

Health

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STUDENT ATHLETES TREATING CONCUSSIONS

# Back in the game

Many schools taking concussions more seriously

By Susan Bloom :: For NJ Press Media

One Tuesday in September, 19-year-old Brookdale Community College sophomore and star athlete Devin Hope played defense as she always did for her school's soccer team — aggressively, giving it her all. But something about the shot she blocked during that day's game was different.

"The ball hit me in my right temple, and it really hurt," she said. "I didn't go down, I just kept playing, but all the way home I was really dizzy and nauseous and my head was in excruciating pain, like I had a migraine. I'm usually hungry after games, too, but I couldn't eat at all ...I couldn't even look at food."

Arriving back home in Howell, Hope told her parents what had happened and they took her to her pediatrician, who deduced that Hope had suffered a concussion.

"He told me to relax, refrain from physical activity and come back for a checkup when my head stopped hurting," she said.

Hope adhered to her doctor's wishes, but thanks to her school's progressive concussion management program, she was able to tap into a new, more objective measure of her post-concussion status, one that's helping student athletes throughout New Jersey assess their real-time recovery from concussions and determine an appropriate return-to-play strategy.

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A CONCUSSION DISCUSSION

Concussions can lead to a range of symptoms, including headaches, nausea and vomiting, balance issues, grogginess, difficulty concentrating, loss of memory, irritability, sadness, anxiety and excessive sleeping.

Source: Dr. David Bertone, doctor of physical therapy



Dr. David Bertone, a physical therapist, performs a balance test on Devin Hope, 19, who in September suffered a concussion while playing soccer. BOB BIELK/STAFF PHOTOGRAPHER

WOMEN'S HEALTH A COMMON CONDITION

# Restless legs syndrome may boost pressure

HealthDay

Middle-aged women who suffer from a common condition called restless legs syndrome may be at increased risk of high blood pressure, U.S. researchers report.

Restless legs syndrome is a sensory motor disorder that causes intense, unpleasant leg sensations, and an irresistible urge to move the legs, often at night. The condition, which may affect between 5 to 15 percent of U.S. adults, can disrupt sleep and cause daytime drowsiness.

"For those who experience restless legs syndrome symptoms, please consult your doctor regarding this issue," said lead researcher Dr. Xiang Gao, an assistant professor of medicine at Harvard Medical School. "The risk of hypertension can be substantially reduced by following a healthy life style, including a healthy diet, regular physical activity, and keeping optimal body weight," he added.

Unabated, hypertension, also known as high blood pressure, can have dire consequences. In 2006, it contributed to 326,000 deaths in the United States, according to background information in the study, published online Oct. 10 in Hypertension.

For the study, Gao's team collected data on almost 98,000 women, averaging about 50 years of age, who took part in the Nurses Health Study II. In 2005, the women were asked about symptoms that could indicate restless legs syndrome (RLS) and also about their blood pressure.

Specifically, they were asked if they had unusual crawling

Researchers say that middle-aged women who suffer from restless legs syndrome may be at increased risk of high blood pressure.

sensations, or pain combined with motor restlessness plus an "urge to move." Women with five or more episodes a month were considered to have RLS, and more than 65,500 were included in the final analysis.

The researchers found a significant connection between RLS and blood pressure. The worse a woman's RLS, the higher her blood pressures, they reported.

More than one-quarter (26 percent) of the women with five to 14 incidents of RLS a month had high blood pressure, according to the study, an among women with 15 or more episodes a month, one in three had high blood pressure.

The link between restless legs syndrome and increased blood pressure remained even after the researchers took into account the women's age, weight, smoking, and stroke or heart attack. However, the overall differences in blood pressure were small, the

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## People's Pharmacy

By Joe Graedon & Teresa Graedon

# Why get a flu shot every year?

**Q.** Can you tell us about flu vaccinations? I don't understand how the vaccine can wear off so quickly that it's required every year. What other vaccine acts like this?

How can we be so confident in guessing which viruses will be prevalent in the coming season? I keep wondering if the vaccine really makes sense, since I doubt that many people actually die from flu.

**A.** Flu viruses evolve quickly, which is why each year the vaccine is made to protect against different strains. If you catch the flu, your body will recognize that particular strain, but not the slightly different one that may emerge next year or the year after. You are right that most other vaccines work for much longer than a flu vaccine. Those organisms do not mutate as rapidly as influenza viruses.

Because virologists have to predict which flu strains will become a problem many months ahead of time, they don't always guess correctly. Nonetheless, the flu vaccine saves lives. Experts estimate that during the past three decades, anywhere from 3,000 to 49,000 people die annually from complications of influenza.

