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Pg. 40

Pg. 10

Pg. 31

Pg. 16

Pg. 21

Pg. 35

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You Know About  
Skin Cancer?**

**Alzheimer's  
Article**

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- Behcet's Disease
- Cryoglobulinemia
- Dermatomyositis
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- Gout and all Crystals
- GCA (temporal arteritis)
- IgA Vasculitis
- Lupus (SLE)
- Polymyalgia Rheumatica

- Polymyositis
- Psoriatic Arthritis
- Relapsing Polychondritis
- Rheumatoid Arthritis

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- Sjogren's Syndrome
- Stills Disease
- Vasculitis

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Dr. Soloway is affiliated with many area hospitals. Currently, he teaches other doctors at local hospitals.

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# Table of Contents

**DIAL 911**  
FOR EMERGENCIES

**FIRE** **POLICE** **EMT**



- **Table of Contents 2** Provider Advertisements and Contact Information
- **Specialty/Category 4-63** Healthcare Providers by Service
- **Evaluation Form 64** How Can We Improve?

ACUPUNCTURE .....	4	PROSTHODONTICS .....	20	HEALTH/MEDICAL .....	29	OXYGEN SUPPORT SERVICES ..	42	SURGERY - COSMETIC &	
ADDICTION - ALCOHOL & DRUG ABUSE TREATMENT .....	4	DEPRESSION .....	20	INTEGRATIVE MEDICINE .....	29	PAIN MANAGEMENT .....	42	PLASTIC .....	58
ADULT DAY HEALTH CARE CENTERS .....	4	DERMATOLOGY .....	20	INTERNAL MEDICINE .....	29	PATHOLOGY .....	44	SURGERY - FACIAL & RECONSTRUCTIVE .....	58
<b>ALLERGY ARTICLE .....</b>	<b>5</b>	DIABETES TREATMENT .....	20	LABORATORIES .....	30	PEDIATRICS .....	44	SURGERY - GENERAL .....	58
AESTHETIC SERVICES .....	6	DIAGNOSTIC CENTERS .....	20	MASSAGE THERAPY .....	30	PEDIATRICS - MEDICAL DAY CARE .....	45	SURGERY - HAND .....	58
ALLERGY & IMMUNOLOGY .....	6	<b>DRUG ARTICLE .....</b>	<b>21</b>	MATERNAL FETAL MEDICINE ..	32	PHARMACIES .....	45	SURGERY - LASER EYE .....	58
ALTERNATIVE MEDICINE .....	6	DIALYSIS CLINICS .....	22	MEDICAL EQUIPMENT & SUPPLIES - DME .....	32	PHYSICAL THERAPY .....	46	SURGERY - NEUROLOGICAL ...	58
ALZHEIMER'S AND DEMENTIA ..	6	EAR, NOSE & THROAT - OTORHINOLARYNGOLOGY ...	22	MEDICAL SOCIETIES .....	32	PILATES .....	48	SURGERY - ORAL & MAXILLOFACIAL .....	59
ALZHEIMERS INFORMATION ...	6	ELECTROLYSIS .....	22	MENTAL HEALTH SERVICES ...	32	PODIATRY .....	48	SURGERY - ORTHOPEDIC .....	59
ANXIETY .....	6	EMERGENCY MEDICINE .....	22	MULTIPLE SCLEROSIS .....	32	PREGNANCY & CHILD BIRTH SUPPORT .....	48	SURGERY -	
ARC OF ATLANTIC COUNTY .....	6	ENDOCRINOLOGY & METABOLISM .....	22	NATUROPATHY .....	32	PRIMARY CARE .....	48	ORTHOPEDIC SPINE .....	59
<b>ANXIETY ARTICLE .....</b>	<b>7</b>	EYE CARE CENTERS .....	23	NEPHROLOGY .....	32	PSYCHIATRISTS .....	52	SURGERY - ROBOTIC .....	59
ARTHRITIS & RHEUMATOLOGY ..	8	FAMILY MEDICINE .....	23	NEUROLOGY .....	33	PSYCHOLOGISTS .....	53	SURGERY - VASCULAR .....	60
ASSISTED LIVING .....	8	FERTILITY & GENETICS .....	24	NURSING HOMES .....	34	PSYCHOTHERAPY .....	53	SURGERY CENTERS .....	60
BEHAVIORAL HEALTH .....	8	FITNESS CENTERS .....	24	NUTRITIONISTS .....	34	PULMONARY DISEASES .....	53	TESTING - STD .....	60
<b>ARTHRITIS ADVERTORIAL .....</b>	<b>9</b>	GASTROENTEROLOGY .....	24	OBSESSIVE COMPULSIVE DISORDER .....	34	RADIOLOGY - DIAGNOSTIC ...	54	TRANSCRANIAL MAGNETIC STIMULATION (TMS) .....	60
<b>ALZHEIMER'S ARTICLE .....</b>	<b>10</b>	GERIATRICS .....	25	OBSTETRICS & GYNECOLOGY ..	34	REHABILITATION CARE .....	54	TRANSPORTATION - MEDICAL..	60
BILLING SERVICES - MEDICAL ..	12	GYNECOLOGY .....	25	<b>MASSAGE THERAPY ARTICLE .</b>	<b>35</b>	RHEUMATOLOGY .....	54	TRICHOLOGY .....	60
CANCER SCREENING .....	12	HEALTH & DIET FOOD PRODUCTS .....	26	OCCUPATIONAL MEDICINE .....	37	SENIOR LIVING COMMUNITIES..	55	UNIFORMS - MEDICAL .....	60
CARDIOLOGY .....	12	HEARING AIDS CENTERS .....	26	OCCUPATIONAL THERAPISTS ..	37	SLEEP DISORDERS TREATMENT CENTERS .....	55	URGENT CARE .....	61
CHIROPRACTIC CARE .....	13	HEMATOLOGY .....	26	ONCOLOGY .....	37	<b>RHEUMATOLOGY ADVERTORIAL .....</b>	<b>56</b>	UROGYNECOLOGY .....	61
CLINICS .....	14	HOME HEALTHCARE .....	26	OPHTHALMOLOGY .....	38	SLEEP MEDICINE .....	57	UROLOGY .....	61
COLON HYDROTHERAPY .....	14	HOSPICE SERVICES .....	27	OPTICAL - EYE CARE CENTERS	38	SOCIAL SERVICES .....	57	VASCULAR CENTERS .....	62
COUNSELING SERVICES .....	14	HOSPITALS .....	27	OPTICAL - EYE CARE CENTERS	38	SPEECH & LANGUAGE PATHOLOGISTS .....	57	VITAMINS & SUPPLEMENTS ...	62
DENTISTRY - CHILDREN'S .....	15	HOUSE CALL PROVIDER .....	27	OPTICAL - EYE CARE CENTERS	38	SPINE CARE .....	57	WEIGHT LOSS .....	62
DENTISTRY - COSMETIC .....	15	HYPERTENSION .....	28	OPTICAL - RETINAL SPECIALIST ..	38	SPORTS MEDICINE .....	57	WEIGHT MANAGEMENT .....	62
DENTISTRY - ENDODONTICS .....	15	INTELLECTUAL & DEVELOPMENTAL DISABILITIES .....	28	OPTICIANS .....	39	SUPPORT ORGANIZATIONS ...	57	WELLNESS SERVICES .....	63
<b>DENTISTRY - ENDODONTICS ARTICLE .....</b>	<b>16</b>	IMAGING SERVICES .....	28	OPTOMETRIC PHYSICIAN .....	39	SURGERY - BARIATRIC .....	57	WHEEL CHAIRS & SCOOTERS ...	63
DENTISTRY - GENERAL PRACTICE .....	18	INFECTIOUS DISEASES .....	28	ORTHODONTICS .....	39	SURGERY - BREAST .....	58	WOMEN'S HEALTH SERVICES ..	63
DENTISTRY - ORTHODONTICS ..	20	INFUSION THERAPY .....	28	ONCOLOGY QUIZ .....	40	SURGERY - CARDIAC .....	58	WOUND CARE .....	63
DENTISTRY - PERIODONTAL ...	20	INSURANCE -		ORTHOPEDICS .....	42	SURGERY - COLON & RECTAL ..	58	YOGA .....	63
DENTISTRY -				ORTHOTICS & PROSTHETICS ...	42				

**NJ HealthSource -**  
Connecting residents with local doctors, dentists and wellness providers since 2007.

Atlantic County comprises of **671.83** square miles and is located in the southeastern part of the state.<sup>1</sup>

*Did you know?*  
In the 2000 census, the median age of Atlantic County residents is 36 years.

This edition features over **1,300** health and wellness providers!

**SURPRISING FACT:**  
The average person has about 100,000 scalp hairs.

Sources:  
[https://en.wikipedia.org/wiki/Atlantic\\_County,\\_New\\_Jersey](https://en.wikipedia.org/wiki/Atlantic_County,_New_Jersey)  
<https://www.health24.com/Lifestyle/Woman/Your-life/30-weird-medical-facts-20120721>



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Atlantic Prevention Resources - Prevention  
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Recovery Centers of America - Lighthouse at Ventnor  
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Race Plays Role in Kids' Food Allergies: Study

Black American children have higher rates of shellfish and fish allergies than white children, a new study finds.

The research confirms the important role that race plays in children's food allergies, the study authors said.

“Food allergy is a common condition in the U.S., and we know from our previous research that there are important differences between African American and white children with food allergy, but there is so much we need to know to be able to help our patients from minority groups,” said study co-author Dr. Mahboobeh Mahdavinia. She is chief of allergy and immunology at Rush University Medical Center in Chicago.

“In this current paper, our goal was to understand whether children from different races are allergic to similar foods, or if there is a difference based on their racial background,” Mahdavinia said in a medical center news release.

The research team studied 664 children, aged 12 and under, who'd been diagnosed with a food allergy. Of those, 36% were Black and 64% were white.

Compared to white kids, Black children were more likely to have shellfish and fin fish allergy, and to have a wheat allergy, the investigators found.

Cockroach exposure can trigger shellfish and fin fish allergy in children, and there are higher levels of cockroach allergens in poorer inner-city neighborhoods where many Black children live, the study authors noted.

The findings support the importance of reducing Black children's exposure to cockroaches, the researchers said.

According to study co-author Susan Fox, an allergy and immunology physician assistant at Rush, “This information can help us care for not only a child's food allergy, but all of their allergic diseases, including asthma, allergic rhinitis [hay fever] and atopic dermatitis [eczema].”

The study also found that Black children with food allergies were more likely to have asthma than white children with food allergies,

and that children with a shellfish allergy were more likely to have more severe asthma.

Asthma accompanies about 70% of deaths from severe allergic reactions [anaphylaxis] to food, the study authors said.

“African American children are at a two- to threefold risk of fatal anaphylaxis compared to white children,” Mahdavinia said. “By knowing this information, it can identify most at-risk patients.”

The report was published in the February issue of the Journal of Allergy and Clinical Immunology: In Practice.

More information: The American Academy of Pediatrics has more on food allergies.

