presented at a meeting last week in San Diego of the American Academy of Orthopaedic Surgeons.

Researchers said their findings will help surgeons advise patients about their chances of a successful operation.

"When a patient walks in the door, you can get an idea of where they stand on that scale, and we know based on our study where patients need to land to achieve clinically meaningful improvements from the surgery," said study first author Dr. Matt Conti, a chief resident.

"It could be a real-time decision with the patient and something they could follow over time to allow them to see the trajectory of their recovery and where they are heading," he added.

More information: The American Academy of Family Physicians has more on flat feet.



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BIDEN PLEDGES TO LOWER PRESCRIPTION DRUG PRICES FOR AMERICANS



President Joe Biden promised cheaper prescription drugs for all Americans on Monday as his social agenda legislation winds its way through Congress.

Biden tried to shift Americans' focus to pocketbook provisions overlooked in his \$2 trillion legislation, which deals with everything from climate to family life and taxes. The legislation has passed the House and is pending before the Senate, where the goal is to pass the bill by Christmas, the Associated Press reported.

"It's safe to say that all of us can agree that prescription drugs are outrageously expensive in this country," Biden said at the White House during a speech Monday. "I'm committed to using every tool I have to lower prescription drug costs for Americans consistent with the drug companies getting a fair return on their investment."

But the biggest policy change — letting Medicare negotiate prices for prescription drugs — won't start to lower costs until 2025. Even then, it will only apply initially to 10 specific medications and insulin products, though that number will reach 100 in six years, the AP reported. Other provisions would start sooner:

Co-pays for insulin would be limited to \$35 a month, starting in 2023. Biden called the high cost of insulin "one of the most egregious examples" of overpriced medicines. Drugmakers would be required to pay rebates to Medicare if they raise prices faster than inflation, starting that same year. The provision would benefit people with private insurance as well.

Medicare recipients with high drug costs would get a cap on their annual expenditures, to \$2,000 starting in 2024.

Shingles vaccines and other shots covered under Medicare's "Part D" pharmacy benefit would be free to consumers, starting in 2024.

In a statement Monday, Stephen Ubl, head of the industry lobby Pharmaceutical Research and Manufacturers of America, said "a damaging bill jammed through a partisan process will not provide patients struggling to afford their medicines meaningful relief."

But a Kaiser Family Foundation poll from October found that more than eight in 10 Americans favor allowing Medicare to negotiate prices, including 95% of Democrats, 82% of independents and 71% of Republicans, the AP reported.

Biden said the industry has lost the pricing debate with the American people.

"Diabetes, Alzheimer's, cancer—so many other diseases. They don't care whether you are a Democrat or Republican," said Biden. "We need Congress to finish the job."

Core provisions of the Biden bill draw from earlier legislation that failed to pass but was supported by former President Donald Trump. These include the cap on out-of-pocket costs for seniors and the penalties on drug companies that raise prices faster than inflation.

Unfortunately, these measures won't take the sting out of drug costs in the coming year: Nearly half of next year's \$21.60 increase to Medicare's "Part B" monthly premium stems from the need to prepare for a pending coverage decision on a \$56,000-a-year Alzheimer's drug called Aduhelm. Notices have already gone out to millions of seniors telling them their cost in January will jump to \$170.10, the AP reported.

More information: Visit Medicare for more on prescription drug coverage.

Pharmacies - Continued

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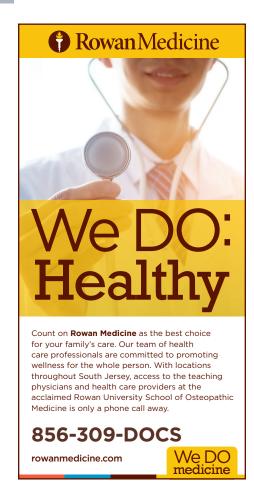
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STUDY FINDS NO TIES BETWEEN YOUTH TACKLE FOOTBALL, BRAIN/BEHAVIORAL ISSUES

Many parents struggle with the decision to let their kids play tackle football or other contact sports due to the risk of concussions and long-term brain diseases that may occur with repeated head blows.

Now, new research suggests that head trauma and concussions aren't linked to problems with memory, attention, processing speed or behavior in 9- to 12-year-olds who play football for a few seasons.

"It is reassuring that we are not seeing poor outcomes on cognitive or neurocognitive tests in childhood over the course of consecutive years of play, but we can't fast forward to see what will happen 40 years after childhood contact sport exposure," said study author Dr. Sean Rose. He's a pediatric neurologist and codirector of the Complex Concussion Clinic at Nationwide Children's Hospital in Columbus, Ohio.