**Q.** I am desperate for help with my dandruff!

**A.** Dandruff can cause itching and flaking of the scalp that is both uncomfortable and unsightly. Scientists now think that bad dandruff is caused by a yeast infection (Malassezia). This fungus can even cause inflammation around eyebrows and the creases of the nose, lips and ears.

Although there are many dandruff shampoos, we continue to hear from readers that they get relief using home remedies such as Listerine soaks, Vicks Vapo-Rub, milk of magnesia or dilute vinegar rinses.

**Q.** I'm a critical-care nurse with a daughter who's a transplant recipient. I know that hospital housekeeping departments do the best they can. Often, though, the cleaning staff doesn't think to sanitize every surface patients and staff touch. This should definitely happen after one patient is discharged and another is admitted, but it doesn't always.

When I'm at work, before any admission, I am careful to thoroughly clean things like call lights, phones and monitor wires. I clean my shoes and stethoscope at the end of my shift, and I don't reuse my white jackets without laundering.

**A.** As you know, the immune systems of transplant recipients are suppressed to prevent rejection of the organ. As a result, they can't fight off infections like healthy people do. We spoke with Dr. Robert Muder about his successful infection-control program at the Veterans Affairs Pittsburgh Healthcare System. He found that recruiting housekeeping staff to the team and reframing the job as preventing infections rather than just cleaning rooms really helped.

Write to the Graedons via their website, [www.PeoplesPharmacy.com](http://www.PeoplesPharmacy.com).

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# Entertainment

## CONCUSSION

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According to David Bertone, a doctor of physical therapy based in the Lincroft section of Middletown and an orthopedic clinical specialist with experience in concussion management, “concussions occur when the brain gets jolted within the skull as the result of direct or indirect trauma to the head. Concussions can trigger a range of reactions, including physical side effects such as headaches, nausea/vomiting, and balance issues, cognitive disorders such as grogginess, difficulty concentrating, loss of memory and slow processing, emotional changes such as irritability, sadness and anxiety, and excessive sleeping.”

These conditions typically subside over time, but, said Bertone, the accurate measurement of someone's full recovery from a concussion has been a somewhat subjective science in the past.

“The concern is, if an athlete returns to play too soon before these issues are fully resolved and sustains another hit, they can suffer an even more serious condition known as ‘second impact syndrome,’ which can cause brain swelling, bleeding and other long-term neuropsychological impairments. So there’s a lot at stake,” he said.

### One in 10 are at risk

Statistics from the Centers for Disease Control and Prevention reveal that about 38 million kids ages 5 to 18 play organized sports in the United States, and as many as one in 10 will suffer a sports or recreation-related concussion each year. Many high school and college athletics programs have relied on a “when in doubt, sit them out” policy when determining return-to-play timelines, but during the last few years many colleges have instituted cognitive testing for their athletes. A recent Concussion Safety bill signed by Gov. Chris Christie has encouraged high schools to do the same beginning this 2011-12 school season.

Done through a computerized assessment tool, cognitive testing is an Internet-based test given to student athletes to establish baseline readings of their cognitive function, memory and speed of processing. Administered 24 to 72 hours after a student suffers a concussion and then compared to their pre-concussion baseline, the test can help provide an objective assessment of their readiness to return to the playing field.

“The NCAA (National Collegiate Athletic Association) has been in the forefront of cognitive testing, so they all now do it,” Bertone said. “It has filtered down to the high schools and most are doing it with a concussion management program, part of the required law. Cognitive testing is considered part of the management program.”

Bertone possesses the specialized equipment to provide another important assessment, that of the student's balance. While not mandatory in New Jersey, this secondary “sway test” provides further insight into a student's readiness to return to play following a concussion and is a service that has been used by Brookdale's Athletic Department.

### Returning to the field

According to Brookdale athletic trainer Jim Anderson, “we didn’t have a lot of issues in the past, but before the testing, there’d been some level of subjectivity with respect to return-to-play after a concussion. Some student athletes who’d ‘gotten their bell rung’ would just shake it off, or they’d apply an old rule of thumb and return to play one week after their last symptom.

“Our new program of cognitive and balance testing removes a lot of that subjectivity and provides more objective evidence of a student's true readiness to return to play, regardless of the amount of time that's elapsed or how they feel,” he said.

In Hope's case, though her headache had subsided by the Sunday following the incident, tandem cognitive and balance testing conducted by Anderson and Bertone that Monday revealed that neither measure had returned to its baseline level. She was finally cleared to play on Thursday, nine days after her incident.

“The technology is so advanced now and really helped us to see the true status of my concussion,” she said.