SOURCE: Rush University Medical Center, news release



Adult Day Care Centers - Continued

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Alzheimers Information

Alzheimers Association Atlantic County Branch  
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Northfield, NJ 08225  
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Margate City, NJ 08402  
(609) 822-9093 Fax: (609) 822-9093  
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Anxiety

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Arc of Atlantic County

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# COVID Anxieties Still High for Americans: Poll

Americans’ anxiety and concerns about COVID-19 remain high a year into the pandemic, and mental health effects of the health crisis are on the rise, a new survey shows.

Hispanic (73%) and Black Americans (76%) are more anxious about COVID-19 than white people (59%), according to the American Psychiatric Association (APA) online survey of 1,000 U.S. adults. It was conducted March 26 to April 5.

Among parents, concerns about their children were significant.

“This poll shows that even as vaccines become more widespread, Americans are still worried about the mental state of their children,” said Dr. Jeffrey Geller, president of the APA.

“This is a call to action for policymakers, who need to remember that in our COVID-19 recovery, there’s no health without mental health,” Geller added in an association news release.

In general, people were more worried about family and loved ones catching the coronavirus (64%) than about catching the virus themselves (49%), the survey found. Moreover, concern about family and loved ones being infected rose from 56% last year to 64% now.

While four out of 10 respondents were more anxious than last year, that’s down from just over 60% in 2020. Those more likely to say they’re more

anxious now include young adults (aged 18 to 29) at 49%, and Hispanics at 50%. People aged 65 and older were less likely to say they’re more anxious than last year, the findings showed.

More than 40% said the pandemic has had a serious impact on their mental health, up from 37% in 2020. By age groups, the rates were higher among younger and middle-aged adults than among older adults.

The percentage of respondents who said they’re consuming more alcohol or other substances/drugs than normal rose from 14% last year to 17% this year. Many Americans admitted eating more, with one-third of adults (40% of women) saying they’ve gained weight during the pandemic.

More than half of parents with children younger than 18 said they’re concerned about their children’s mental health. Almost 50% said the pandemic has caused mental health problems for one or more of their children, with 19% reporting major problems.

More than one-quarter of parents sought mental health care for a child because of the pandemic, the survey found. Some turned to primary caregivers, while others reached out to psychiatrists, psychologists, school counselors or social workers.

But more than one in five parents said they’ve had difficulty booking appointments for their child with a mental health professional.

APA CEO and medical director Dr. Saul Levin said, “While most people, including most children, will likely adapt and recover well as we emerge from the pandemic, we know from previous research that for some, the mental health impacts of this trauma and distress will continue to have repercussions into the future. We need to be prepared to help those who need it in the coming months and years.”

The survey also found a slight decrease in the number of people who now say the pandemic is affecting their day-to-day life, compared to a year ago, in terms of sleeping problems, difficulties concentrating and fighting more with loved ones.

In addition, about three-quarters of respondents said they have been or intend to get vaccinated, 22% said they don’t intend to get vaccinated and 2% didn’t know.

Among those who do not intend to be vaccinated, the primary concern is about side effects of the vaccine, followed by believing it is not effective or believing the makers of the vaccine aren’t being honest about what’s in it. A small number cited fear of needles, according to the poll.

More information: The U.S. Centers for Disease Control and Prevention has more on COVID-19 and mental health.



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## Enlarged spaces in the brain that fill with fluid around small blood vessels may be a harbinger of impending dementia, a new Australian study suggests.

Typically, these so-called perivascular spaces help clear waste and toxins from the brain and might be linked with changes in the aging brain, researchers say.

“Dilated perivascular spaces, which are a common MRI finding, especially in the elderly, are not just an incidental finding,” said study author Dr. Matt Paradise, a psychiatrist and research fellow at the Centre for Healthy Brain Ageing at the University of New South Wales in Sydney. “Instead, they should be taken seriously, and assessing their severity may be able to help clinicians and researchers better diagnose dementia and help predict the trajectory of people with cognitive decline.”

Paradise noted, however, that the study does not prove that enlarged perivascular spaces cause thinking and memory problems, only that there is an association.

“Dilated perivascular spaces may be a marker of the disease process, but not necessarily drive it,” he explained. “The underlying

mechanisms for dilated perivascular spaces are complex and need unraveling.”

One neurologist agreed that relationship between these enlarged spaces and dementia is complicated.

“We all have perivascular spaces. They are natural, but they’re usually very small, so small that when we do pictures of the brain, we don’t usually see them,” explained Dr. Glen Finney, a neurologist at the Geisinger Specialty Clinic in Wilkes Barre, Pa. “Some people have a few enlarged ones that are probably just normal.”

“But when we see a large amount of these extra spaces developing, that is when we start to suspect there’s probably something more going on in terms of brain health,” added Finney, who is also a Fellow of the American Academy of Neurology. “This is not something that happens to everybody.”

These spaces can enlarge when brain matter is lost or there is a

build-up of materials that are normally cleared in those spaces, he explained.

“What we know is that we can see them more with age,” he said. “In some cases, we can see them associated with vascular damage in the brain.”

Finney doesn’t think that these enlarged spaces will be a diagnostic tool, and instead, “It’s really going to be a marker of risk. It’s not going to tell you if you have dementia, it’s not going to tell you if you’re going to get it. It’s just going to tell you that you may be at a little higher risk.”

### Looking for connections

For the study, the researchers tested more than 400 people, average age 80. Participants were given tests of thinking and memory skills and assessed for dementia at the beginning of the study and every two years for eight years.

Also, the participants had MRI brain scans to look for enlarged

perivascular spaces in two key areas of the brain at the start of the study and every two years for eight years.

The researchers compared the top 25% of those who had the largest number of enlarged perivascular spaces with those with fewer or no enlarged spaces.

They found that those with the most enlarged perivascular spaces were nearly three times more likely to develop dementia than those with fewer or no enlarged spaces.

In all, 24%, or 97 participants, developed dementia during the study. Of the 31 people with enlarged perivascular spaces in both areas of the brain that the researchers looked at, 39% developed dementia.

The people with severe enlargement of perivascular spaces in both areas of the brain were also more likely to have greater decline four years later on their overall scores of cognition than people with mild or no enlargement of spaces.

The results remain unchanged after the researchers took into account other factors that could affect scores on tests or the development of dementia, such as age, high blood pressure and diabetes.

They also accounted for other signs of disease in the small blood vessels in the brain, which can also be a risk of dementia.

The picture is actually more complex, Paradise said. “There may be differential effects for the two main regions where dilated perivascular spaces were measured, as this effect was not seen in all groups. This might be due to different mechanism of disease in those two areas. But broadly speaking, dilated perivascular spaces are a marker

for disease of the microscopic blood vessels of the brain,” he said.

The risk for dementia was seen at four and six years, but not at eight years, Paradise said. “This may be because, by then, a lot of the group developed dementia and the impact from perivascular spaces is masked by other factors, such as the participants’ age.”

### An aid to diagnosis?

The researchers noted that their findings could be affected by the fact that the cognitive test data was only available over four years and imaging data might have missed some enlarged perivascular spaces.

Perivascular spaces are also just one marker of small vessel disease, Paradise said. “We are investigating how these perivascular spaces relate to the other neuroimaging markers and hope to construct an index which takes into account the contribution of several markers to produce an estimate of the overall burden from disease of the blood vessels in the brain,” he said.

Rebecca Edelmayer, director of scientific engagement at the Alzheimer’s Association, thinks that perivascular space might become a way of diagnosing dementia, but more research is needed before that could happen.

Most people are currently diagnosed with Alzheimer’s and other dementias through cognitive and functional testing, she said.

“We need to continue to develop biomarker tools and technologies, as well as effective treatment strategies in parallel,” Edelmayer said.

Doctors need a toolbox at their fingertips to help in diagnosis because “accurate and early detection is so critical for people

living with dementia and their families,” she said.

“But much more research is needed to truly understand whether looking at perivascular space is going to be a reliable biomarker across diverse populations,” Edelmayer said. “So, I think it’s too early to say that this is something that anyone should ask for in their doctor’s office.”

*More information*

*For more on Alzheimer’s disease, see the Alzheimer’s Association.*



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# COVID BITES: CRACKED TEETH ANOTHER CORONAVIRUS SCOURGE

## Dentists are drilling down on another worrying trend related to the coronavirus: more cracked teeth.

Like sleepless nights and stomach jitters, teeth grinding is a telltale sign of stress. And the habit -- which can damage and break your choppers -- is sending people to dental offices in growing numbers amid the coronavirus pandemic.

"I have been seeing a lot of broken teeth lately -- way more than I normally see," said Dr. Todd Bertman, a dentist in New York City.

"There is definitely an uptick in cases," agreed Avina Paranjpe, a professor of endodontics at the University of Washington School of Dentistry.

How much of an uptick? "Considering the number of cases we have seen at the university and

in practice, I would say about a 30% to 35% increase in cases," Paranjpe said.

Following health guidelines, Bertman and his colleagues closed their facility between March 16 and May 18. "But we did continue to provide tele-dentistry," he said. "We would take emergencies through Zoom. Even at that point I was starting to see many cases of broken teeth. And then when we reopened, there were so many issues related to broken teeth that we really had to prioritize, focusing on handling these sorts of emergencies instead of cleanings."

Bertman and Paranjpe attributed the trend to rising stress levels during the pandemic.

"Stress," said Paranjpe, "is the main reason for the increase in the percentage of cracked teeth." People are dealing with changing

job demands, economic fears, unfulfilled social needs or overarching medical concerns.

And COVID-19 stress is likely a widespread problem, with the U.S. Centers for Disease Control and Prevention warning that pandemic-induced anxiety "can be overwhelming and cause strong emotions in adults and children."

That emotion can have dental consequences, said Bertman. A lot of his patients who now come in with broken teeth also report headaches and jaw pain, he noted. This suggests a rise in anxiety-driven jaw clenching, teeth grinding, muscle spasms and muscle stress.

Posture may be changing due to COVID concerns, and that can affect dental health, too, Bertman said.

"As we all scramble to find or put together a makeshift work station at home, it's likely that many of us end up in chairs that aren't comfortable and sitting in front of desks that aren't configured for good postural positioning," Bertman said.

The resulting bad posture can lead to pain in your jaw joint and in the muscles that control jaw movement.

Teeth grinding is not uncommon. "And don't assume that you'll know if that's what's happening," warned Paranjpe. Until it's diagnosed, "I would say 50% of patients know they grind their teeth, and the other 50% are unaware."

Paranjpe cited some other factors that may contribute to the rise in tooth fractures, including a reluctance to visit dentists during the pandemic and/or the loss of

work-based insurance to cover dental costs.

So what can you do to protect your smile?

Meditation to reduce pervasive stress can be helpful, suggested Bertman. "It brings you into the moment. And that can help you focus more on posture, which is important to be mindful of. Anything you can do -- like stretching or repositioning-- can be helpful."

Night guards are another preventive strategy. "Usually, if we know that a patient is grinding or clenching their teeth, they would be doing this at night, so we recommend a night guard," said Paranjpe.

But Bertman sounded a note of caution: "Don't do orthodontics by yourself."

He noted some people buy mail-order impressions for night guards. If it's not a simple case -- and only a dentist will know that -- they may have a problem. "The wrong fit can rearrange the bite, or cause discomfort, pain and loose teeth, so don't diagnose yourself," he said.

