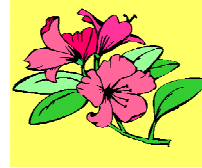




New Providence Internal Medicine Associates

(908) 464-7300

Spring
2008



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**Warm
Weather
Weekend
Warrior**



With the onset of pleasant spring and summer weather, many of us recall our New Years resolutions, and make good on our vows to improve our physical conditioning. Exercise is a wonderful way to improve many aspects of health, but needs to be started in a sensible way. If you've kept yourself in good shape over the winter with indoor exercise, then you can probably jump right in to outdoor activity. However, if you're like most of us who hibernate during the winter, then it is key to stretch before (and after) exercise. Start any new activity slowly, and then build up gradually to prevent injury.

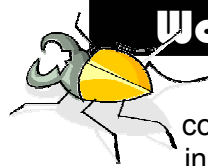
The Joy of Springtime in New Jersey



The Garden State is lovely in the springtime: budding flowers, warm breezes, along with runny noses, itchy watery eyes and sneezing. Yes, hayfever will soon be upon us. It's usually a cold if there is a fever, yellow nasal discharge, and a deep cough.

But, if your symptoms are mostly sneezing, itchy eyes, and watery nasal discharge, it's probably allergies. Good over-the-counter treatments include Claritin, Zyrtec, and Benadryl (may be sedating). If this is not helpful, then make an appointment to discuss prescription medications, or consider a move to Arizona.

Watch Those Little Critters



Another joy of communing with nature in the Garden State is our exposure to deer ticks. Lyme Disease is a bacteria that lives in some deer ticks, approximately from April to October. Most deer ticks do not carry Lyme Disease. The typical symptoms of Lyme Disease include joint pains, a "bull's eye" skin rash, fatigue, and headache. The poppy seed sized deer tick needs to be attached to your skin for 24 to 48 hours to

transmit the bacteria to you. If you are bitten by a deer tick, remove it as completely as possible. If you think its been attached for more than 1-2 days and there are no symptoms, then it may be beneficial to take a very short course of an antibiotic. If you have symptoms, then testing should be done promptly. When treated early, Lyme Disease typically responds very well to treatment. For more information, see:

<http://www.cdc.gov/ncidod/dvbid/Lyme>



Some is Good: Is More Better?

A true joy of life in New Jersey is basking in the sun at the shore (or backyard, lake, etc.). Besides the blissful sensation, the sun is a major source of vitamin D, which is very important for bone strength. A "healthy" amount of vitamin D can be absorbed with about 20 minutes of direct sunshine.

The downside of sun exposure, of course, is that excess sun exposure is correlated with skin cancers. So, if you're spending more than a short time in the sun, sun block with a high SPF is a good idea. For more information, see: (paste to your browser)

<http://www.sciencenews.org/articles/20041016/bob9.asp>