

Fall 2016 Issue

Happy Fall! Stay healthy this season by [contacting us today](#) and [making an appointment](#).



Did you know... **October is Liver Awareness Month**

You may rarely think about your liver. Why should you? Unless it gets damaged or diseased, it has no reason to bother you.

Yet, your liver is one of the hardest working organs in your body. It stores the vitamins, sugar and iron you need for energy; filters your blood of harmful toxins and waste; controls cholesterol; removes harmful bacterial and metabolizes many drugs.

This month, during Liver Awareness Month, take a moment to respect your liver. Living a healthy lifestyle can minimize your chance of ever damaging it:

- Eat foods from all the food groups. Fiber rich foods are good for your liver. Too much sugar and fatty goods can do it harm.
- Avoid behaviors that pit you at risk of developing serious liver disease, including alcoholism, unprotected sex, sharing needles for IV drug use, and excessive use of acetaminophen.

At HGA, we focus on diagnosing and treating liver disease before it causes permanent damage. We are continually researching new technologies and cures that provide the most promise for a positive outcome. If you have any concerns or worries about your own or someone you knows liver, give HGA a call.

Unexplained fatigue, weight loss or the yellowing of your skin or eyes can be signs of a liver problem. Your doctor may recommend liver function tests, which are blood tests that measure proteins and enzymes and indicate how well your liver is working. These tests screen for infections, injury and disease. (If you already have a liver disease, we use the tests to monitor it and help us plan the most effective treatment.)

Specialized assessment of test results

Because of our specialized training and expertise in diagnosing and treating liver disease, doctors often refer patients to us when the results from your tests are unclear or indicate a complex or unusual problem. We also provide second opinions regularly. We often pinpoint issues other doctors can't see.

Once we have your results, we'll answer all your questions and make sure you understand what the results mean for you. We can provide further evaluation or treatment as necessary and will work with you and your doctor to give you the best outcome possible.

To learn more about liver disease, [click here](#).



October is Breast Cancer Awareness Month and pink ribbons are everywhere!

The campaign has done amazing things in getting woman to schedule their routine mammograms. In fact 72% of American woman are up to date on their exams.

Meanwhile, colon cancer screening rates lag behind, with roughly 65% of the main at risk population up to date. And that's not acceptable, because colon cancer, the third leading cause of cancer-related death in both men and women, is preventable!

During this month of pink ribbons, we want to remind you to schedule your colonoscopy.

To learn more about who should get screened, [click here](#).



Team Spotlight

Dr. Andrea Goldstein is a board certified specialist in gastroenterology/ hepatology who received her medical degree from Georgetown University. She enjoys being on the leading edge of new treatments for diseases that in the past had no cure.

Dr. Goldstein is an involved mother of two, helping her children with piano lessons and volunteering with Girl Scouts. She was trained in opera and sings in the community choir. She is also active with her synagogue, including delivering food to local shelters through the Jewish Relief Agency.

“As a doctor, I strive to give my patients the best possible medical care they can receive, in an environment where they can feel comfortable. This starts with talking and listening closely to ensure that I get a complete picture of the patient’s medical history and symptoms, and also that my patient understands what he/she needs to know to follow the treatment plan and return for the follow up care he/she needs to protect their health. Giving my time, compassion and full attention is as important as any test or procedure I perform.”

Easy Gluten-Free Pumpkin Bread

Ingredients:

- 7 oz. pumpkin purée (canned or fresh, cooked)
- 2 eggs (or substitute)
- 1/2 cup vegetable or liquid coconut oil
- 1/3 cup water
- 1 1/4 cups sugar
- 2 cups All Purpose Gluten-Free Flour
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. sea salt
- 1 tsp. ground cinnamon
- 2 tsp. pumpkin pie spice

1. Preheat oven to 350° F (static) or 325° F (convection).
2. Oil and lightly flour (with gluten-free flour) one 8×4.5 or 9×5 loaf pan, metal or glass.
3. Stir pumpkin, eggs, oil, water and sugar together in a large mixing bowl. In a separate bowl, whisk together flour, baking powder, baking soda, salt and spices. Slowly add the dry ingredients into the bowl with the pumpkin, stirring until smooth.
4. Pour into prepared pan(s) and bake for 55 minutes, or until a toothpick inserted in the center of the loaf comes out clean.
5. Remove to a wire rack to cool for 15-30 minutes, then invert gently to remove the loaf. Return to the wire rack to fully cool before slicing. Seal in a zip-top bag when fully cooled and store on the counter or freezer.

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Note: if baking in small loaf pans, begin testing for doneness at 35 minutes; for muffins, test at 20 minutes. Makes 1 loaf or 3-4 small loaves or 16 muffins.

Recipe Source: GFJules.com

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