*More information*

*There's more on cracked teeth at the American Association of Endodontists.*



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# 1 in 3 Neighborhoods in Major U.S. Cities Is a ‘Pharmacy Desert’

**One-third of neighborhoods in the 30 largest U.S. cities are “pharmacy deserts,” and this is much more common in Black and Hispanic communities, a new study finds.**

What’s a ‘pharmacy desert’? In general, in a neighborhood where most residents have cars, the study labeled it a pharmacy desert if the average distance to the nearest pharmacy was 1 mile or more. That distance was reduced to 1/2 mile or more in low-income neighborhoods where at least 100 households had no vehicle, the University of Southern California researchers explained.

“Traveling a mile to get your prescription medications may be convenient for people that own a car. Traveling a mile, or even half a mile, may be difficult for people who live in low-income neighborhoods and don’t drive, particularly older adults who rely on walking or public transportation,” study co-author Dima Mazen Qato said in a university news release. Qato is

chair and an associate professor in the School of Pharmacy.

The researchers analyzed 2007-2015 data on census tracts/neighborhoods in cities with populations of 500,000 or more. Census tracts are smaller than ZIP code areas and typically have populations between 1,200 and 8,000 people.

The study found that “one in three neighborhoods throughout these cities were pharmacy deserts, affecting nearly 15 million people,” study co-author Jenny Guadamuz said in the release.

“However, limited access to pharmacies disproportionately impacts racial/ethnic minorities -- 8.3 million Black and Latino residents of these cities live in deserts,” added Guadamuz, a postdoctoral fellow in the School of Pharmacy.

The cities with the worst gaps: Los Angeles, Chicago, Albuquerque, Dallas, Memphis, Boston, Milwaukee, Baltimore and

Philadelphia.

Lack of access to pharmacies may contribute to racial health disparities, according to the authors. The study was published May 3 in the journal Health Affairs.

“We focused on cities because of racial/ethnic residential segregation and the fact that more than 80% of the Black and Latino population in the U.S. live in cities,” said Qato, also a senior fellow at the Center for Health Policy & Economics.

“Our findings suggest that addressing disparities in geographic access to pharmacies -- including pharmacy closures -- is imperative to improving access to essential medications and other health care services in segregated minority neighborhoods,” added Qato.

More information: The Center for American Progress has more on racial/ethnic health disparities.



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Galloway, NJ 08205  
(609) 748-8200 Fax: (609) 745-0799  
Review us on [njhealthsource.com](#)

The Medical Center of Margate  
9501 Ventnor Avenue  
Margate City, NJ 08402  
(609) 823-6161 Fax: (609) 823-3413  
Review us on [njhealthsource.com](#)

Williams Family Medicine, PC  
415 South Chris Gaupp Drive, Suite C-2  
Galloway, NJ 08205  
(609) 652-2033 Fax: (609) 652-3318  
Review us on [njhealthsource.com](#)

Fertility & Genetics / Fertilidad y Genética

South Jersey Fertility Center  
2500 English Creek Avenue, Suite 225  
Egg Harbor Township, NJ 08234  
(609) 813-2192 Fax: (609) 813-2303  
Review us on [njhealthsource.com](#)

Fitness Centers

A place which houses exercise equipment for the purpose of physical exercise.

Milton & Betty Katz Jewish Community Center of Atlantic County  
501 North Jerome Avenue  
Margate City, NJ 08402  
(609) 822-1167 Fax: (609) 822-9419  
Review us on [njhealthsource.com](#)

AtlantiCare LifeCenter  
2500 English Creek Avenue  
AtlantiCare Health Park  
Egg Harbor Township, NJ 08234  
(609) 677-(LIFE) Fax: (609) 677-7280  
Review us on [njhealthsource.com](#)

AtlantiCare LifeCenter Fitness  
2500 English Creek Avenue  
Building 200, Suite 250  
Egg Harbor Township, NJ 08234  
(609) 677-LIFE (5433)  
Review us on [njhealthsource.com](#)

Fitness Mogul  
900 12th Street, Suite A10  
Hammonton, NJ 08037  
(609) 481-2564  
Review us on [njhealthsource.com](#)

Greate Bay Racquet & Fitness  
90 Mays Landing Road  
Somers Point, NJ 08244  
(609) 926-9550 Fax: (609) 926-6393  
Review us on [njhealthsource.com](#)

Hammonton Health & Fitness  
29 South Washington Street  
Hammonton, NJ 08037  
(609) 567-7700 Fax: (609) 567-7726  
Review us on [njhealthsource.com](#)

Hometown Health & Fitness  
5401 Harding Highway  
Mays Landing, NJ 08330  
(609) 625-9355 Fax: (609) 625-1678  
Review us on [njhealthsource.com](#)

Island Gym Fitness Centers  
801 North Tilton Road  
Northfield, NJ 08225  
(609) 485-0002 Fax: (609) 484-8601  
Review us on [njhealthsource.com](#)

Island Gym Fitness Centers  
5010 Wellington Avenue  
Ventnor City, NJ 08406  
(609) 823-3400 Fax: (609) 823-8700  
Review us on [njhealthsource.com](#)

Miracles Fitness of Northfield  
2300 New Road  
Northfield, NJ 08225  
(609) 677-1022 Fax: (609) 383-8340  
Review us on [njhealthsource.com](#)

Retro Fitness  
6825 Tilton Road  
Egg Harbor Township, NJ 08234  
(609) 241-0017 Fax: (609) 241-0029  
Review us on [njhealthsource.com](#)

Snap Fitness  
3 Bethel Road  
Somers Point, NJ 08244  
(609) 328-3379  
Review us on [njhealthsource.com](#)

Somers Point Fitness  
1201 Atkinson Avenue  
Somers Point, NJ 08244  
(609) 653-1284  
Review us on [njhealthsource.com](#)

Star FitClub  
279 New Road  
Somers Point, NJ 08244  
(312) 909-0990  
Review us on [njhealthsource.com](#)

Gastroenterology / Gastroenterología

A gastroenterologist specializes in the diagnosis and treatment of diseases of the stomach, intestines, and related structures such as the esophagus, liver, gallbladder, and pancreas.

Atlantic Gastroenterology Associates, PA  
3205 Fire Road, Suite 4  
Egg Harbor Township, NJ 08234  
(609) 407-1220 Fax: (609) 407-0220  
Review us on [njhealthsource.com](#)

Atlantic Gastroenterology Associates, PA  
72 West Jimmie Leeds Road, Suite 2600  
Pomona, NJ 08240  
(609) 407-1220 Fax: (609) 407-0220  
Review us on [njhealthsource.com](#)

Jersey Shore Gastroenterology  
2500 English Creek Avenue, Building 900, Suite 903  
Egg Harbor Township, NJ 08234  
(609) 645-1880 Fax: (609) 645-1277  
Review us on [njhealthsource.com](#)

Jersey Shore Gastroenterology  
219 North White Horse Pike  
Hammonton, NJ 08037  
(609) 926-3330 Fax: (609) 926-8578  
Review us on [njhealthsource.com](#)

Jersey Shore Gastroenterology  
408 Bethel Road, Suite E  
Somers Point, NJ 08244  
(609) 926-3330 Fax: (609) 926-8578  
Review us on [njhealthsource.com](#)

Maleki, Dordaneh - MD  
2106 New Road, Suite D5  
Linwood, NJ 08221  
(609) 927-3888 Fax: (609) 927-3988  
Review us on [njhealthsource.com](#)

South Jersey Gastroenterology  
111 Vine Street  
Hammonton, NJ 08037  
(609) 561-3080 Fax: (609) 567-0934  
Review us on [njhealthsource.com](#)

South Jersey Pediatric Gastroenterology, LLC  
5429 Harding Highway, Suite 302  
Mays Landing, NJ 08330  
(609) 625-8688 Fax: (609) 625-4162  
Review us on [njhealthsource.com](#)

BE WELL WOMEN'S HEALTH Comprehensive Gynecology

611 New Road  
Northfield, NJ 08225

Be Well Women's Health is a Comprehensive Gynecology Practice

A FEW OF OUR TREATMENTS AND SERVICES:

- Abnormal Bleeding
- Fibroids
- Endometriosis,
- Ovarian and other Pelvic Masses
- Osteoporosis
- Vaginal and Urinary Disorders
- Polycystic Ovarian Disease
- Menopausal Symptoms
- Family Planning
- Routine Gynecologic Care
- Offers Evening Appointments

FEATURING:

MonaLisa Touch™ THE ONLY MONALISA TOUCH™ PROVIDER IN ATLANTIC & CAPE MAY COUNTIES!



**DR. ADEBOLA NNEWIHE, MD. FACOG** Dr. Nnewihe has been practicing medicine in the region for 17+ years. She is Board Certified by the American Board of Obstetrics and Gynecology, a Fellow of the American College of Obstetrics and Gynecologists, and a member of the American Medical Association.

She is an alumni of Case Western Reserve University School of Medicine, in Ohio and Thomas Jefferson University Hospital in Philadelphia, Pennsylvania. Whether you need surgical, medical, or sound alternative options, Be Well Women's Health can help.



**JENNIFER HAWKINS, MS, PA-C** Jennifer Hawkins is a board certified Physician Assistant (PA) who has been practicing in Southern New Jersey for 15+ years. She graduated from Northeastern University in Boston, MA and completed her clinical Obstetrics and Gynecology rotations at Massachusetts General, Dana Farber and Brigham and Women's Hospitals.

info@bewellgyn.com | (609) 383-4042 | bewellgyn.com

Virtua Gastroenterology  
1201 New Road, Suite 150C  
Linwood, NJ 08221  
(609) 927-3200 Fax: (609) 927-9159  
Review us on [njhealthsource.com](#)

Geriatrics / Geriatría

The branch of medicine devoted to the elderly.

South Jersey Geriatric Care, PC  
PO Box 25  
Somers Point, NJ 08244  
(856) 429-3494 Fax: (856) 229-7683  
Review us on [njhealthsource.com](#)

Gynecology

Branch of medicine dealing with diseases of the female reproductive system (uterus, vagina and ovaries). See also Obstetrics and Gynecology.

