

TUESDAY 04.29.14

healthy living



GETTY IMAGES/STOCKPHOTO

Skin absorbs substances like a sponge, so a doctor urges choosing cosmetics wisely

IMPERFECT BEAUTY

By Susan Bloom
Correspondent

Often working in confined, windowless spaces, makeup artist and beauty expert Noreen Diani routinely applied airbrush cosmetics to brides, models in photo shoots and other clients. Then she started suffering some unexpected health troubles.

Experiencing everything from a rapid heartbeat, acne and dizziness to headaches, tunnel vision and tightness in her chest, "I started looking into the ingredients in these products and was shocked by the results," the 36-year-old Manchester resident said.

While both the liquid foundation and the liquid airbrush makeup that she sprayed onto clients ensured them of a flawless, long-lasting finish, Diani she said learned that they contained such ingredients as propylene glycol and copolymer, while other brands contained alcohol, which can cause migraines and shaking.

"My skin is very sensitive and I have a thyroid condition, so I went through every single brand on the market," she said. But all of their ingredients caused similar reactions.

The situation left her at a personal and professional crossroads: Understanding that "the skin absorbs 60 percent of what you put on it," Diani said she was forced her to re-examine all of the products she used and assess her next move on behalf of her health.

A crush of chemicals

With more than \$50 billion in sales of such products

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Noreen Diani of Manchester, a makeup artist, had to leave her work after she developed health problems from exposure to chemicals in cosmetics. She has created her own makeup line, The Organic Face, and says her symptoms have disappeared. ROBERT WARD/STAFF PHOTOGRAPHER



ONLINE

Go to APP.com for more details on cosmetic ingredients.

FACE VALUE

Rheumatologist and integrative medicine specialist Dr. Aly Cohen says "women need to be more conscious of what they're using" by reading ingredient lists and researching product toxicity levels in beauty products. There are a number of accredited websites, including:

The Environmental Working Group's "Skin Deep Guide to Cosmetics" (www.ewg.org/skindeep): A database that rates the safety of 68,000 personal care products, "they even offer a mobile app so that you can research products by their bar codes right in the store," Cohen said.

Campaign for Safe Cosmetics (www.safecosmetics.org):

A nonprofit coalition effort dedicated to eliminating chemicals linked to cancer, birth defects and other health problems from cosmetics and other health and beauty aids.

Women's Voices from the Earth (www.womensvoices.org):

"This organization reviews the many chemicals hitting women's mucus membranes through such feminine products as tampons, sprays and fresheners," Cohen said.

Cosmetics Info (www.cosmeticsinfo.org):

Another resource offering consumers safety information on ingredients.



Aspirin's benefits affected by NSAIDs

People's Pharmacy

By Joe Graedon & Teresa Graedon

Q. Are there problems associated with taking daily low-dose aspirin for cardiac protection along with ibuprofen for pain relief? I've read that taking an NSAID like ibuprofen can negate the desired effects of the aspirin.

A. It is estimated that half of older adults take aspirin regularly, in large measure to protect their hearts (Clinical Medicine and Research online, Feb. 26, 2014). One way this ancient medicine works is by keeping the sticky part of blood (platelets) from clumping and causing clots that could trigger a heart attack or stroke.

Taking a nonsteroidal anti-inflamma-

tory drug (NSAID) such as ibuprofen or naproxen may undo this cardiovascular benefit. That's because such drugs compete with aspirin and keep it from doing its anti-clotting job. Research suggests that taking the NSAID pain reliever at least two hours after aspirin and eight hours before the next dose might reduce the potential interaction (Thrombosis and Haemostasis, May 2013).

Q. I have a family history of high cholesterol, and my internist prescribed Lipitor many years ago. It was a miracle drug that kept my cholesterol at a normal level.

After taking the medicine for eight years, I developed peripheral neuropathy in my fingers and toes. The loss of feeling got progressively worse during the next six months, until I couldn't determine if a tomato was hard or soft, and

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Boston Marathon on my mind



Rob Cavanaugh

OFF & RUNNING

After completing last year's ING New York City Marathon, I checked it off my bucket list and moved on with no desire to run a second one.

After the months of training leading up to my first marathon, I ran a very disappointing 2:51:09 and left New York City with various injuries that sidelined me for months. I began to think that at 36 years old, I had done enough racing and that it might be time to hang up the racing flats and focus primarily on helping kids and adults reach their running goals.

But after watching 36,000 runners from 96 countries take part in the 118th

Boston Marathon last week, I have begun to think about the possibility of running one more marathon.

With an estimated 1 million people lining the course, I could feel the excitement from the runners and fans, even though I was watching the race unfold from my computer back in New Jersey. The Boston Marathon is the world's oldest annual marathon and ranks as one of the world's most prestigious road racing events.

