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WEALTH &
HAPPINESS

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FREE
AUG 2018

Back to SCHOOL

Health Benefits of Coffee

Is your life safe?

3 school benefits

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Tower*

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Complex*

*UB South Campus
Library*

Youn Jea Kim, Dermatology



Katy, Cheektowaga

"I have worked directly with Dr. Kim to improve my skin condition, and she has done a wonderful job! She's always very cheerful and bubbly, and shows interest in me and my condition. The staff at the Harlem office is always kind and helpful with getting all of my patient paperwork gathered efficiently & making sure I'm content, as a patient. I'm so excited to go back to my next appointment with her!"



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Our Mission

Your Health, Wealth & Happiness explores the truth and facts not only within, but beyond the confines of your health, personal wealth, and individual happiness. We have one goal; to bring you the information you need to live a healthy, wealthy, and happy life. We find simple tricks to improve your health, and long term goals to stay on top of it. In this new age of ever expanding technology, there is an endless supply of new recipes, health care improvements, new operations, machines, vaccines, cures, research, even robots, and more. Keeping on top of Your HWH is crucial to living the best life possible. Cheers to growing a more healthy, wealthy, and happy lifestyle.

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Psoriasis is the most prevalent **autoimmune disease** in the U.S. About **7.5 billion** people have psoriasis, with about 80% having the most common form **plaque psoriasis**. Most people get psoriasis between the ages of **15 and 30**, and **50 and 60**. People with psoriasis are more likely to develop other health conditions such as **type 2 diabetes, kidney disease, heart disease, and high blood pressure**. There is currently **no known cure** for Psoriasis.

CAUSES

- They are not fully understood at this moment in time
- Involves T cells mysteriously becoming overactive
- These T cells then begin to attack healthy skin cells causing Psoriasis to form

SYMPTOMS

- Red patches of skin
- Small scaling spots
- Itching, burning, soreness
- Swollen and stiff joints

TREATMENTS

- Moisturizing skin
- Stress management
- Quitting smoking
- Drink less alcohol

National Psoriasis Foundation
<https://www.healthline.com>
<https://www.mayoclinic.org>
<https://www.aad.org>

What is Psoriasis?

By Shahneel Ahmed

Psoriasis is a chronic disease that speeds up the life cycle of skin cells. Cells build up rapidly, forming scales and red patches on the surface of the skin. These can be itchy and painful. Psoriasis usually affects the elbows, knees, lower back, and/or scalp. It can however, affect other areas of the body as well. Any type of psoriasis may affect the fingernails and/or toenails as well. When psoriasis affects the nails, there may be tiny dents, white, yellow, or brown discoloration under the nails, crumbing and rough nails, and lifting up of the nail.

Common symptoms are red patches of skin covered with thick, silvery scales, small scaling spots, dry and cracked skin that may bleed, swollen and stiff joints, itching, burning, and soreness. Psoriasis is not contagious and its lesions are not infectious. Most types of psoriasis go through cycles. Psoriasis may flare-up for a few weeks to months, then go into remission and can sync to the seasons.

Plaque psoriasis is the most common form in which the lesions appear as raised, red patches covered with a silvery-white buildup of dead skin cells. These are often itchy and painful. Guttate psoriasis involves small, dot-like lesions that are pink in color. This type of psoriasis usually starts in childhood or young adulthood and is the second-most common type. Guttate psoriasis can be triggered by a strep infection.

Inverse psoriasis develops in areas where skin touches skin, such as the armpits, genitals, and crease of the buttocks. It

causes smooth, red patches of skin that look raw, sore and/or painful skin, and shows little to none silvery-white coating. Many people affected by inverse psoriasis have another type of psoriasis somewhere else on their body. Pustular psoriasis causes white pustules surrounded by red skin. The pus consists of white blood cells. Although pustular psoriasis can occur on any part of the body, it most often occurs on the hands and feet. Erythrodermic psoriasis is a severe form of psoriasis that can cover one's entire body with a red, peeling rash that itches and burns. This is the least common type of psoriasis.

Lastly, psoriatic arthritis occurs when psoriasis affects the joints. Psoriatic arthritis is more likely to occur with severe psoriasis. Symptoms include swollen and tender joints, heel pain, swelling on the back of the leg, and stiffness in the morning that subsides throughout the day. The cause of psoriasis is not completely understood; however, it may be related to a problem with the immune system. Triggers for psoriasis include infections, skin injuries, stress, smoking, heavy alcohol consumption, vitamin D deficiency, and certain medications.

Although there is no cure for psoriasis, there are ways to manage and control its symptoms. Management and control of psoriasis involves learning and avoiding triggers, living a healthy lifestyle, complying to a good skin care routine, moisturizing, and using medication when necessary. Additionally, avoiding smoking and managing stress can also help to manage psoriasis.

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Healthy Coffee

By Katy Siwirski

Coffee is considered an everlasting glory to some individuals. People describe it as a necessity to function in their everyday life, especially for waking up in the morning. Caffeine is one of the most prominent addictions adults possess today, but are there benefits to this addiction? Certainly!