**SOUTHERN JERSEY FAMILY MEDICAL CENTERS**  
**Augusta Professional Building**  
**860 South White Horse Pike**  
**Hammonton, NJ 08037**  
**(800) 486-0131**  
[👁 See Our Ad Page 33](#)

**SOUTHERN JERSEY FAMILY MEDICAL CENTERS**  
**Merle Pavilion**  
**932 South Main Street**  
**Pleasantville, NJ 08232**  
**(800) 486-0131**  
[👁 See Our Ad Page 33](#)

**SOUTHERN JERSEY FAMILY MEDICAL CENTERS**  
**3003 English Creek Avenue**  
**Egg Harbor Township, NJ 08234**  
**(800) 486-0131**  
[👁 See Our Ad Page 33](#)

**SOUTHERN JERSEY FAMILY MEDICAL CENTERS**  
**1301 Atlantic Avenue**  
**Atlantic City, NJ 08401**  
**(800) 486-0131**  
[👁 See Our Ad Page 33](#)

**SOUTHERN JERSEY FAMILY MEDICAL CENTERS**  
**Women and Children's Health Pavilion**  
**1125 Atlantic Avenue**  
**Atlantic City, NJ 08401**  
**(800) 486-0131**  
[👁 See Our Ad Page 33](#)

**BE WELL WOMEN'S HEALTH**  
**Nnewihe, Adebola - MD, FACOG**  
**611 New Road**  
**Northfield, NJ 08225**  
**(609) 383-4024 Fax: (715) 804-5095**  
[👁 See Our Ad Page 25](#)

**ADVANCED CARE OBGYN**  
**Carfagno, Salvatore A. - DO, FACOOG**  
**707 White Horse Pike, Suite D-4**  
**Absecon, NJ 08201**  
**(609) 272-0506 Fax: (609) 272-0607**  
[👁 See Our Ad Page 37](#)

**ADVANCED CARE OBGYN**  
**Carfagno, Salvatore A. - DO, FACOOG**  
**2106 New Road, Suite D10**  
**Linwood, NJ 08221**  
**(609) 272-0506 Fax: (609) 272-0607**  
[👁 See Our Ad Page 37](#)

AtlantiCare Physician Group Pavilion OB/GYN  
2500 English Creek Avenue  
Building 200, Suite 214  
Egg Harbor Township, NJ 08234  
(609) 677-7211 Fax: (609) 677-7210  
Review us on [njhealthsource.com](#)



Gynecology - Continued

AtlantiCare Physician Group Pavilion OB/GYN  
219 North White Horse Pike, Suite 104  
Hammonton, NJ 08037  
(609) 677-7211 Fax: (609) 677-7210  
Review us on [njhealthsource.com](#)

AtlantiCare Physician Group Pavilion OB/GYN  
443 Shore Road, Suite 101  
Somers Point, NJ 08244  
(609) 569-7830 Fax: (609) 569-7838  
Review us on [njhealthsource.com](#)

Medical Weight Loss Center  
303 Central Avenue, Suite 2  
Egg Harbor Township, NJ 08234  
(609) 601-2800 Fax: (609) 601-2282  
Review us on [njhealthsource.com](#)

The Place for Women  
6601 Ventnor Avenue, Suite 302  
Ventnor City, NJ 08406  
(609) 246-7229 Fax: (609) 317-4899  
Review us on [njhealthsource.com](#)

H

Health & Diet Food Products /  
Salud y Productos Alimenticios

Aunt Debbie's Health Food Store  
816 North Main Road  
Pleasantville, NJ 08232  
(609) 645-9355  
Review us on [njhealthsource.com](#)

Bonterra Market  
3112 Fire Road  
Egg Harbor Township, NJ 08234  
(609) 484-1550 Fax: (609) 484-3525  
Review us on [njhealthsource.com](#)

Essential Elements  
1332 Tilton Road  
Northfield, NJ 08225  
(609) 383-1107 Fax: (609) 383-8453  
Review us on [njhealthsource.com](#)

Honey Tree Natural Health Store  
331 Tilton Road, Suite 26  
Northfield, NJ 08225  
(609) 641-6524  
Review us on [njhealthsource.com](#)

Pamela's Health and Harmony  
8508 Ventnor Avenue  
Margate City, NJ 08402  
(609) 822-8828  
Review us on [njhealthsource.com](#)

Rock Bottom Supplements  
801 Tilton Road, Suite 3  
Northfield, NJ 08225  
(609) 383-9200 Fax: (609) 383-9202  
Review us on [njhealthsource.com](#)

The Health Tree  
240 South White Horse Pike, Unit C-7  
Hammonton, NJ 08037  
(609) 561-8316 Fax: (609) 561-4378  
Review us on [njhealthsource.com](#)

Hearing Aids Centers / Centros de Audifonos

Providers that sell hearing aids and products related to hearing aids and their maintenance.

Audibel Hearing Care Centers  
29 South New York Road, Suite 1100  
Galloway, NJ 08205  
(609) 404-1550 Fax: (609) 377-5108  
Review us on [njhealthsource.com](#)

Bacharach Hearing Center and Betsy-Ann Rogge  
Pediatric Hearing Center  
436 Chris Gaupp Drive, Suite 103  
Galloway, NJ 08205  
(609) 748-5370  
Review us on [njhealthsource.com](#)

Better Hearing, Inc.  
637 Tilton Road  
Northfield, NJ 08225  
(609) 645-3055 Fax: (609) 645-1692  
Review us on [njhealthsource.com](#)

Harmony Hearing Aid Center, LLC  
505 Hamilton Avenue, Suite 106  
Linwood, NJ 08221  
(609) 788-8925  
Review us on [njhealthsource.com](#)

Hearing Life  
450 Tilton Road, Suite 110  
Northfield, NJ 08225  
(609) 641-1963 Fax: (609) 641-8211  
Review us on [njhealthsource.com](#)

Miracle-Ear Hearing Center  
3003 English Creek Avenue, Suite E4  
Egg Harbor Township, NJ 08234  
(609) 646-2210 Fax: (609) 646-7266  
Review us on [njhealthsource.com](#)

Scott Wilson Hearing Aids  
650 South White Horse Pike, Suite B  
Hammonton, NJ 08037  
(609) 481-2932  
Review us on [njhealthsource.com](#)

Hematology



**NAZHA CANCER CENTER**  
**Nazha, Naim T. - MD**  
**Stoyko, Zoryana - MD**  
**Wang, Le - MD, PhD**  
**Dalzell, James G. - MD**  
**411 New Road**  
**Northfield, NJ 08225**  
**(609) 383-0033 Fax: (609) 383-0064**  
[👁 See Our Ad Page 36](#)

Home Healthcare / Salud en el Hogar

A wide range of health care services that can be given in your home for an illness or injury.

A Better Home Care, LLC  
6712 West Washington Avenue, Suite 202  
Egg Harbor Township, NJ 08234  
(609) 568-6345 Fax: (888) 358-1521  
Review us on [njhealthsource.com](#)

Apria Healthcare  
118 Burrs Road, Suite C  
Westampton, NJ 08060  
(609) 265-2190  
Review us on [njhealthsource.com](#)

AtlantiCare At Home Partners  
6550 Delilah Road  
Egg Harbor Township, NJ 08234  
(609) 407-2000  
Review us on [njhealthsource.com](#)

AtlantiCare HomeCare  
6550 Delilah Road, Suite 304  
Egg Harbor Township, NJ 08234  
(609) 484-7300 Fax: (609) 407-5376  
Review us on [njhealthsource.com](#)

AtlantiCare Lifeline  
6550 Delilah Road  
Egg Harbor Township, NJ 08234  
(609) 407-2000  
Review us on [njhealthsource.com](#)

BAYADA Home Health Care - Adult Nursing Services  
305 Central Avenue, Suite A-B  
Egg Harbor Township, NJ 08234  
(609) 926-4600 Fax: (609) 926-0051  
Review us on [njhealthsource.com](#)

BAYADA Home Health Care - Adult Services  
305 Central Ave, Suite A-B  
Egg Harbor Township, NJ 08234  
(609) 926-4600 Fax: (609) 926-0051  
Review us on [njhealthsource.com](#)

BAYADA Home Health Care - Medicare Visit Services  
3069 English Creek Avenue, Suite 221, 2nd Floor  
Egg Harbor Township, NJ 08234  
(609) 272-1200 Fax: (609) 272-9900  
Review us on [njhealthsource.com](#)

BAYADA Pediatrics  
303 Central Avenue, Unit 1  
Egg Harbor Township, NJ 08234  
(609) 601-2200 Fax: (609) 601-9009  
Review us on [njhealthsource.com](#)

Comfort Keepers  
160 South Pitney Road, Suite 1  
Galloway, NJ 08205  
(609) 277-7855 Fax: (609) 277-7854  
Review us on [njhealthsource.com](#)

Holy Redeemer Home Care  
6550 Delilah Road, Suite 501  
Egg Harbor Township, NJ 08234  
(888) 678-8678 Fax: (866) 449-0329  
Review us on [njhealthsource.com](#)

Home Instead  
112 Woodland Ave, Suite 201  
Somers Point, NJ 08244  
(609) 927-0203 Fax: (609) 927-0217  
Review us on [njhealthsource.com](#)

Medilink rx care  
44 South White Horse Pike  
Hammonton, NJ 08037  
(609) 956-1900 Fax: (609) 521-400  
Review us on [njhealthsource.com](#)

Option Care  
215 Shore Road  
Somers Point, NJ 08244  
(609) 926-6577 Fax: (609) 926-6588  
Review us on [njhealthsource.com](#)

Preferred Home Care Agency Inc.  
2300 New Road, Suite 100  
Northfield, NJ 08225  
(609) 822-8480 Fax: (609) 822-8481  
Review us on [njhealthsource.com](#)

Preferred Home Health Care & Nursing Services  
323 East Jimmie Leeds Road, Building 700, Suite 722  
Galloway, NJ 08205  
(609) 404-7814 Fax: (609) 748-0365  
Review us on [njhealthsource.com](#)

Right At Home  
222 New Road, Suite 108  
Linwood, NJ 08221  
(609) 788-8236 Fax: (609) 788-8254  
Review us on [njhealthsource.com](#)

Senior Helpers  
2021 New Road, Suite 3  
Linwood, NJ 08221  
(609) 927-5001 Fax: (609) 927-0011  
Review us on [njhealthsource.com](#)

Star Pediatric Home Care Agency  
6712 Washington Avenue, Suite 210  
Egg Harbor Township, NJ 08234  
(609) 415-2669 Fax: (609) 415-2681  
Review us on [njhealthsource.com](#)

Touching Hearts at Home  
450 Tilton Road , Suite 201  
Northfield, NJ 08225  
(609) 241-0899 Fax: (609) 241-0735  
Review us on [njhealthsource.com](#)

Visiting Angels Living Assistance Services  
3153 Fire Road, Unit B  
Egg Harbor Township, NJ 08234  
(609) 641-7200 Fax: (609) 641-7110  
Review us on [njhealthsource.com](#)

Wright Choice for Home Health Care  
2106 New Road, Suite F-7  
Linwood, NJ 08221  
(609) 927-5500 Fax: (609) 927-8189  
Review us on [njhealthsource.com](#)

Hospice Services / Servicios de Hospicio

Hospice care is any form of medical care or treatment that concentrates on reducing the severity of the symptoms of a disease or slows its progress rather than providing a cure. It aims at improving quality of life, and particularly at reducing or eliminating pain.

Angelic Hospice  
802 Tilton Road, Suite 100  
Northfield, NJ 08225  
(609) 822-7979 Fax: (609) 822-7980  
Review us on [njhealthsource.com](#)

AtlantiCare Hospice & Palliative Care  
6550 Delilah Road, Suite 210  
Egg Harbor Township, NJ 08234  
(609) 407-2020 Fax: (609) 407-2021  
Review us on [njhealthsource.com](#)

BAYADA Hospice  
1801 Zion Road, Suite 2  
Northfield, NJ 08225  
(609) 813-2149 Fax: (609) 813-2197  
Review us on [njhealthsource.com](#)

Heartland Hospice Services  
2111 New Road, Suite 100  
Northfield, NJ 08225  
(609) 641-4675 Fax: (609) 569-0439  
Review us on [njhealthsource.com](#)

Hospitals / Hospitales

An institution providing medical and surgical treatment and nursing care for sick or injured people.