Now feeling “fine, awesome” and back on her team contributing to a successful season, the vivacious and competitive Hope addresses her ordeal with honesty.

“It was awful to sit on the sidelines for three games and not be able to help my teammates, but I’m so glad I didn’t rush back into playing, because I could have done more harm than good,” she said.

Brookdale's Anderson agreed. “This technology enables trainers to make informed decisions with their students and avoid the possibility of long-term damage,” he said.

Based on the positive feedback he's received from parents and trainers, Bertone hopes to see more area high schools, middle schools and community youth leagues embrace both cognitive and balance testing, particularly for high-risk sports such as football, soccer, hockey and lacrosse.

“It's a small investment now that will go a long way towards preventing a problem in the future,” he said.

*Bertone's practice, DB Orthopedic Physical Therapy, can be reached at 732-747-1262.*

## LEGS

Continued from Page B5

authors stressed, and more research is needed to confirm the findings.

“Because this is a cross-sectional study, we don’t know which condition — restless legs syndrome or hypertension — comes first,” Gao said. “But one possibility is that women with restless legs syndrome are more likely to develop high blood pressure in the future. However, we should be very cautious to reach such a conclusion as it should be supported by a prospective study,” he said.

Earlier studies in men also found a link between restless legs syndrome and high blood pressure, the researchers noted.



## Movie Timetable

### ABERDEEN

**CLEARVIEW'S STRATHMORE CINEMA 4**, 1055 Route 34, 732-583-7160 — **Footloose** (PG-13) 4:30, 7:30. **The Ides of March** (R) 4, 7:45. **Puss in Boots** (PG) 4:45, 7. **The Three Musketeers** (PG-13) 4:15, 7:15.

### ASBURY PARK

**THE SHOWROOM**, 708 Cookman Avenue, 732-502-0472 — Call theater for schedule.

### ATLANTIC HIGHLANDS

**ATLANTIC HIGHLANDS CINEMA 5**, 82 First Avenue, 732-291-0148 — **The Ides of March** (R) 4:25, 7:15. **In Time** (PG-13) 4:40, 7:25. **Paranormal Activity 3** (R) 5:15, 7:30. **Puss in Boots** (PG) 5, 7:10. **The Three Musketeers** (PG-13) 4:30, 7:20.

### BRADLEY BEACH

**BEACH CINEMA**, 110 Main St., 732-774-9089 — **Dolphin Tale** (PG) 7:20.

### BRICK

**AMC LOEWS BRICK PLAZA 10**, 3 Brick Plaza, 888-AMC-4FUN — **Footloose** (PG-13) 1:30, 4:20, 7:30, 10:15. **The Ides of March** (R) 12:45, 3:45, 6:30, 9:30. **In Time** (PG-13) 1:45, 4:30, 7:15, 10. **Johnny English Reborn** (PG) 12, 2:30, 5:15, 8. **Paranormal Activity 3** (R) 1:15, 3:30, 5:45, 8:30, 10:45. **Puss in Boots** (PG) 12:30, 3, 5:30, 8:15, 10:30. **Puss in Boots 3-D** (PG) 1:45, 4:15, 6:45, 9:15. **Real Steel** (PG-13) 2:45, 6, 9. **The Rum Diary** (R) 1, 4, 7, 9:45. **The Thing** (R) 10:25. **The Three Musketeers 3-D** (PG-13) 5, 10:30. **The Three Musketeers** (PG-13) 2:15, 7:45.

### EATONTOWN

**AMC LOEWS MONMOUTH MALL 15**, 180 State Rt. 35 S., 888-AMC-4FUN — **50/50** (R) 7:35, 10. **Anonymous** (PG-13) 1:40, 4:30, 7:25, 10:20. **Courageous** (PG-13) 4, 9:40. **Dolphin Tale** (PG) 1:20, 6:50. **Footloose** (PG-13) 1, 3:35, 6:40, 9:20. **The Ides of March** (R) 11:50, 2:10, 4:30, 6:50, 9:10. **In Time** (PG-13) 1:30, 4, 6:30, 9. **Johnny English Reborn** (PG) 12:35, 3, 5:25, 7:50. **Moneyball** (PG-13) 1:35, 4:40, 7:30, 10:30. **Paranormal Activity 3** (R) 12:20, 1:50, 2:35, 4, 4:50, 6:10, 8:25, 10:30. **Puss in Boots** (PG) 12:15, 12:30, 2:30, 2:45, 4:45, 5, 7, 9:15. **Puss in Boots 3-D** (PG) 1:15, 3:30, 5:45, 8, 10:15. **Real Steel** (PG-13) 2:25, 5:10, 7:55, 10:40. **The Rum Diary** (R) 11:55, 2:40, 5:20, 8, 10:40. **The Thing** (R) 10:25. **The Three Musketeers 3-D** (PG-13) 1:10, 7:10. **The Three Musketeers** (PG-13) 3:50, 9:45. **Twilight Saga Tuesdays: Twilight** (PG-13) 7:30.

