



## SPOTLIGHT ON: ALLERGIES

Presented by  
**Dr. Michael B. Sherman**



### ALLERGEN IMMUNOTHERAPY

Allergy medications and/or avoidance of allergens do not always keep allergy symptoms well-controlled. For patients struggling with control issues, allergists may suggest allergen immunotherapy, which is a series of shots given at regular intervals for several years. The first shot contains a very small amount of the specific allergen that is causing symptoms. This shot allows the immune system to become accustomed to the allergen so that it will not over-react and cause symptoms. Over time, the amount of allergen in the shots increases. Eventually the body tolerates the allergen and becomes desensitized to its presence. Once symptoms diminish or disappear, the allergist can extend the amount of time between shots until injections are no longer necessary. Both children and adults can receive allergy shots.

[www.marlboronjallergist.com](http://www.marlboronjallergist.com)

although it is not often recommended for children under five. Young children may have difficulty in cooperating with the program and in communicating any adverse symptoms. When considering allergy shots for an older adult, medical conditions such as cardiac disease should be considered and discussed with the allergist / immunologist first. To schedule an appointment, please call **ALLERGY & ASTHMA CENTER** at 732-303-8787 for our 15 South Main St. (Route 79) office in Marlboro; 732-780-7807 for our 1001 West Main Street, Suite A, office in Freehold; and 732-739-8787 for our 1 Bethany Rd., Bldg. 1 Suite 11, office in Hazlet.

*P.S. Allergists sometimes suggest taking an antihistamine before getting an allergy shot to help reduce the risk of any adverse reaction.*

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## Direct access to physical therapy services can save healthcare dollars

David Bertone, PT, OCS, of db Orthopedic Physical Therapy, PC, is committed to helping consumers make smart decisions with their dwindling healthcare benefits. During these difficult economic times, it is even more important that people with or without health insurance consider cost effective approaches to manage their musculoskeletal injuries.

Since 2003, New Jersey consumers have had the ability to access the services of a physical therapist directly without a referral

(Continued on next page)



## Choosing The Right Physical Therapist Is Important To Your Recovery



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## Physical therapy

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from a physician, but very few understand the benefits of this strategy and when they should consider it. Quite simply, there are many non-traumatic events in a person's life that require medical intervention and often they make choices that waste their healthcare spending on unnecessary physician visits, expensive tests and drugs without actually getting any treatment to fix the problem.

"Getting your pain or injury assessed by a physical therapist offers the consumer an opportunity to be educated about the problem, get immediate treatment, learn what it will take to get better faster and reduce the chance for re-injury," Bertone said. "Of course there will be times when a medical diagnosis is required, so a referral will then be made to the appropriate physician."

Common problems that would benefit from an evaluation and treatment by a physical therapist would be waking up with a stiff neck, low back pain, ankle sprains, shoulder pain with limited mobility, muscle strains, knee pain and many other conditions that are limiting your ability to function at home, work or in your recreational sport.

A recent publication by the Centers for Disease Control (CDC) also emphasized the benefits of physical therapy for the treatment of chronic pain instead of opioid medications, which can be highly addictive. They also concluded that there is evidence that exercise supervised by a physical therapist can reduce the pain associated with knee and hip osteoarthritis and be able to sustain the reduced pain state for 2-6 months. These findings are supported by strong clinical evidence and patients can access the skills of a physical therapist directly here in New Jersey, thus saving valuable healthcare dollars.

"Our practice is unique in the field of physical therapy since the patient is seen by the same highly skilled doctoral trained physical therapist," Bertone said. "The difference is clear when you consider the savings you realize in your healthcare dollars when you measure your speed of recovery and reduced risk of re-injury."

*Dr. Bertone is a doctoral-trained physical therapist and board-certified in orthopedic rehabilitation by the American Board of Physical Therapy Specialties. He is President of db Orthopedic Physical Therapy with locations at 732 Newman Springs Road, Suite 300, Middletown and 120 Craig Road, No. 2, Manalapan. Dr. Bertone can be reached at 732-747-1262 or via email at dbertone@dborthopt.com.*

## Adult Day Care Center celebrates National Adult Day Services Week

The dates of Sept. 17-23 mark National Adult Day Services Week, with this year's theme being "Celebrating Diversity". Every year, this important week is recognized to honor the beneficial services Adult Day Care Centers provide to numerous seniors and overwhelmed caregivers. It's a week to celebrate, learn more about local Adult Day Care Programs and provides a terrific

opportunity to showcase the services and programs provided to meet the needs and enhance the lives of participants through Adult Day Services.

In honor of this important week, We Care Adult Day Care, 500 Route 35, Union Square Mall in Middletown has organized a widespread of free activities which include "The Good Ole Days", Tea & Danish Social, Apple Pie Baking Con-

test, Zumba Fitness Fun & Exercise Demonstration, "Ageless Grace" Highlands Community Singers, Autumn Crafting, design your own centerpiece, Blood Pressure Screening, "Meet & Greet" Middletown Mayor Jerry Scharfenberger, Entertainment with Steve Berger and much more. If you would like to join us for any of these festivities or would like more information, please call 732-741-7363.





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