**SHORE MEDICAL CENTER**  
**100 Medical Drive Way**  
**Somers Point, NJ 08244**  
**(609) 653-3500**  
[👁 See Our Ad Front Cover](#)

Ancora Psychiatric Hospital  
301 Spring Garden Road  
Hammonton, NJ 08037  
(609) 561-1700 Fax: (609) 567-7294  
Review us on [njhealthsource.com](#)

AtlantiCare Regional Medical Center - Atlantic City Campus  
1925 Pacific Avenue  
Atlantic City, NJ 08401  
(609) 345-4000  
Review us on [njhealthsource.com](#)

AtlantiCare Regional Medical Center - Hammonton Campus  
Emergency Department - Open 24/7  
Emergency Care, Lab, Radiology  
219 North White Horse Pike  
Hammonton, NJ 08037  
(609) 561-1589  
Review us on [njhealthsource.com](#)

AtlantiCare Regional Medical Center - Mainland Campus  
65 West Jimmie Leeds Road  
Pomona, NJ 08240  
(609) 652-1000  
Review us on [njhealthsource.com](#)

Children's Specialized Hospital  
6106 Black Horse Pike  
Egg Harbor Township, NJ 08234  
(888) 244-5373 Fax: (609) 645-7785  
Review us on [njhealthsource.com](#)

Shore Medical Center Foundation  
1 East New York Avenue  
Somers Point, NJ 08244  
(609) 653-3250  
Review us on [njhealthsource.com](#)

House Call Provider



**RELIANCE MEDICAL GROUP - HOUSE CALLS, MEMBER OF VILLAGE MEDICAL**  
**c/o 400 West Black Horse Pike**  
**Pleasantville, NJ 08232**  
**(609) 641-1118 Fax: (609) 383-9370**  
[👁 See Our Ad Back Cover & Page 49](#)



Hypertension

**SMC PHYSICIANS**  
*Kohli, Jatinder - MD, FASN*  
*Shahateet, Omar - MD, CNSC*  
*Naber, Tamim - MD, CNSC*  
*Shah, Chetan - DO*  
*Stein, Harold - MD, FASN, FACP*  
*Villarosa, Pauleen - MSN, FNP*  
6725 Ventnor Avenue, Suite C  
Ventnor, NJ 08406  
(609) 350-6780

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**SMC PHYSICIANS**  
*Kohli, Jatinder - MD, FASN*  
*Shahateet, Omar - MD, CNSC*  
*Naber, Tamim - MD, CNSC*  
*Shah, Chetan - DO*  
*Stein, Harold - MD, FASN, FACP*  
*Villarosa, Pauleen - MSN, FNP*  
415 Chris Gaupp Drive, Suite D  
Galloway, NJ 08205  
(609) 350-6780

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**SMC PHYSICIANS**  
*Kohli, Jatinder - MD, FASN*  
*Shahateet, Omar - MD, CNSC*  
*Naber, Tamim - MD, CNSC*  
*Shah, Chetan - DO*  
*Stein, Harold - MD, FASN, FACP*  
*Villarosa, Pauleen - MSN, FNP*  
1201 New Road, Suite 171  
Linwood, NJ 08221  
(609) 350-6780

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**SMC PHYSICIANS**  
*Kohli, Jatinder - MD, FASN*  
*Shahateet, Omar - MD, CNSC*  
*Naber, Tamim - MD, CNSC*  
*Shah, Chetan - DO*  
*Stein, Harold - MD, FASN, FACP*  
*Villarosa, Pauleen - MSN, FNP*  
235 East Jimmie Leeds Road  
Galloway, NJ 08205  
(609) 350-6780

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Hypnosis

*A sleep-like state induced by the suggestions of a hypnotist.*

Lodato Hypnosis Clinic  
4127 Atlantic Avenue  
Atlantic City, NJ 08401  
(609) 344-5315  
Review us on [njhealthsource.com](#)

The Higher Self Hypnosis Center  
603 Lazy Lane  
Absecon, NJ 08201  
(609) 601-9001  
Review us on [njhealthsource.com](#)

Intellectual & Developmental Disabilities

**THE ARC OF ATLANTIC COUNTY**  
6550 Delilah Road, Suite 101  
Egg Harbor Township, NJ 08234  
(609) 485-0800  
[www.thearcatlantic.org](#)  
👁️ [See Our Ad Page 6](#)

Imaging Services / Servicios de Imaging

Advanced Shore Imaging  
2605 Shore Road, Suite 101  
Northfield, NJ 08225  
(609) 380-4175 Fax: (609) 382-5519  
Review us on [njhealthsource.com](#)

AIMS Diagnostic  
434 New Jersey Avenue  
Absecon, NJ 08201  
(609) 383-0500 Fax: (866) 803-6315  
Review us on [njhealthsource.com](#)

Atlantic Medical Imaging  
1226 Tilton Road  
Northfield, NJ 08225  
(609) 383-2400 Fax: (609) 383-2407  
Review us on [njhealthsource.com](#)

Atlantic Medical Imaging - AMI  
6529 Black Horse Pike  
Egg Harbor Township, NJ 08234  
(609) 677-9729  
Review us on [njhealthsource.com](#)

Atlantic Medical Imaging - AMI  
44 East Jimmie Leeds Road, Parkwood  
Professional Park, Suite 101  
Galloway, NJ 08205  
(609) 677-9729  
Review us on [njhealthsource.com](#)

Atlantic Medical Imaging - AMI  
30 East Maryland Avenue  
Somers Point, NJ 08244  
(609) 677-XRAY (9729)  
Review us on [njhealthsource.com](#)

AtlantiCare Imaging Services  
2500 English Creek Avenue, Building 400,  
(AtlantiCare Cancer Care Institute)  
Egg Harbor City, NJ 08215  
(609) 383-2800  
Review us on [njhealthsource.com](#)

AtlantiCare Imaging Services  
65 Jimmie Leeds Road  
Pomona, NJ 08240  
(609) 383-2800  
Review us on [njhealthsource.com](#)

AtlantiCare Imaging ServicesAtlantiCare  
Regional Medical Center, City Campus  
1925 Pacific Avenue  
Atlantic City, NJ 08401  
(609) 383-2800  
Review us on [njhealthsource.com](#)

Bellyssimo Prenatal Imaging & Wellness Center  
4403 Black Horse Pike, Front JC Penny Mall  
Entrance  
Mays Landing, NJ 08330  
(609) 910-2105  
Review us on [njhealthsource.com](#)

STAT MRI - Linwood  
1801 New Road, Suite A  
Linwood, NJ 08221  
(609) 231-2299 Fax: (866) 803-6315  
Review us on [njhealthsource.com](#)

Infectious Diseases / Enfermedades infecciosas

*A disease that can be spread from one person to another.*

Access One, Inc.  
730 Shore Road  
Somers Point, NJ 08244  
(609) 927-6662 Fax: (609) 927-2942  
Review us on [njhealthsource.com](#)

AtlantiCare Infectious Disease Associates  
1401 Atlantic Avenue, Atlanticare Healthplex  
Atlantic City, NJ 08401  
(609) 441-2104 Fax: (609) 441-2140  
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# High Blood Pressure While Pregnant Linked To Poorer Memory Years Later

High blood pressure and pre-eclampsia during pregnancy may follow women through the years, causing lower scores on tests of memory and thinking skills, a Dutch study suggests.

The study of nearly 600 pregnant women included 481 with normal blood pressure and 115 who developed high blood pressure during their pregnancies.

Of those 115 women, 70% had gestational hypertension, which is high blood pressure that starts after 20 weeks of pregnancy in women who previously had normal readings. The other 30% had pre-eclampsia, a pregnancy complication marked by high blood pressure and elevated protein levels in the urine that develop after 20 weeks of pregnancy.

“Women with high blood pressure that starts in pregnancy, as well as women with pre-eclampsia, should be monitored closely after their pregnancy, and they and their physicians should consider lifestyle changes and other treatments that may help reduce their risk of decline in their thinking and memory skills later in life,” said study author Dr. Maria Adank. She is with the department of obstetrics

and gynecology at Erasmus University Medical Center in Rotterdam, the Netherlands.

Adank’s team tested the study participants after 15 years, asking them to recall a list of 15 words, first right away and then again after 20 minutes.

On the immediate recall test, which was given three times, women who had no high blood pressure problems 15 years earlier scored an average 28 points out of a possible 45. The women who had high blood pressure during pregnancy posted an average score of 25.

After adjusting for other factors that could affect thinking skills, such as a woman’s weight before pregnancy, her education and ethnicity, the researchers found that women who had high blood pressure during pregnancy performed worse on the immediate and delayed recall task.

The investigators found no differences between the two groups on tests of fine motor skills, verbal fluency, processing speed and visual-spatial ability.

The women were not given memory or thinking tests before or

during their pregnancies, the authors noted in the report published online Dec. 30 in the journal *Neurology*.

Adank said the study does not show a cause-and-effect relationship between high blood pressure and test scores, only an association.

“It’s important to consider gestational hypertension and pre-eclampsia as risk factors for cognitive impairment that are specific to women,” Adank said in a news release from the American Academy of Neurology. “Many women may think of this as a temporary issue during pregnancy and not realize that it could potentially have long-lasting effects.”

More study is needed to learn whether early treatment can prevent thinking and memory problems in women with a history of high blood pressure in pregnancy, she added.

*More information*

*The U.S. Centers for Disease Control and Prevention has more on high blood pressure during pregnancy.*



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*Naber, Tamim - MD, CNSC*  
*Shah, Chetan - DO*  
*Stein, Harold - MD, FASN, FACP*  
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Obstetrics & Gynecology / Obstetricia y Ginecología

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BACK PAIN AND MASSAGE

**Marina Alyea, a certified massage therapist in San Francisco, is familiar with the ravages of back pain. She has worked on people's backs, she said, that were so tight and inflexible that they felt armored. "Often people don't realize how much tension they feel until they're touched," she says.**

The most typical problem areas are the upper back, neck and shoulders, followed by the lower back -- aches that are generally brought on as a result of job-related stress and a sedentary lifestyle, explains Alyea. In the effort to be more active, her clients often become weekend sports fanatics "and injure themselves because they're so tight from work," she says.

Emotions can also take their toll on a person's back. "I had one client who was talking about the possibility of going to war, and while I was massaging her, she came out with her great worry that her son might be drafted," Alyea says. After confiding her fears, Alyea says, the client breathed more deeply and her shoulders finally relaxed.

What's gratifying, she says, is seeing someone's body loosen up. "Clients start having more color in the body," Alyea says. "The tone of the tissue itself changes because massage increases circulation."

Could massage help my aching back?

Scientists have recently done studies suggesting that it might. A study in the Archives of Internal Medicine showed that massage substantially relieved lower back pain over the long term for people who suffered moderately severe chronic pain. After an hour of massage once a week for 10 weeks, participants in the study found their pain levels had dropped dramatically -- by nearly 50 percent. With the reduction of pain, participants also improved their ability to carry out daily tasks by about 50 percent. A 2008 review of 13 studies found that massage may be beneficial for low back pain, especially when combined with exercises and education.