For the new study, researchers tracked 18 football players for four seasons of youth tackle football from July 2016 through January 2020. Players wore helmets with sensors that track head hits and completed a battery of cognitive and behavioral tests before and after each season.

Overall, repetitive head blows were not associated with lower test scores, but kids with attention deficit hyperactivity disorder, anxiety and depression did fare worse on these exams.

"We need more research to see if there is a small subset of children who may be at risk for poor outcomes from head impacts," Rose said. The findings were published Dec. 30 in JAMA Network Open.

Outside experts who reviewed the findings were quick to caution that this small study doesn't say it's safe to let kids play tackle football.

"There may not be issues in the shorter term, but the bigger question is what happens long-term," said Dr. Daniel Daneshvar. He is an assistant professor at Harvard Medical School and brain injury physician at Spaulding Rehabilitation Hospital in Boston.

"This study doesn't give us any information about whether it is safe to hit kids in the head 1,000 or more times a year over multiple years," said Daneshvar, who is also director of TeachAids' Institute for Brain Research and Innovation.

The real question is, when do cognitive problems and brain changes start to show up, he said, and longer follow-up is needed to answer this. "The next step would be to follow these individuals to see how they are doing 10, 20 or 30 years down the road," Daneshvar said.

Chris Nowinski, a former pro wrestler who is co-founder and CEO of the nonprofit Concussion Legacy Foundation in Boston, agreed.

"If you studied children who smoked at ages 9 to 12 and no one developed lung cancer, it wouldn't mean that children should smoke," Nowinski said. "It's too small of a study to draw any conclusions, and this study does not measure the outcome of interest to parents: chronic traumatic encephalopathy [CTE]."

CTE is a degenerative brain disease associated with repeated blows to the head that's been seen in some former National Football League players, including Frank Gifford, Aaron Hernandez and Andre Waters.

"CTE risk develops over time, and the earlier you start playing, the more years you can play," Nowinski said. This is why the Concussion Legacy Foundation strongly recommends delaying enrolling your child in tackle football until age 14.

Other ways to make football safer for kids include changing the rules so players sustain fewer blows to their heads. "There should be no hitting in practice and no kickoffs," Nowinski said. These changes were made at the NFL level but are much harder to implement in youth sports, he said.

The bottom line? "Parents must continue to make informed decisions based on the existing literature, which has suggested a strong association but has yet to determine a direct causal relationship between cumulative head impacts and age at first exposure with the long-term development of neurocognitive and behavioral issues," said Dr. Robert Parisien, an orthopedic sports medicine surgeon at Mount Sinai Hospital in New York City.



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Weight-Loss Surgeries Used Least in U.S. States That Need Them Most

The American South and Midwest are home to the highest obesity rates in the nation, but a new study reveals that severely obese residents of those regions are the least likely to choose lifesaving weight-loss surgery.

"Bariatric surgery has been shown to provide long-term weight loss, sustained improvements in cardiovascular and metabolic health, and even prolonged longevity," noted study author Dr. Scott Schimpke, but the analysis "shows we continue to underutilize the best treatment for morbid obesity and associated metabolic syndrome."

Schimpke, an assistant professor in the Division of Minimally Invasive and Bariatric Surgery at Rush Medical College in Chicago, and his colleagues point out that obesity is linked to a considerably higher risk for developing upwards of 40 different serious illnesses, including heart disease and diabetes. The American Heart Association explains that metabolic syndrome -- a grouping of five different conditions -- elevates the risk for such illnesses. Abdominal obesity is one such condition; the other four include high blood sugar, high triglycerides, high blood pressure and low levels of "good" HDL cholesterol.

Bariatric surgery -- including sleeve gastrectomy and gastric bypass -- offers an opportunity to reduce such risk by helping patients achieve considerable weight loss, the investigators said.

In fact, the study team noted that bariatric surgery is the standard of care for severely obese patients. Severe obesity is defined as having a body mass index (BMI) of 40, or a BMI of 35 and up alongside obesity-related complications such as diabetes.

Using insurance claims data, Schimpke and his team focused on a pool of nearly 1.8 million patients across the United States who were severely obese -- and therefore eligible for bariatric surgery -- in the decade beginning 2010.

Of those, roughly 100,000 actually underwent bariatric surgery during that time frame. But procedure patterns varied widely by state.

For example, while between roughly 9% and 10.4% of eligible patients in New Jersey, Rhode Island and Delaware opted for surgery, less than 3% did so in West Virginia, Alabama and Arkansas.

