

Blending medicines

East meets West in Monroe Rheumatology office

By **Marla Prato**
Staff Writer

MONROE — Tagging along with her “kidney doctor” dad, a young Aly Cohen regularly blended into her father’s rounds at the hospital.

Most days she trailed him with a watchful eye, studying his every move as he made his way from one dialysis patient to the next.

“His mannerism and the way he handles people, has always been an inspiration to me,” said a grown-up Cohen. “You only know what you know ... and I know I was born to be a doctor.”

As a practicing rheumatologist in Central Jersey, Cohen’s typically looking to remedy ailments that can include arthritis, spinal pain, osteoporosis, soft-tissue injuries, fibromyalgia and autoimmune disease, along with other pathological condition related to muscles, tendons, joints, bones and nerves.

It’s how she manages her business, Integrative Rheumatology Associates, that peaks most people’s interest. In her practice, Cohen borrows from both eastern and western medicines to pursue treatments.

“I will also address the patient’s total well being, including stress-management, nutrition, exercise, smoking cessation and environmental toxin exposures, fall precautions and sleep hygiene,” she said. “I want to give my patient’s options.”

Through her extensive studies, this seasoned physician firmly believes that treating cognitive disorders, like depression, anxiety and other stressors can adversely impact a patients’ physical health.

“If you have a physical response to something emotional, it can come out as pain,” she explained.

Since opening her business this spring, Cohen has used her father’s intimate style of care as a foundation to build her practice on.

The vast majority of modern practices have abandoned a personal approach in exchange for assembly line health care and data inputting, she said.



Dr. Aly Cohen, a rheumatologist that recently opened up her practice in Monroe.

“It’s disheartening and it’s taking away the enjoyment of the job,” she said of modern-day bedside manner. “I really think that patient care is losing focus. I wanted to practice medicine in a different way.”

Considering the aging population, Cohen expects her services will be needed now more than ever.

“They haven’t really created enough rheumatologists and the baby boom market is about to explode,” Cohen said. “People live longer, but they live sicker. We’re living with illness.”

For more information on Cohen’s practice stop by her 312 Applegarth Road Suite 110 in Monroe or call 609-662-5212.