How could massage help relieve back pain?

There are many theories as to how massage works. The use of therapeutic massage dates back thousands of years to ancient cultures in China, India, and Japan when practitioners used forms of massage to promote well-being. However, it's only recently that Western scientists have done research suggesting that massage can ease lower back pain. According to one study, massage induces mental and physical relaxation and increases the level of pain you can tolerate by releasing endorphins, the body's natural painkillers.

What kinds of massage should I consider?

Most massage therapists practice different types of massage, including Swedish and shiatsu. In Swedish massage, the therapist kneads or rubs your body, often using broad sweeping strokes to relax muscles and promote circulation. In shiatsu, practitioners apply pressure to certain "trigger points" in the body to relieve pain.

Before getting massage therapy, ask your doctor if there's any reason you should not have a massage. As with any bodywork, don't be reluctant to tell your therapist if she's exerting too much or too little pressure, if the pressure feels too painful, or if there are any areas she should avoid. Also, discuss any conditions you have with your massage therapist, who can recommend the best types of massage for you.

"As far as I'm concerned, massage therapy is going to be fine no matter what the situation is. The chance of doing any harm is negligible," says Dr. Frank Eismont, professor and vice chairperson of the Department of Orthopedics at the University of Miami Medical Center.

What should I expect if I see a massage therapist?

It really depends on the level of skill and experience of the therapist, explains Alyea, who encourages people to ask about training. Let the therapist know what you'd like to get out of the session, and how long you'd like it to last. Massages generally last from 30 to 90 minutes, and the rate should be established in advance. Make sure you tell the therapist about any condition you might have that she should be aware of, and let her know which areas need the most attention.

Will one session be enough?

It all depends on the individual. Severe back pain could require several sessions. Nagging back pain from bad posture is among the easiest to remedy, according to massage therapists. "I try to help clients readjust how they sit and help them relax their muscles, and they often feel a lot better," Alyea says. "Other people I advise to get up from their desk and move around [during the day]."

How much of an impact will the massage have on my pain?

Again, it depends on how much pain you're in and what's causing it. For people who suffer from chronic lower back pain, the beneficial effects may last longer than you might think. The Archives of Internal Medicine study reported that a year after the 78 people suffering from lower back pain received 10 weeks of massage, they still felt much better than they did before their initial massage. A year after they finished their last session, in fact, the intensity of their symptoms and degree of disability was still about 50 percent less than before they ever had a massage, according to the study.

Further Resources: To find a massage therapist, start by searching the NJHealthSource.com database.





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Skin cancer is the most common form of cancer in the United States. In fact, the disease can affect people of any ethnic background, and it strikes 40 to 50 percent of all people who live to age 65. Fortunately, a little knowledge can give you excellent protection. Take this quiz to find out how much you know about skin cancer.

1. Which of these factors means you’re more likely to get skin cancer?

- a. Fair skin
- b. Having a relative with skin cancer
- c. Numerous moles
- d. All of the above

2. What does the most dangerous type of skin cancer usually look like?

- a. A large irregular mole
- b. A rough scaly patch
- c. A small pearly lump
- d. A large red bump

3. It’s safe to tan as long as you don’t burn. True or false?

- True
- False

4. Skin cancer is easily curable in its early stages. True or false?

- True
- False

5. Skin cancer only shows up on parts of the body that are exposed to the sun. True or false?

- True
- False

6. Thanks to the wide use of sunscreen, melanoma is much less common than it used to be. True or false?

- True
- False

7. Skin cancer is usually painless. True or false?

- True
- False

1. Which of these factors means you’re more likely to get skin cancer?

The correct answer is: d. All of the above

All of these conditions can increase your risk of skin cancer. You’re also more likely to develop the disease if you live in a hot, sunny place, if you had frequent sunburns as a child, or if you’ve had skin cancer before.

2. What does the most dangerous type of skin cancer usually look like?

The correct answer is: a. A large, irregular mole

Any of these may be a sign of skin cancer, but only the abnormal mole could signal melanoma, the type of skin cancer that’s most likely to grow and spread. If you have an odd-looking mole, give it the ABCDE test: Most melanomas are Asymmetrical, have irregular Borders, are uneven in Color, and have a Diameter larger than that of a pencil eraser, and have a shape that is Evolving. If the mole fits this description, see a dermatologist right away.

3. It’s safe to tan as long as you don’t burn. True or false?

The correct answer is: False

Sunburn is undoubtedly one of the biggest causes of skin cancer, but a tan is far from harmless. Every time your skin turns a shade darker, skin cells get damaged by the sun’s ultraviolet rays. After many years, that damage can add up to cancer. And by the way, tanning at a salon isn’t any safer than doing it the old-fashioned way.

4. Skin cancer is easily curable in its early stages. True or false?

The correct answer is: True

Experts say the cure rate for skin cancer would be close to 100 percent if every person with the disease sought medical care quickly. That’s why it’s so important to know the signs of skin cancer and be vigilant. Give yourself a regular skin self-exam in front of a full-length mirror, and use a handheld mirror to check hard-to-see places.

5. Skin cancer only shows up on parts of the body that are exposed to the sun. True or false?

The correct answer is: False

Most often, skin cancer shows up on the face, arms, neck, and other places that get plenty of sun, but the disease can strike anywhere. When giving yourself a skin self-exam, don’t forget to check regions like the skin between your buttocks or around your genitals.

6. Thanks to the wide use of sunscreen, melanoma is much less common than it used to be. True or false?

The correct answer is: False

Wearing sunscreen is extremely important, but it won’t entirely protect you if you’re overexposed to sunlight. People are living longer and getting more sun than they used to, and that adds up to more cases of melanoma. Compared with someone born in 1930, a person born in 1999 has a 1,900 percent greater chance of developing the disease. Your best bet for enjoying the outdoors is to not only use sunscreen, but cover up with a hat, long-sleeved shirt, and pants -- and avoid direct sunlight between the hours of 10 and 3.

7. Skin cancer is usually painless. True or false?

The correct answer is: True

If you wait for that odd-looking patch of skin to start hurting before you see a doctor, you may be waiting until it’s too late.

References:

National Cancer Institute. What You Need to Know About Skin Cancer  
Centers for Disease Control. Skin Cancer: Preventing America’s Most Common Cancer.  
American Cancer Society. Overview: Skin Cancer--Melanoma.  
Skin Cancer Foundation. About Melanoma.  
Mayo Clinic. Skin Cancer.  
American Cancer Society. Skin Cancer Facts.  
American Cancer Society. How Many People Get Melanoma Skin Cancer?



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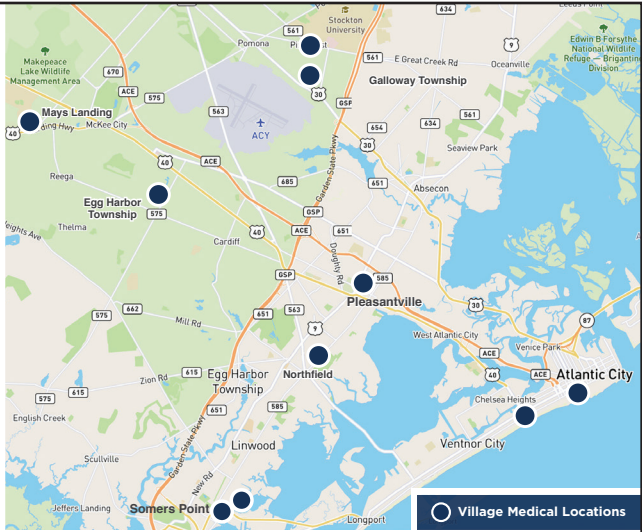
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## Psychologists / Psicólogos

*A provider specializing in the scientific study of mental processes and behavior. The behavioral and cognitive characteristics of a specific individual, group, activity, or circumstance.*

Affiliates In Psychotherapy, PA  
600 New Road  
Northfield, NJ 08225  
(609) 641-2500 Fax: (609) 641-2502  
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Atlantic Psychotherapy  
227 East Jimmie Leeds Road  
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(609) 748-8992  
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Chorney, Robert - PsyD  
2106 New Road, Suite F-3  
Linwood, NJ 08221  
(609) 926-1165, ext 32 Fax: (609) 926-1228  
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Cohen, Diana L. - PhD  
2106 New Road, Suite E-1  
Linwood, NJ 08221  
(609) 926-8777 Fax: (609) 926-1228  
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Colton, Janice A. - PhD  
2021 New Road, Suite 9  
Linwood, NJ 08221  
(609) 927-7676  
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Cortes, Rosa M. - PhD  
2106 New Road, Suite F-3  
Linwood, NJ 08221  
(609) 926-1165, ext. 33 Fax: (609) 926-1228  
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Dougherty, Kevin R. - PhD  
1910 Wabash Avenue  
Linwood, NJ 08221  
(609) 926-9668 Fax: (609) 926-4153  
Review us on [njhealthsource.com](http://njhealthsource.com)

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*The treatment of mental disorder by psychological rather than medical means.*

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Linwood, NJ 08221  
(609) 513-0290 Fax: (609) 939-0614  
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Shore Psychotherapy  
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Linwood, NJ 08221  
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## Pulmonary Diseases / Enfermedades pulmonares

A group of lung diseases that block airflow and make breathing difficult.

American Sleep & Pulmonary Medicine  
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Galloway, NJ 08205  
(609) 404-0056 Fax: (609) 404-0506  
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Atlantic Pulmonary & Critical Care Associates, P.A.  
741 South Second Avenue, Suite A  
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(609) 748-7300 Fax: (609) 748-7919  
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MedCorps Asthma & Pulmonary  
222 New Road, Suite 201  
Linwood, NJ 08221  
(609) 788-8953 Fax: (609) 904-6929  
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Pediatric Pulmonary & Asthma Associates of  
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Pulmonary Diseases - Continued