Overall, the researchers determined that the lowest in opt-in rates by region was the Midwest, where just over 4% of eligible patients underwent surgery, despite the fact that nearly 34% of Midwesterners are obese (making the region home to the highest overall obesity rates in the country).

By contrast, the highest opt-in



surgery rate (nearly 8%) was seen in the Northeast region, where the overall obesity rate is lower (29%).

The findings were presented last week at a virtual meeting of the American Society for Metabolic and Bariatric Surgery. Such research is considered preliminary until published in a peer-reviewed journal.

"There are likely several contributing factors to the wide variation in utilization," said Schimpke. He highlighted differences in: levels of access to medical care; beliefs and attitudes among patients and referring physicians; number of available hospitals and surgeons; and insurance coverage requirements.

Schimpke also pointed to the "negative psycho-social connotation associated with bariatric surgery among both physicians/practitioners and patients, which needs to be

addressed with strategic campaigns detailing the safety and efficacy of bariatric surgery."

Ultimately there's likely a broad mix of social, cultural and economic drivers at play, suggested Lona Sandon, program director of the Department of Clinical Nutrition in the School of Health Professions at the UT Southwestern Medical Center in Dallas. She was not part of the research.

For one, "people who are surrounded by others of similar body size may not perceive their weight to be outside of the norm and therefore not seek out bariatric surgery," said Sandon. "[And] there are differences in ethnicities and culture between states with the highest rates of obesity compared to states with lower rates."

Also, "states with higher obesity rates also tend to have higher rates of food insecurity, which means lower incomes in general," she noted. "Bariatric surgery is an expensive proposition, especially if one does not have good insurance coverage for it."

But even though weight-loss success depends on adopting a "challenging" change in post-operation diet and lifestyle, the process can certainly "help people to lose weight and get comorbid [other negative health] conditions under better control," Sandon said.

So it's important, she said, to help eligible patients better "understand the treatment options and potential for success," by sharing surgery success stories and highlighting the benefits of reducing high-risk health issues such as blood pressure and diabetes.

More information: There's more about weight-loss surgery at the U.S. National Institute of Diabetes and Digestive and Kidney Diseases.

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.

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Surgery - Cosmetic & Plastic / Cirugía - Cosmética y Plastico

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

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Surgery - General / Cirugía - General

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Surgery - Hand

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Those weighing eating patterns and diet plans such as intermittent fasting, the Keto diet, the Whole 30 Program and the Mediterranean diet would do well to keep two primary facts in mind, nutrition experts told HealthDay Now.

First, the diet that's right for you depends in large part on what you like to eat and what will fit best into your personal lifestyle.

"What works best for people is what you will stick with, what is comfortable for you. So, if you're seeking to change your diet, you first have to know yourself and to do things you will stick with," said Dr. Lawrence Cheskin, chair of nutrition and food studies at George Mason University in Fairfax, Va. "It's useless to do any of these diets if you're going to do them for a week and then go back to business as usual."

Second, any diet or eating pattern will help you lose weight only if you're ingesting fewer calories than you're burning day in and day out. A good weight-loss diet will include all of the nutrients that you need to maintain health, but limit your calories.

"Anytime we reduce caloric intake we're going to see weight loss," said Caroline Susie, a registered dietitian in Dallas and a spokeswoman for the Academy of Nutrition and Dietetics.

Two of the eating patterns with the most science behind them -- intermittent fasting and the Mediterranean diet -- weren't initially intended as a means of weight loss, the experts pointed out.

Fasting has ancient origins

Intermittent fasting requires that people only eat during specific hours of the day, or drastically limit their calorie intake on certain days of the week.

"Intermittent fasting is really having a moment. What's funny is this diet has been around forever. In fact, many religions for many years have practiced intermittent fasting," Susie said. "As old and as historic value as this diet has, it's really having its 15 minutes of fame now."

"What's nice is it doesn't tell you what to eat. It tells you when to eat. If you're somebody who isn't a big fan of lists or what's on my plan or not on my plan, this could be an option for you," Susie continued.

Studies have shown that intermittent fasting can help people manage their weight about as well as typical diets, Cheskin said. He follows such a dietary pattern, eating only between 7 a.m. and 7 p.m. every day.

"It probably works because it is not quite as taxing. If you have to 100% of the time adhere to a very strict dietary plan, we all know most people are not going to do that for long and they're not going to enjoy it," Cheskin said.

However, people with eating disorders should avoid fasting, as it could trigger their problems with food, Susie noted.

A heart-healthy option

The Mediterranean diet has the most science behind it and is

touted as a means of maintaining heart health -- but again, it's not aimed at weight loss.