### FREEHOLD TOWNSHIP

**AMC LOEWS FREEHOLD METROPLEX 14**, 101 Trotters Way, 888-AMC-4FUN — **50/50** (R) 7:10. **Anonymous** (PG-13)



"Puss in Boots," with a main character voiced by Antonio Banderas, is in theaters now. ASSOCIATED PRESS

11:40, 3:15, 6:30, 9:40. **Anonymous** (PG-13) 11:40, 3:15, 6:30, 9:40. **CC Dolphin Tale 3-D** (PG) 10:15, 4:20. **Footloose** (PG-13) 11:15, 2:05, 4:55, 7:50, 10:30. **The Ides of March** (R) 10:40, 1:45, 4:45, 7:25, 10. **In Time** (PG-13) 10:05, 12:45, 3:45, 6:45, 9:30. **Johnny English Reborn** (PG) 10:55, 1:30, 4:05, 6:35. **Moneyball** (PG-13) 11:20, 3, 6:15, 9:25. **Paranormal Activity 3** (R) 11:05, 12:30, 1:55, 2:45, 4:30, 5:30, 7, 8, 9:15, 10:20. **Puss in Boots** (PG) 11:45, 2:15, 5, 7:45, 10:10. **Puss in Boots 3-D** (PG) 10:30, 1:20, 4, 6:20, 9. **Real Steel** (PG-13) 11:30, 3:30, 6:50, 9:50. **The Rum Diary** (R) 10:45, 1:35, 4:35, 7:05, 10:25. **The Thing** (R) 9:10. **The Three Musketeers 3-D** (PG-13) 1:10, 7:20. **The Three Musketeers** (PG-13) 10:25, 4:15, 10:05. **The Way** (PG-13) 1, 9:45.

### HAZLET

**RAVE MOTION PICTURES HAZLET 12**, 2821 Highway 35, 732-888-1352 — **Dolphin Tale 3-D** (PG) 12:50, 3:50. **Footloose** (PG-13) 1:35, 4:35, 7:35, 10:25. **DLP The Ides of March** (R) 1:05, 4:05, 7:05, 10:05. **DLP In Time** (PG-13) 12:55, 3:55, 6:55, 9:55. **DLP Johnny English Reborn** (PG) 6:35, 9:35. **DLP Moneyball** (PG-13) 6:50, 9:50. **DLP Paranormal Activity 3** (R) 12:45, 1:15, 3:45, 4:15, 6:45, 9:45, 10:15. **DLP Puss in Boots** (PG) 12:30, 1:30, 3:30, 4:30, 6:30, 9:30. **DLP Puss in Boots 3-D** (PG) 1, 4, 7, 10. **Real Steel** (PG-13) 1:10, 4:10, 7:10, 10:10. **DLP The Rum Diary** (R) 1:20, 4:20, 7:20, 10:20. **DLP The Three Musketeers 3-D** (PG-13) 3:40, 6:40, 9:40. **The Three Musketeers** (PG-13) 12:40. **DLP Twilight** (PG-13) 7:30. **DLP**

### MANAHAWKIN

**REGAL MANAHAWKIN 10**, 733 Route 72 E., 800-326-3264 — **Footloose** (PG-13) 1:30, 4:25, 7:10. **The Ides of March** (R) 1:15, 3:50, 6:40. **In Time** (PG-13) 1:40, 4:50, 7:30. **Johnny English Reborn** (PG) 1:50, 4:15. **Paranormal Activity 2** (R)

### TODAY'S ANSWERS

R	U	H	R		P	R	A	M		F	E	T	C	H
A	R	A	T		R	O	B	E		L	L	A	M	A
F	I	R	E		T	O	W	E		A	U	T	O	S
T	A	P		A	P	E	D			S	U	D	A	N
S	H	O	C	K	E	D		E	I	N	E			
			O	E	R		F	L	O	T	S	A	M	
A	B	L	E	R		L	O	T				L	I	T
N	E	O	N		X	E	R	O	X		G	O	B	I
S	E	C		P	A	E	A	N		A	M	U	S	E
	F	I	N	I	C	K				A	T	E		
			A	M	T	S				G	R	A	N	D
	C	A	M	E	O					D	U	E	L	I
C	A	B	I	N			S	A	L	T		L	I	C
P	R	I	N	T			R	I	C	H		N	E	E
L	E	T	G	O			O	S	H	A		N	Y	S