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AtlantiCare HealthPlex  
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(609) 677-5760 Fax: (609) 677-5761  
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506 South New York Road  
Galloway, NJ 08205  
(609) 748-0222 Fax: (609) 748-0270  
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Bacharach Rehabilitation Associates  
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Pomona, NJ 08240  
(609) 748-5380 Fax: (609) 652-8749  
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Cayanan, Allen - OTR/L  
107 Julie Drive  
Northfield, NJ 08225  
(609) 515-2945  
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Complete Care at Linwood  
201 New Road  
Linwood, NJ 08221  
(609) 927-6131 Fax: (609) 926-2124  
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Egg Harbor Care Center  
6818 Delilah Road  
Egg Harbor Township, NJ 08234  
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FOX Rehabilitation  
Covering All of New Jersey  
(877) 407-3422 Fax: (877) 407-4329  
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Hammonton Center for Rehabilitation and Healthcare  
43 North White Horse Pike  
Hammonton, NJ 08037  
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Health Center at Galloway, The  
66 West Jimmie Leeds Road  
Galloway, NJ 08205  
(609) 748-9100 Fax: (609) 748-9300  
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Michael Falcone, MD LLC  
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Hammonton, NJ 08037  
(609) 567-9233 Fax: (609) 561-2553  
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Mid Atlantic Rehabilitation Associates, PA  
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Northfield, NJ 08225  
(609) 641-2581 Fax: (609) 641-6901  
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NovaCare Rehabilitation  
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NovaCare Rehabilitation  
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(609) 264-8800 Fax: (609) 264-0097  
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118 Wheat Road  
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(856) 697-3071 Fax: (856) 697-3370  
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NovaCare Rehabilitation  
76 West Jimmie Leeds Road, Suite 401  
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(609) 748-5193 Fax: (609) 748-5197  
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NovaCare Rehabilitation  
240 South White Horse Pike, Suite C-6  
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NovaCare Rehabilitation  
4622 Black Horse Pike  
Mays Landing, NJ 08330  
(609) 909-9555 Fax: (609) 909-5005  
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NovaCare Rehabilitation  
801 Tilton Road  
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(609) 645-0505 Fax: (609) 641-3532  
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NovaCare Rehabilitation  
321 Shore Road  
Somers Point, NJ 08244  
(609) 927-4011 Fax: (609) 927-4019  
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NovaCare Rehabilitation  
6307 Ventnor Avenue  
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(609) 822-2628 Fax: (609) 822-5173  
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Our Lady's Center for Rehabilitation & Healthcare  
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(609) 646-2450 Fax: (609) 646-7569  
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Renaissance Pavillion  
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Pomona, NJ 08240  
(609) 748-5340 Fax: (609) 404-3287  
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Weisman Children's Rehabilitation Center  
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**Galloway, NJ 08205**  
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**Cape May Court House, NJ 08210**  
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**Higgins, Nancy C. - MD, FCCP, DABSM**  
**Sadik, Nadia - MD, FACP, FCCP, ABIM**  
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**Sadik, Nadia - MD, FACP, FCCP, ABIM**  
110 East Jimmie Leeds Road  
Galloway, NJ 08205  
(609) 748-7900 Fax: (609) 748-7922  
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Inspira Sleep Center Egg Harbor  
6712 Washington Avenue, Washington Square West, Suite 306  
Egg Harbor Township, NJ 08234  
(800) 753-3779 Fax: (856) 662-5187  
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### Social Services

Atlantic City Medical Evaluations  
6601 Ventnor Avenue, Suite 102  
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(609) 487-1442 Fax: (609) 487-6583  
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Hammonton Adult Training Center  
617 North Egg Harbor Road  
Hammonton, NJ 08037  
(609) 567-3436 Fax: (609) 567-3436  
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### Speech & Language Pathologists / Patólogos del Habla y el Lenguaje

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*Health care professionals who are specially trained to provide primary care for patients with spinal disease.*

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(609) 601-6363 Fax: (609) 601-6364  
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### Sports Medicine

*An area of medical practice concerned with the treatment of injuries resulting from athletic activities. A physician practicing sports medicine focuses on sports-related medical services.*

Arthur Medical & Sports Associates  
631 Shore Road, Suite 2  
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(609) 927-6555 Fax: (609) 653-9133  
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Jersey Shore Sports Medicine  
10 West Connecticut Avenue  
Somers Point, NJ 08244  
(609) 904-2565 Fax: (609) 904-2566  
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### Support Organizations

*A charity that carries out its exempt purposes by supporting other exempt organizations, usually other public charities.*

Compassionate Care Foundation  
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Egg Harbor Township, NJ 08234  
(609) 277-7547  
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American Red Cross of Southern Shore  
850 North Franklin Boulevard  
Pleasantville, NJ 08232  
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Arc of Atlantic County, Inc.  
6550 Delilah Road, Suite 101  
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527 Forrest Brook Drive  
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(609) 641-8314 Fax: (609) 641-0394  
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Atlantic Cape Family Support Organization, Inc.  
950 Tilton Road, Suite 108  
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Atlantic City Rescue Mission  
2009 Bacharach Boulevard, PO Box 5358  
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901 Atlantic Avenue  
Egg Harbor City, NJ 08215  
(609) 965-6871 Fax: (609) 965-3099  
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Collaborative Support Programs of New Jersey  
1147 North New Road  
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(609) 383-1190 Fax: (609) 383-1566  
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Contact Cape-Atlantic  
25 Dolphin Avenue, Building D  
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(609) 823-1850 Fax: (609) 823-1938  
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Gilda's Club South Jersey - Cancer Support Groups  
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The Salvation Army  
22 South Texas Avenue  
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Uptown Complex Family Center  
323 Madison Avenue  
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WIC Clinic of Pleasantville  
9 South Main Street  
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Youth Advocate Programs, Inc.  
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Surgery - Bariatric - Continued

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2110 New Road, The Exchange  
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(609) 407-2332  
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Surgery - Breast

Lorenzetti, John D. - MD, FACS  
2500 English Creek Avenue, Building 400, Suite 201  
Egg Harbor Township, NJ 08234  
(609) 677-0088 Fax: (609) 677-9004  
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Surgery - Cardiac

*Field of medicine involved in surgical treatment of organs inside the thorax (the chest),Aigenerally treatment of conditions of the heart (heart disease) and lungs (lung disease).*

AtlantiCare Cardiac Surgery  
65 Jimmie Leeds Road  
Pomona, NJ 08240  
(609) 748-7089 Fax: (609) 652-3460  
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Surgery - Colon & Rectal

*Field in medicine, dealing with disorders of the rectum, anus, and colon. The field is also known as proctology, but the latter term is now used infrequently within medicine, and is most often employed to identify practices relating to the anus and rectum in particular.*

AtlantiCare Physician Group Colorectal Surgery  
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(609) 822-8200 Fax: (609) 822-8287  
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Cherry Hill Center for ENT & Facial Plastic Surgery  
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(609) 567-1234 Fax: (856) 424-6335  
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(609) 957-5652 Fax: (609) 365-2897  
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199 New Road, Suite 31  
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(609) 904-5390 Fax: (609) 904-5394  
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The Plastic Surgery Center  
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(609) 601-1000 Fax: (609) 601-8041  
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Surgery - Facial & Reconstructive

*The process of recreating the face of an individual (whose identity is often not known) from their skeletal remains through an amalgamation of artistry, forensic science, anthropology, osteology, and anatomy.*

Shore Specialty Consultants  
649 Shore Road  
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(609) 365-6239 Fax: (609) 365-5306  
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The Plastic Surgery Center  
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(609) 272-7737 Fax: (609) 272-7755  
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Surgery - General / Cirug a - General

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76 West Jimmie Leeds Road, Suite 105  
Galloway, NJ 08205  
(609) 652-3655 Fax: (609) 652-7868  
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219 North White Horse Pike, Suite 104  
Hammonton, NJ 08037  
(609) 407-2332  
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Salartash Surgical Associates  
301 Central Avenue, Suite D  
Egg Harbor Township, NJ 08234  
(609) 926-5000 Fax: (609) 926-2020  
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649 Shore Road  
Somers Point, NJ 08244  
(609) 365-6241  
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Shore Specialty Consultants  
649 Shore Road  
Somers Point, NJ 08244  
(609) 365-6239 Fax: (609) 365-5305  
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Surgery - Hand

*Field of medicine that includes the investigation, preservation, and restoration by medical, surgical, and rehabilitative means of all structures of the upper extremity directly affecting the form and function of the hand and wrist.*

Philadelphia Hand to Shoulder Center  
4450 Black Horse Pike  
Mays Landing, NJ 08330  
(609) 909-9270  
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Surgery - Laser Eye

*A type of refractive surgery for the correction of myopia, hyperopia, and astigmatism.*

Horizon Eye Care - Laser & Eye Surgery Center  
9701 Ventnor Avenue, Suite 201  
Margate City, NJ 08402  
(609) 822-4242 Fax: (609) 822-3211  
Review us on [njhealthsource.com](#)

Surgery - Neurological

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Somers Point, NJ 08244  
(609) 653-9110 Fax: (609) 927-3934  
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Delasotta, Fernando - MD, FACS  
598 New Road  
Linwood, NJ 08221  
(609) 927-1000 Fax: (609) 927-1828  
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Penn Neurosurgery  
101 Atlantic City International Airport, Suite 214  
Egg Harbor Township, NJ 08234  
(800) 789-PENN  
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Shore Specialty Consultants  
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Somers Point, NJ 08244  
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Surgery - Orthopedic

*Branch of surgery concerned with conditions involving the musculoskeletal system.*

**OROZCO ORTHOPEDICS**  
**Fabio Orozco, MD**  
**1999 New Rd., Suite B**  
**Linwood, NJ 08221**  
**(609) 300-7779**  
 **See Our Ad Page 59**


Bannon, John T. - MD  
141 Shore Road  
Somers Point, NJ 08244  
(609) 653-9377 Fax: (609) 926-0476  
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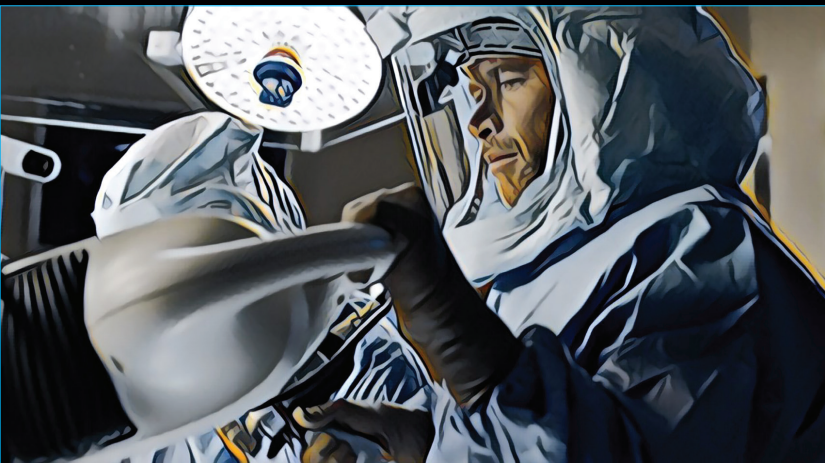
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Surgery - Orthopedic Spine

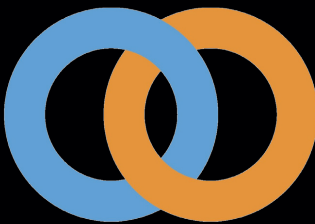
Kirshner Spine Institute  
6309 Ventnor Avenue  
Ventnor City, NJ 08406  
(856) 267-5629 Fax: (856) 574-4043  
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Surgery - Robotic

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**Linwood, NJ 08221**  
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**FABIO OROZCO MD**

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**609.300.7779**  
**OrozcoOrtho.com**



Surgery - Oral & Maxillofacial / Cirug a - Oral y Maxilofacial

*Specialty of dentistry which includes the diagnosis, surgical and adjunctive treatment of diseases, injuries and defects involving both the functional and aesthetic aspects of the hard and soft tissues of the oral and maxillofacial region.*

Coastal Oral & Maxillofacial Surgeons  
199 New Road, Suites 32-34  
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(609) 927-9090 Fax: (609) 927-9091  
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David L. Sykes, DMD, LLC  
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(609) 653-6300 Fax: (609) 653-4204  
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Galloway, NJ 08205  
(609) 748-9600 Fax: (609) 748-9611  
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*A surgical subspecialty in which diseases of the vascular system, or arteries and veins, are managed by medical therapy, minimally-invasive catheter procedures, and surgical reconstruction.*