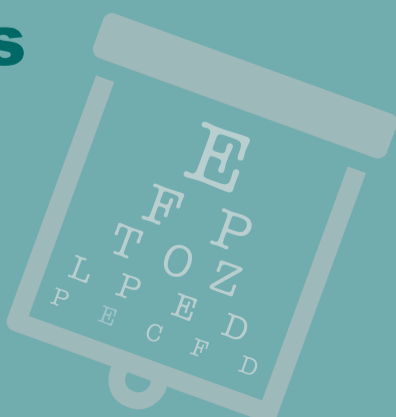
With the names of the bombing victims from last year's Boston Marathon on his race bib, Meb Keflezighi, became the first American to win the 26.2 mile race since 1983 in a personal best 2:08:37. The 38-year old became the oldest man to win the event since 1930, when 40-year old Clarence deMar was at the top male finisher.

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Regular eye exams can detect early symptoms of serious diseases.

Visit our health library at

healthlibrary.barnabashealth.org



Barnabas Health

Life is better healthy.

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- Kimball Medical Center
- Monmouth Medical Center
- The Unterberg Children's Hospital at Monmouth Medical Center
- Barnabas Health Behavioral Health Center

healthy living

BEAUTY

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as bronzer, blush, eye shadow, lipstick and other types of makeup in 2013, the U.S. is the world's biggest market for cosmetics, but their impact is more than just skin deep.

"The skin is the largest organ in the body and absorbs substances into the bloodstream like a sponge," said rheumatologist and integrative medicine specialist Dr. Aly Cohen, a member of the Medical Advisory Board at the CentraState Fitness & Wellness Center in Freehold Township. She also is the author of the upcoming book "The Smart Human's Essential Guide to Living Healthy in a Chemical World."

According to Cohen, there are more than 84,000 chemicals allowable for use in U.S. commerce today, at least 90 percent of them are untested (despite the enactment of the 1938 Food, Drug, and Cosmetic Act and the subsequent Toxic Substance Control Act of 1976), and many are confirmed endocrine system disruptors.

Specifically, "the endocrine system oversees ev-

erything from reproduction, thyroid functioning, learning and development in children, and growth to our response to stress and anxiety, utilization of insulin, and metabolism," Cohen said.

"Consumers may still continue to use cosmetics, but should choose their products wisely and take the opportunity to research their options using any of the range of comprehensive, easy-to-use online resources currently available. It's all about empowerment," she said.

Lezlee Westine is president and CEO of the Washington, D.C.-based Personal Care Products Council, a national trade association representing more than 600 member companies. Representatives of the council did not immediately return a request for comment.

But according to a March 2014 statement by Westine, "Personal care products companies make substantial investments in science, research and technology confirming the safety of our products. In fact, the most recent statistics from 2012 show that there were 381 adverse reactions reported by consumers to the FDA out of the



Noreen Diani, CEO of The Organic Face, with some of her non-toxic, organic make-up. ROBERT WARD/STAFF PHOTOGRAPHER

more than 11 billion products sold in the U.S. A majority of those were due to mild allergic reactions."

Minimizing exposure

"Today, the average woman walks out of the

house with over 12 products on her body — from soap and shampoo to cosmetics and fragrance — and the average man uses over six," Cohen said. "It's the everyday exposure to these products — a lifetime of use — that can eventually catch up with

us or our children, who are even more vulnerable because their skin is thinner and they can be exposed in utero."

She said that consumers need to understand that while the terms "organic" and "natural" are at least somewhat monitored in the food industry, they don't necessarily have any meaning in the cosmetics industry because there is less scrutiny and oversight in labeling.

"If one ingredient is organic, but the rest are synthetic, the product can still be promoted as being organic," she said. "In addition, these chemicals can be found in everything from the cheapest, drug store cosmetics to the highest-end brands, so you can't necessarily trust any of them to have the consumer's health interests at heart. Rather, you have to do your homework, thoroughly investigate their ingredients through a variety of helpful websites, and make an informed decision regarding their use. Small changes can really add up."

Motivated to find a better solution that would preserve her health as well as that of so many

other unsuspecting women and clients, Diani ultimately launched The Organic Face (www.theorganicface.com), her own line of organic, non-GMO cosmetics containing such natural ingredients as aloe, chamomile, jojoba, green tea, honeysuckle, lavender and lemon peel.

"I wanted something that would be calming on my skin; it took me over a year to get my formula just right, but even the most sensitive people can wear this line and we make it for all skin tones," she said of the 200-product line she introduced in 2013. She said her product line, apart from being overseen by a doctor who is a recognized expert in this area, is manufactured by a USDA-certified company that rigorously tests and ensures that the materials used within the products are the most natural formulations with no dyes or chemical preservatives.

Based on their chemical content, "consumers are best to use fewer products, wear them less often, and choose safer options that have been vetted through accredited databases."