The diet is based on the cuisine of countries bordering the Mediterranean and is typically heavy in vegetables, fruits, whole grains, beans, nuts and unsaturated fats like olive oil, according to the American Heart Association. You can also eat low to moderate amounts of dairy products, eggs, fish and poultry.

"It's a healthful diet, but not designed for weight loss," Cheskin said. "Countries that tend to have a Mediterranean diet are not particularly thinner than any other countries. If you have nothing but healthy fats, they have just as many calories as the unhealthy fats. It's a good eating pattern, but if you want to use it to lose weight then you also have to reduce fat and calories."

The Mediterranean diet has been shown to reduce inflammation, which is associated with many different chronic diseases, Susie noted.

"I think it's a wonderful way of eating, and it also allows for a glass of wine here and there," Susie said. "I think it's my favorite because it's very inclusive."

Keto isn't new

The Keto diet is another trendy weight-loss plan, although Susie warns that it's not all that new a concept.

"This diet has been around for a while," previously going by the

Folks who are determined to shed some pounds in the New Year face a bewildering array of fad diets and quickie weight-loss schemes.

names of Atkins or South Beach diets, Susie said. "I feel like it has a really great marketing manager, because every so often this diet gets rebranded."

The Keto diet heavily restricts your intake of carbohydrates, while increasing your intake of fats and proteins. The goal is to reach a state of ketosis, "a metabolic state where you're burning fat for energy instead of burning carbohydrates for energy," Susie said.

"Basically you're asking your body to work off of fats instead of primarily carbohydrates in the diet," Cheskin said.

However, the Keto diet can be tough on a person.

"To get there can be a little bit brutal," Susie said, noting that people new to the diet often suffer a few days of the "Keto flu" during which they feel foggy-headed, lethargic and headachy. Other common side effects are disrupted sleep and constipation.

"When we remove some of these foods, we're taking away key nutrients and removing a lot of fiber," which can lead to constipation, Susie said.

Keto's emphasis on fats also isn't very good for your heart, Cheskin added.

"In some ways, this is a heart attack diet," he said. "Eat all the bacon you want, just don't have potatoes -- well, you're eating a diet that's the opposite of what preventive cardiology would tell you to do."

Folks will lose weight on Keto if they're eating less, "but you would probably obtain greater health benefit if you lose a similar amount of weight using a diet that is more healthful," Cheskin said.

Beware Whole 30

Cheskin and Susie were the most critical of the Whole 30 Program, a diet in which participants cut out added sugars, grains, legumes and dairy for a solid month.

"What's a little concerning about the Whole 30 diet is this was founded by people that have limited nutrition education," Susie said. "It's extremely restrictive. For 30 days you are going to eliminate a lot of different food groups."

The diet requires you to cut out foods like beans or low-fat dairy that generally are considered nutritional heavyweights, Susie said.

"I do like that this way of eating does encourage you to eat more fresh fruits and fresh vegetables. But to demonize an entire category for no clinical reason, that's where some of the red flags go up," Susie said. "Unless you have an allergy, there's no clinical reason why you need to be avoiding dairy, why you need to be avoiding beans and why you need to be avoiding complex carbohydrates."

The Whole 30 diet "will tend to decrease inflammation and can cause weight loss depending on how many calories you're eating," Cheskin said. "It's not meant to produce weight loss specifically, but certainly can be used for that. It

was designed by sports nutritionists."

After the first 30 days, people can start to reintroduce things like beans that they've taken out of their diet, Cheskin said.

The best diet: One you stick with

However, such restrictive diets can be hard to maintain for most, and people will tend to fall off the wagon over time, the experts said.

Susie said her eating pattern is fairly simple:

A breakfast of low-sugar Greekstyle yogurt with some nuts added. Lunch is a sandwich on whole grain bread with veggies on the side, such as a salad, sliced cucumber or cherry tomatoes.

An afternoon snack of a piece of fruit and a piece of cheese.

A dinner featuring half a plate of fruits and vegetables, a quarter plate of lean meat, and a quarter plate of complex carbs like a potato -- "I love potatoes," Susie said.

There's no such thing as a cheat day for her, Susie concluded.

"I'm a big believer that all foods can fit. If I am craving something, I'm going to honor that craving and have a small amount of whatever it is," Susie said. "If I'm out to eat and somebody wanted to share a few bites of dessert, it's not going to throw me off. I'm just going to get back on my plan as soon as I'm on to the next meal or snack."

More information: The Academy of Dietetics and Nutrition has more about fad diets.

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