**ATLANTIC COUNTY VASCULAR INSTITUTE**  
611 New Road  
Northfield, NJ 08225  
(609) 363-9300

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**SHORE VASCULAR & VEIN CENTER**  
**Gosin, Jeffrey S. - MD, FACS**  
442 Bethel Road  
Somers Point, NJ 08244  
(609) 927-8346 Fax: (609) 927-5293

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AtlantiCare Physician Group Vascular Surgery  
2500 English Creek Avenue, Building 800  
Egg Harbor Township, NJ 08234  
(609) 383-6433  
Review us on [njhealthsource.com](#)

Nahas, Frederick - MD  
631 Shore Road, Suite 1  
Somers Point, NJ 08244  
(609) 653-1010 Fax: (609) 653-9591  
Review us on [njhealthsource.com](#)

Shore Specialty Consultants  
649 Shore Road  
Somers Point, NJ 08244  
(609) 653-4535 Fax: (609) 365-5305  
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Vascular Access Centers  
4622 Black Horse Pike, Suite 102  
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(609) 829-3285 Fax: (609) 829-3291  
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Surgery Centers / Centros de Cirugía

*Personal health care consultation, treatment, or intervention using advanced medical technology or procedures delivered on an outpatient basis.*

ACCESS Surgicenter  
3205 Fire Road  
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(609) 407-1113 Fax: (609) 407-0330  
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Ambulatory Surgical Pavilion of NJ  
600 South White Horse Pike  
Hammonton, NJ 08037  
(609) 878-3348  
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Atlantic Coastal Surgery Center  
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(609) 653-9000 Fax: (609) 653-6100  
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AtlantiCare Physician Group Urogynecology  
2500 English Creek Avenue, Building 1000, Suite 1001  
Egg Harbor Township, NJ 08234  
(609) 383-6400  
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Shore Ambulatory Surgical Center  
405 Bethel Road  
Somers Point, NJ 08244  
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Testing - STD

Testing to test for Sexually transmitted diseases (STDs).

South Jersey AIDS Alliance - Oasis Drop-In Center  
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(609) 572-1929 Fax: (609) 572-1930  
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**Linwood, NJ 08221**  
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Transportation - Medical

Absecon Emergency Services  
467 White Horse Pike  
Absecon, NJ 08201  
(609) 646-1493 Fax: (609) 383-8292  
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Atlantic County Transportation  
201 shore road  
Northfield, NJ 08225  
(609) 645-5910 Fax: (609) 645-5918  
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Exceptional Medical Transport  
2318 Atlantic Avenue  
Atlantic City, NJ 08401  
(609) 344-6165 Fax: (609) 344-6167  
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Galloway Township Ambulance Squad Station  
311 Carton Avenue  
Pomona, NJ 08240  
(609) 965-4046 Fax: (609) 804-0332  
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Senior Transportation  
730 West White Horse Pike  
Egg Harbor City, NJ 08215  
(609) 407-9897 Fax: (609) 407-9537  
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Seniors On the Go  
175 North Main Street  
Pleasantville, NJ 08232  
(609) 569-0443 Fax: (609) 641-2460  
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TriCare Medical Transportation  
825 Noahs Road  
Pleasantville, NJ 08232  
(609) 646-1002 Fax: (609) 646-1004  
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Trichology

SBL Trichology Hair loss & Wellness  
1420 South New Road, Suite 7  
Pleasantville, NJ 08232  
(609) 553-7079  
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Uniforms - Medical

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Pleasantville, NJ 08232  
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Are you Experiencing: Leg or Foot Pain, Foot Sores, Cold or Numb Feet?

IT COULD BE PAD (Peripheral Arterial Disease)

What is PAD?

Peripheral Arterial Disease, also know as PAD, is a common disease that affects one in every 20 Americans over the age of 50. It occurs when cholesterol and other fats circulating in the blood collect in the walls of the arteries. This build-up - called plaque - narrows or blocks your arteries reducing the flow of blood to your legs and feet.

What are Symptoms of PAD?

- Cramping in legs, hips or buttocks when walking
- Pain, numbness or tingling in legs or feet at rest

- Sores or wounds on toes, feet or legs
- Color changes of the feet including paleness or blueness
- Poor nail growth on feet

611 New Road, Northfield, NJ 08225

(609) 363-9300 Fax: (609) 377-8630

atlanticcountyvascular.com

Uniform Star  
6716 Black Horse Pike  
Egg Harbor Township, NJ 08234  
(609) 646-3069 Fax: (609) 748-9302  
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Urgent Care / Atención de Urgencias

*A category of walk-in clinic focused on the delivery of ambulatory care in a dedicated medical facility outside of a traditional emergency room.*

AtlantiCare / Advocate Urgent Care Hammonton  
120 South White Horse Pike, Broadway Square  
Hammonton, NJ 08037  
(609) 407-CARE (2273) Fax: (609) 567-4935  
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AtlantiCare Physician Group - Urgent Care Center  
2500 English Creek Avenue, Building 900, Suite 908  
Egg Harbor Township, NJ 08234  
(609) 407-CARE (2273) Fax: (609) 407-2264  
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AtlantiCare Physician Group - Urgent Care Center  
110 East Jimmie Leeds Road  
Galloway, NJ 08205  
(609) 407-CARE (2273)  
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Specialty/Category

61

AtlantiCare Physician Group - Urgent Care Center  
443 Shore Road, Suite 103  
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AtlantiCare Urgent Care Center  
3830 Atlantic Avenue  
Atlantic City, NJ 08401  
(609) 572-8290  
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HealthMed Urgent Care  
24 South South Carolina Avenue  
Atlantic City, NJ 08401  
(609) 345-8000 Fax: (609) 345-0088  
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Medical One  
4248 Harbour Beach Boulevard  
Brigantine, NJ 08203  
(609) 266-0400 Fax: (866) 912-0605  
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Shore Urgent Care  
2605 Shore Road  
Northfield, NJ 08225  
(609) 365-5333 Fax: (609) 653-5336  
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Urogynecology

AtlantiCare Physician Group Urogynecology  
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Egg Harbor Township, NJ 08234  
(609) 383-6400  
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AtlantiCare Physician Group Urogynecology  
2110 New Road  
Linwood, NJ 08221  
(609) 383-6400  
Review us on [njhealthsource.com](#)

Urology / Urología

*Specialty focusing on the diagnosis & treatment of diseases of the male genital tract & the urinary tract in both males & females.*

AtlantiCare Physician Group Urology  
2500 English Creek Avenue, Building 900, Suite 904  
Egg Harbor Township, NJ 08234  
(609) 383-6450  
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Ciceron, Andre - MD  
631 Shore Road, 2nd Floor  
Somers Point, NJ 08244  
(609) 926-5838 Fax: (609) 926-5839  
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Jersey Urology Group, PA  
314 Chris Gaupp Drive, Suite 203  
Galloway, NJ 08205  
(609) 927-8746 Fax: (609) 653-8807  
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**Women's Health Services**

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**Wound Care**

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**REGIONAL PAIN CARE, PA**  
***Gadir, Abdul - MD***  
1004 South New Road  
Pleasantville, NJ 08232  
(609) 652-4141 Fax: (609) 652-9939  
 *See Our Ad Page 43*

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AtlantiCare Regional Medical Center Wound  
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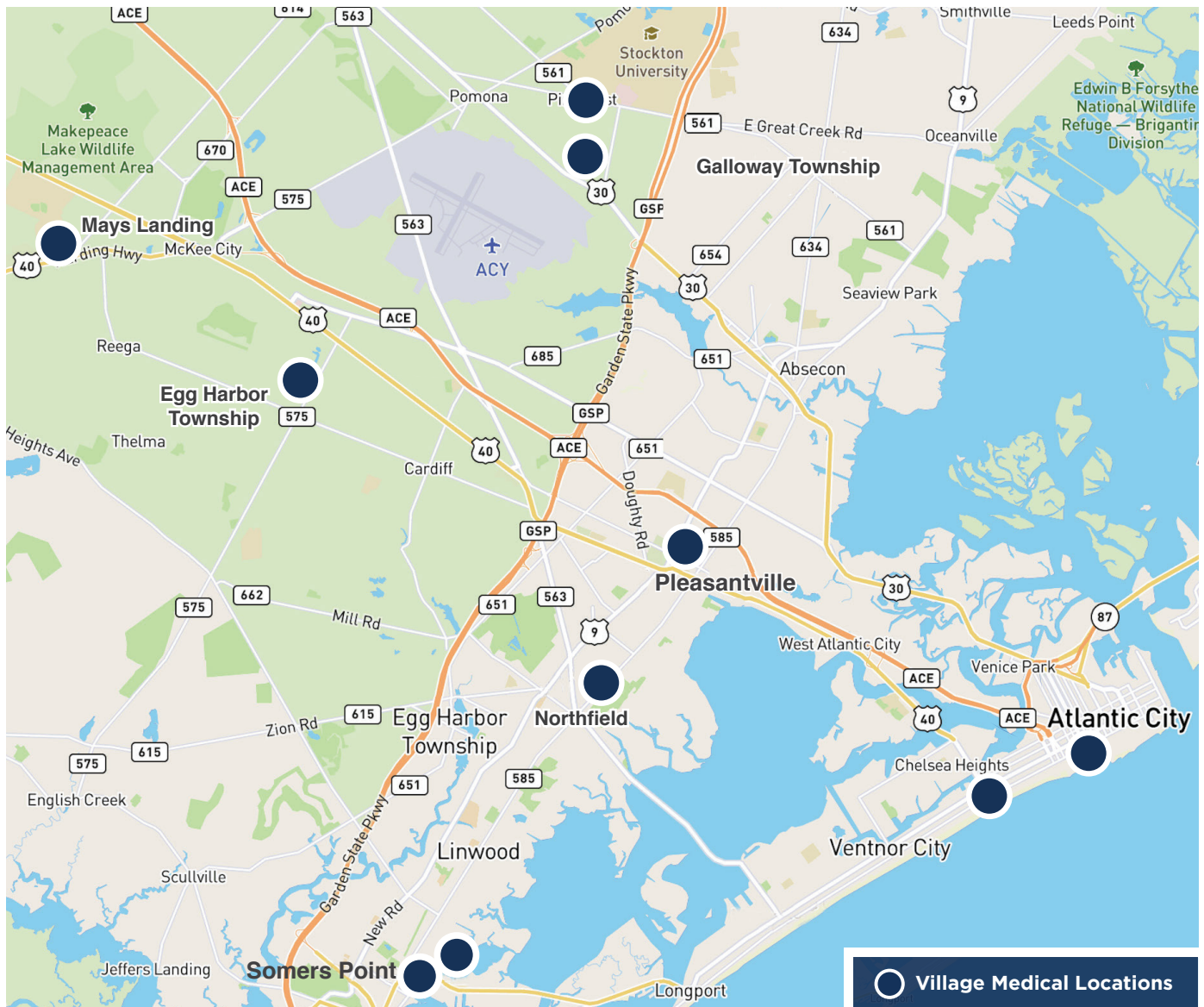
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