HEALTH CALENDAR

ADDITION SERVICES

TOOLS FOR TEENS: 6:30 to 9 p.m. Monday, May 5; Waretown Branch-Ocean County Library, 112 Main St.; this presentation will focus on the effects of heroin on the body, signs that someone is using, and what the legal ramifications are if caught using or dealing; teens, parents, caregivers, educators, professionals, and the general public are welcome to attend; sign up starting at 6 p.m. on the day of the program; free; 609-693-5133; www.theoceancountylibrary.org.

BLOOD DRIVES

BLOOD DRIVE: 8 a.m. to 2 p.m. Saturday, May 3; Marlboro Recreation Center, 1996 Recreation Way; blood donors receive free mini-medical exams on site including information about their temperature, blood pressure and hematocrit level; eligible donors include those people at least age 16 (with parental permission or consent), who weigh a minimum of 110 pounds, are in good health and meet all Food & Drug Administration and NY or NJ State Department of Health donor criteria; people over 75 may donate with a doctor's note; 1-800-933-2566; www.nybloodcenter.org.

HEALTH SCREENINGS

HAND SCREENING: 1 to 6 p.m. Tuesday, April 29; Kessler Rehabilitation Center, 4179 Route 9 North, Howell; free hand screening; Kessler therapists will be performing screenings that will help identify individual problems and will provide a question and answer session; appointment is not necessary; free; 732-905-9100; www.kessler-pt.com.

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SUPPORT GROUPS

RECOVERY INTERNATIONAL: 7:30 to 9 p.m. Wednesday, April 30; Presbyterian Church of Toms River, 1070 Hooper Ave., Toms River; this group offers understanding and support for those who suffer from stress and tension, anxiety, panic, worry, anger, fears, sleep problems, depression, fatigue, feeling of helplessness and other emotional problems; 732-557-5466; www.lowselfhelpsystems.org.

PROGRAMS

ARTHRITIS TAI CHI PROGRAM: 3:30 to 4:15 p.m. Mondays and Fridays, through May 30; Ocean County Parks Administration Office, 1198 Bandon Road, Toms River; no class May 16 and 26; \$30; 732-506-9090; www.oceancountyparks.org.

A SPIRITUAL LOOK AT ORGAN & TISSUE DONATIONS: 1:30 to 3 p.m. Sunday, May 4; The Church of St. Catharine, 108 Middletown Road, Holmdel. Hosted by NJ Sharing Network and St. Catharine Parish Nurses; learn how to save lives and restore health for people in need while offering hope and healing at a time of loss. Topics include how the donation process works and support through end of life decisions; 732-671-3347.

FIFTH ANNUAL PAULETTE STEPS TOWARD CANCER WELLNESS 5K RUN/1 MILE WALK: 9:30 a.m. to 1 p.m. Sunday, May 4; CentraState, Star and Barry Tobias Health Awareness Center, 901 W. Main St.,

Freehold Township. Join CentraState for a day of fun, food and fitness at the Fifth Annual Paulette Steps Toward Cancer Wellness 5K Run/1 Mile Walk. Awards will be given to the top male and female finisher in four age categories as well as top individual and top team fundraisers. All ages are welcome. Proceeds benefit CentraState's colorectal cancer program. \$35 for participants; 732-294-7026; www.centrastatefoundation.org/paulette.

GAMBLERS ANONYMOUS AND GAMANON: 9:30 a.m. to 11:30 p.m. Saturday, May 3; Presbyterian Church of Toms River, 1070 Hooper Ave.; help for those with gambling problems; 1-855-222-5542; www.GA4NJ.com.

MENTAL HEALTH FIRST AID TRAINING: 1 to 5:30 p.m. Mondays, May 5 and 19; Mental Health Association, 226 Route 37 W., Unit 14, Toms River; training program that teaches participants a five-step action plan to assist someone with an emerging mental health crisis or disorder; the curriculum covers the most common mental health problems and teaches participants how to assess a situation, select and implement appropriate interventions, and secure appropriate care for an individual experiencing a mental health problem; must pre-register and attend both sessions; a certificate will be issued to those who successfully complete the training; seating is limited; register by May 2; Ocean County residents; free; 973-986-7375.

RUNNING

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With the demands of work, coaching and wanting to spend more time with my family, I realize that I can't train as much as I would like anymore. But, watching Meb and thousands of other runners race down Boylston Street waving to the fans as they crossed the finish line, I started picturing myself crossing the finish line at the 119th Boston Marathon.

Just maybe, I will be

one of those runners crossing the finish line on April 20, 2015, during the running of the Boston Marathon!

Get fit with your friends

Have you wanted to start running but don't know where to begin? Maybe it's been a couple of years since you have laced up your running shoes? Or maybe you haven't run since middle school gym class?

RTC Training has women's only running

programs beginning in Fair Haven and Spring Lake area in the coming weeks.