### WORD SLEUTH

Tuesday's unlisted clue: RIGBY  
TODAY'S CRYPTOQUOTE WORDS ARE, OF COURSE, THE MOST POWERFUL DRUG USED BY MANKIND. — RUDYARD KIPLING

### JUMBLE

Jumbles: CROOK BLEND SMOGGY GAMING  
Answer: Even they weren't related, Pierce Brosnan and Daniel Craig had one — A COMMON BOND

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B <sub>3</sub>	E <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	H <sub>4</sub>									
S <sub>1</sub>	E <sub>1</sub>	Q <sub>1</sub>	U <sub>1</sub>	E <sub>1</sub>	L <sub>1</sub>										
S <sub>1</sub>	A <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	B <sub>3</sub>	O <sub>1</sub>	X <sub>4</sub>									
A <sub>1</sub>	D <sub>2</sub>	M <sub>3</sub>	I <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>									
PAR SCORE 150-160											RACK 1 = <u>62</u>				
											RACK 2 = <u>15</u>				
											RACK 3 = <u>101</u>				
											RACK 4 = <u>63</u>				
TOTAL											241				
SCORING: A is a maximum of 10 points in the US and Canada. ©2011 Hasbro. Distributed by Hasbro Media Services, Inc. All rights reserved.															

Answers to Tuesday's Boggle BrainBusters:  
HONDA MAZDA NISSAN TOYOTA

### SUDOKU

2	7	3	5	8	6	9	4	1
1	4	6	2	3	9	5	7	8
9	8	5	4	7	1	6	3	2
7	9	1	3	4	8	2	5	6
5	6	2	1	9	7	3	8	4
8	3	4	6	5	2	7	1	9
4	5	8	9	2	3	1	6	7
6	2	7	8	1	5	4	9	3
3	1	9	7	6	4	8	2	5

3:15. **OC Paranormal Activity 3** (R) 1, 5:30, 7:50. **Puss in Boots** (PG) 2, 4:35, 7. **Puss in Boots 3-D** (PG) 12:50, 3:05, 5:20, 7:40. **Real Steel** (PG-13) 1:05, 4, 6:50. **The Rum Diary** (R) 1:20, 4:20, 7:15. **The Three Musketeers 3-D** (PG-13) 1:10, 7:05. **The Three Musketeers** (PG-13) 4:10. **Twilight Saga Tuesdays: Twilight** (PG-13) 7:30.

### OCEAN TOWNSHIP

**CLEARVIEW'S MIDDLEBROOK CINEMA 10**, 1502 Route 35 S., 732-493-3800 — **Footloose** (PG-13) 1, 4, 7, 10. **The Ides of March** (R) 1:45, 4:45, 7:45, 10:20. **In Time** (PG-13) 1:30, 4:30, 7:30, 10:15. **Johnny English Reborn** (PG) 1:50, 4:50, 7:50, 10:25. **Paranormal Activity 3** (R) 1:10, 4:10, 7:10, 9:40. **CC Puss in Boots** (PG) 1:55, 4:20, 7:20, 9:45. **Puss in Boots 3-D** (PG) 1:25, 3:50, 6:50, 9:15. **Real Steel** (PG-13) 12:45, 3:45, 6:45, 9:50. **The Rum Diary** (R) 12:55, 3:55, 6:55, 9:55. **The Three Musketeers 3-D** (PG-13) 7:40, 10:30. **The Three Musketeers** (PG-13) 1:40, 4:40.

### RED BANK

**CLEARVIEW'S RED BANK THEATRE**, 36 White St., 732-777-FILM 721 — **Take Shelter** (R) 1, 4, 7. **The Way** (PG-13) 1:30, 4:30, 7:20.

## A Tribute to Veterans

### In appreciation of their dedication

Acknowledge the bravery and service of your favorite current or former member of the Armed Forces with a picture and personal message on our Veterans Day Page.

To submit your Tribute, please fill out the information below and return with a payment of **\$42.00** along with a photo by **Friday November 4<sup>th</sup>**. The Veterans Day Page will appear on **Friday November 11<sup>th</sup>**.



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Love,  
Your Family**

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Street Address	
Town	Zip
Title & Name (Please Print)	
(Circle Logo)	
Years of Service	Unit/Location
Personal Message (Maximum 75 Characters)	
Phone Number	
Charge my credit card (circle one):	
Credit card #	Exp. Date
Signature	
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