

Health is Number One

Lifestyle Program

Craig M. Wax, DO

Have you ever had difficulty losing weight or regaining your health after a life-stressor? Of course, we all have at one time in our lives. I have designed a program that takes place over 12 weeks time. It takes place at my office in Mullica Hill, NJ and at Victory Physical Therapy, also here in Mullica Hill. We incorporate the team approach in helping you regain your health.

The program brings together nutrition, exercise, mental health and medical guidance in one 12 week program. When you enroll, you will meet with four different professionals on your journey to your health goal.

First you will meet with me to get a general review of your current health. We will also define goals for your 12 week journey. Whether weight loss, muscle strength, better self esteem, lower blood pressure; we will chart a course for success.

Second, you will meet with Maryann Thornton, RD to review your three day dietary history. You will work with Maryann to discover your nutritional risks and benefits. Two additional meetings will guide you toward success.

Third, you will meet with Donna Elliott, ACE once a week for 12 weeks to design and implement your workout. She will help you develop your weaknesses into strengths.

Fourth, you will meet with Neal Cheskis, MSW, LCSW to understand your stressors and learn coping skills. With two additional sessions, you will better understand how you respond to life situations. With time, you can learn to be resilient against most stressors.

At the program's conclusion, you will again meet with me to review your progress and celebrate your success. Call 856-478-4780 to sign up today and begin the road to your good health.

Living in Fear: Anxiety Disorders

American Osteopathic Association

Most people experience brief moments of fear just before a public speaking engagement or a first date. However, for 40 million adults suffering from anxiety disorders, feelings of fear and dread disrupt their lives for at least six months.

“Anxiety disorders impair social and occupational functioning,” explains Craig M. Wax, D.O., an osteopathic family physician from Mullica Hill, NJ. “Since it is not uncommon for anxiety disorders to occur in people who have pre-existing mental or physical illnesses, physicians will first rule out any medical causes for anxiety symptoms. Then, the treatment can focus on the underlying cause of the anxiety.”

While many different anxiety disorders exist, Dr. Wax says that the most common are:

- Specific phobias;
- Social anxiety disorder;
- Post-traumatic stress disorder; and
- Generalized anxiety disorder, or GAD.

Other disorders such as panic disorder and obsessive compulsive disorder occur less frequently but can cause considerable impairments.

Specific phobias are the most common forms of anxiety disorder and involve intense fear over particular situations or

things like spiders, heights or thunderstorms.

Social anxiety disorder is characterized by the fear of being judged negatively in social settings. The severe fear often causes the person to avoid social situations, which can significantly restrict his or her life.

“Patients with GAD suffer from constant, uncontrollable worry about daily events,” explains Dr. Wax. “They can experience anxiety about any situation or thing, from a parking spot to a hurricane.”

Another common anxiety disorder, post-traumatic stress disorder, or PTSD, is the result of experiencing a life-threatening event. PTSD can result from an armed robbery, sexual assault or war experiences. Victims frequently relive the trauma through flash backs or nightmares.

“Treatment options differ for specific phobias, social anxiety, GAD and PTSD,” says Dr. Wax. “However, most anxiety disorders are treated with medication, psychotherapy or both.”

He further explains that physicians develop a treatment plan for an anxiety disorder based on the physical or mental condition that may be causing the stress and the patient’s personal preferences.

A physician may ask the patient about his or her medical and psychiatric history, perform a physical examination and order lab tests to determine the best treatment for controlling the disorder.

“If you or someone you love is experiencing symptoms of an anxiety disorder, visit your physician to learn more about specific treatment options,” advises Dr. Wax.

Preventive medicine is just one aspect of care osteopathic physicians (D.O.s) provide. Osteopathic physicians are fully-licensed to prescribe medicine and practice in all specialty areas including surgery. D.O.s are trained to consider the health of the whole person and use their hands to help diagnose and treat their patients.

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