Over the course of six weeks, participants will learn proper running fundamentals, including technique, form and nutrition, all while building up to a 5k. The programs are led by RTC Training's nationally certified running coaches. Email rob@rtc-training.com for more information.

Rob Cavanaugh is director of RTC Training.

GRAEDON

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I had no feeling when holding a pencil or opening a bobby pin. The internist and neurologist diligently investigated all obvious and obscure possibilities for my condition, to no avail. I was told I would have to live with it.

Then I read a brief reference linking statins with peripheral neuropathy. With the internist's permission, I discontinued Lipitor to see if it would have any effect. After two weeks, I had dramatic improvement in both fingers and toes; within a few months, I had regained about 90 percent of my lost sensory perception.

Others who have lost feeling in their fingers or toes should ask their doctors to consider whether

a statin may be responsible.

A. When statins were first introduced, doctors were told that they had few, if any, side effects. Research since then has demonstrated that statins can cause peripheral neuropathy, among other problems.

Those who need to lower their cholesterol and cardiac risk but prefer to avoid statins will find many suggestions in our Guide to Cholesterol Control and Heart Health. Anyone who would like a copy, please send \$3 in check or money order with a long (No. 10), stamped (70 cents), self-addressed envelope to: Graedons' People's Pharmacy, No. C-8, P.O. Box 52027, Durham, NC 27717-2027. It also can be downloaded for \$2 from our website: www.peoplespharmacy.com.

Q. I read your column about a person suffering with chronic hives. I had that problem back in the early '80s.

After many tests and a multitude of drugs, I was finally given Tagamet, a then-new histamine 2 blocker. It worked like a charm. After the first Tagamet, my hives disappeared quicker than they had after a shot in the emergency room. I continued with the drug for several months until the hives finally stopped.

A. Most people think of Tagamet (cimetidine) as a heartburn or ulcer drug rather than an antihistamine. It does block histamine, and we are pleased to learn how well it worked for your persistent hives.

Contact the Graedons at www.PeoplesPharmacy.com.

Living with diabetes is complicated

What would you do with FREE time away from some of the daily worries and burden of treating diabetes?

FREEDOM-CVO is a clinical research study investigating an innovative approach to delivering a possible treatment for type 2 diabetes that doesn't require needles or even pills. This study is now enrolling.

You may be able to take part if you:

- have been diagnosed with type 2 diabetes for more than 3 months
- are at least 40 years of age and have been diagnosed with a condition related to your heart or blood vessels, or
- are at least 60 years of age with a risk factor for developing problems with your heart or blood vessels, in addition to your diabetes.

The study of this investigational new drug is expected to last for up to 65 months (5 years and 5 months), and you will receive care from a dedicated team of medical staff. There will be up to 14 visits to the study centre.

Investigational product, examinations, and medical care relating to the study will be provided at no cost to you.

If you would like to help us in our research to develop a diabetes treatment that has the potential to be simpler and more convenient, please contact:

**Shore Health Group
(855) 965-1781**

FREEDOM-CVO

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**BOROUGH OF KEANSBURG
COUNTY OF MONMOUTH**

In accordance with R.S. 40:69A-99 of the Laws of New Jersey and the acts and supplements thereto entitled "AN ACT RELATING TO AND PROVIDING FOR THE GOVERNMENT OF MUNICIPALITIES GOVERNED BY COUNCIL MANAGER PLAN B OF THE OPTIONAL MUNICIPAL CHARTER LAW," the terms of two (2) present members of the Municipal Council of the Borough of Keansburg, in the County of Monmouth, New Jersey will expire at twelve o'clock noon on:

Tuesday, July 1, 2014

And their successors shall be chosen at a Municipal Election to be held in the Borough on:

Tuesday, May 13, 2014

Between the hours of 6:00 a.m. and 8:00 p.m.

The District Boards of Election will sit at the following places:

- District 1** Keansburg Fire Company #1, Manning Place
- District 2** New Point Comfort Fire Company #1, Banquet Hall, 192 Carr Avenue
- District 3** Granville Tower Senior Citizens Building, 1 Church Street
- District 4** Bayshore Senior Day Center, 100 Main Street
- District 5** Keansburg High School, 140 Port Monmouth Road
- District 6** New Point Comfort Fire Company #1, Banquet Hall, 192 Carr Avenue

The following named persons have been placed in Nomination by petitions filed with the Municipal Clerk of the Borough of Keansburg, New Jersey for MEMBER OF BOROUGH COUNCIL and their names shall appear on the ballots at the Municipal Election to be held on:

Tuesday, May 13, 2014

1. Diane Nelson	"Time for a New Direction"
2. Arthur V. Boden	"Experienced Leadership"
3. Jim Cocuzza	

Thomas P. Cusick
Municipal Clerk

AP-5000919864