


# ALLERGIES

Presented by  
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## ALLERGIC TO ANTIBIOTICS?

Antibiotics are drugs derived partially or entirely from bacteria or molds, and are prescribed to treat bacterial infections. Mild allergic reactions to antibiotics consist of runny nose, itching, or slight wheezing. Severe allergic reactions can be life-threatening and usually include swelling of the throat, inability to breathe and low blood pressure. Some patients tell their doctor that they are allergic to an antibiotic when they have side effects that are not allergy-related, such as upset stomach and diarrhea. The difference is important because people who are allergic should not be given that drug, but people who have experienced minor side effects can usually continue taking it. Doctors can determine the significance of any unpleasant reaction a patient has to an antibiotic.

Being allergic to an antibiotic can have serious consequences. It is very important to seek the guidance of a professional. Call ALLERGY ASTHMA CENTER to discuss your symptoms. We have two convenient locations. Call (732) 309-6767 to reach us at 15 South Main St. (Rte. 79) in Marlboro, or (732) 739-6767 for our 1 Bettany Rd., Edg. 1, Suite 11, Hackett office. *Our mission is to improve the quality of the health and overall appearance of your family.*

*P.S. Many hypersensitivity reactions occur within an hour after exposure to an antibiotic.*

# Health & Fitness



## Move of the month

**NAME OF EXERCISE:** dumbbell lateral raise

**DIFFICULTY LEVEL:** beginner

**EQUIPMENT:** dumbbells

**PRIMARY MUSCLES:** anterior and medial deltoids (delt), posterior deltoids (delt)

**SECONDARY MUSCLES:** trapezius (traps), erector spinae, rotator cuff, biceps, extensors, serratus anterior, rectus abdominus (abs), transverse abdominus

**STEP 1:**

**Starting Position:** Stand holding dumbbells in your hands with a closed, neutral grip (thumbs around the handles and palms facing your body). Position the dumbbells alongside your thighs with your elbows extended or holding a slight bend. Assume either a split-stance position to stabilize your body or position your feet slightly wider than hip-width apart.

**STEP 2:**

Stiffen your torso by contracting your abdominal and core muscles ("bracing"), and depress and retract your scapulae (pull your shoulders down and back), maintaining this position throughout the exercise. Your head position should be aligned with your spine.

**STEP 3:**

**Upward Phase:** Exhale and slowly raise the dumbbells up and out to your sides. Your elbows and upper arms should rise together and be slightly ahead of your forearms and dumbbells. As your arms move past 60-70 degrees (nearing shoulder level), rotate them slightly upward so that the front edge of the dumbbells



point slightly upward. Continue raising the dumbbells until your arms are level with your shoulders and approximately parallel with the floor. Maintain your torso erect (no arching your low back) and neutral wrist position (avoid flexion and extension of your wrists).

**STEP 4:**

**Downward Phase:** Inhale and gently lower the dumbbells back toward your starting position, keeping your elbows slightly extended and holding the neutral grip position. Maintain your foot, torso, shoulder and wrist positions while lowering the dumbbells and rotating them slightly downward as your arms pass that 60-70 degree mark.


**WAYNE'S TIP:**

As this exercise traditionally positions the arms into internal rotation during the lift, the slight external rotation initiated at the 60-70 degree mark may reduce potential impingement in the shoulder joint.

*This exercise is being demonstrated by Wayne Matus, owner of Fitness Together Freehold, a private personal training studio. For more information, call 732-431-5555 or visit [www.ftfreehold.com](http://www.ftfreehold.com).*

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