According to a 2009 University of Florida study, it is said that 3-5 cups of caffeinated coffee daily in your 40s and 50s seem to reduce the risk of Alzheimer's and dementia in your 70s by up to 70 percent. A 2013 study by Harvard's School of Public Health found that consuming 2-3 cups of caffeinated coffee a day cuts the risk of suicide by 45 percent. This could be explained by caffeine's stimulant effect that boosts one's mood. Coffee consumption can also protect oneself against various forms of cancer, including uterine, colon, prostate, and liver cancer.

Caffeine is the most commonly consumed psychoactive substance in the world. It blocks an inhibitory neurotransmitter in the brain, which gives a stimulating effect. Caffeine helps improve overall brain and mood functions. Fun fact, you will find caffeine in most commercial fat-burning supplements. Caffeine raises metabolism and increases the oxidation of fatty acids. It was found that caffeine increases exercise

performance by up to 12 percent. There are also many important nutrients and vitamins within coffee. These include vitamin B5, B2, B3, and B1.

Overall, people have various reactions to caffeine. Someone can drink six cups of coffee and feel completely satisfied. Others have to switch to decaf by noon, or risk being awake all night. If you need to cut back on caffeine, do it slowly over several weeks by adding more decaf to your brew. The most important thing to remember is that caffeine is not solely in coffee. There is caffeine in soda pop and chocolate that can trigger various bodily reactions. Cheers to coffee!



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Is Your Skin Damaged?

By Brandi Aurelio

Your skin is your body's largest organ and like other organs, it can become damaged. Skin damage can present itself in many ways. Additionally, damage can be caused by a variety of factors, from sun exposure to environmental factors. Consider these four common skin damage culprits and how you can prevent them from damaging your skin.

The most common cause of skin damage is sun exposure. UV rays break down various skin components and can change the pigmentation in your skin. Damage can present itself in ways such as sunburn, wrinkles, age spots and even skin cancer. To prevent sun damaged skin, dermatologists advise wearing protective clothing and using a broad-spectrum sunscreen. Coconut oil can help aid in repairing damaged skin when applied topically. This is because it is packed with nourishing fatty acids and vitamin E.

A second common cause of skin damage are free radicals. Free radicals are unstable oxygen molecules with a single electron. So, what does that mean? Free radicals are unstable, uncharged molecules that can damage skin. They could also play a role in the development of skin cancer. By taking supplement vitamins like C and E, you could lessen the effects

of free radicals. Furthermore, eating a healthy amount of fruits and vegetables will increase your antioxidants and can promote good skin health.

Smoking cigarettes causes a lot of skin damage. Smoking causes your blood vessels to constrict. As a result, the amount of nutrients and oxygen reaching the skin decreases. This causes damages to the skin in a loss of elasticity, dry skin and wrinkles. Quitting smoking can be difficult but products such as nicotine gum, patches and lozenges can help.

Certain chemical irritants can also cause damage to your skin. These chemicals can be found in everyday household products such as cleaners and laundry detergent. The chemicals can cause something called dermatitis. This is characterized by scaly skin, irritation and in severe cases even chemical burns. People who have sensitive skin are more prone to skin damage from these irritants. Preventative actions such as switching to less harsh products and wearing gloves while using cleaning supplies can help.

Finally, lets talk about some products that can help prevent skin damage or aid in repairing already damaged skin. According to dermatologists, the best sunscreen of 2018 is EltaMD UV Clear Broad-Spectrum sunscreen. Its formula is hypoallergenic, fragrance-free and paraben-free. A cheaper option also recommended is Neutrogena Ultra Sheer Dry-Touch Broad-Spectrum sunscreen. This is the sunscreen that I personally use and love. With SPFs ranging all the way up to 100+, this sunscreen is sure to help prevent damage caused by the sun. When it comes to anti-aging, a choice product on Amazon is Alina Skincare Vitamin C Serum. It is packed with high quality vitamin C to reduce the look of aging while moisturizing the skin. The reviews for this product show people raving over it. Lastly, a moisturizing product that I use and swear by is Tarte Cosmetic's Ready, Set, Radiant Skin Mist. It can be used as a makeup setting spray but personally I put it on my face as a base. It absorbs right into the skin and keeps your face moisturized all day, and gives you a radiant glow! These products are definitely worth trying out to help dry or damaged skin become healthy and glowing again!

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Is Your Social Security at Risk?

By Timothy Kelheart

Social Security, the American retirement fund has been threatened by wealthy bankers and the elite since its inception in 1935 by former President Franklin D. Roosevelt. Now in the present day, politicians have been floating the idea of cutting this crucial and hard earned safety net for the elderly as the Baby Boomer generation begins to enter retirement and begin to collect the money that they paid into this system.

Politicians at the behest of their wealthy donors are implying that Social Security could 'run out' with the Baby Boomer generation beginning to collect the money that they were forced to pay during their lifetime of work. And with a smaller working class paying into Social Security they imply that you and I will never see a dime of it.

This distortion of reality, among other falsities that these Congress Creatures spew are grossly incorrect. One of many reasons this thought process is so utterly foolish to believe is that we have an ever expanding national debt, currently around 21 trillion dollars. For reference in January of 2009 it was at \$11 trillion.

Politicians even have the audacity of dressing up the taking away of entitlements with a disgusting word, austerity. Austerity

does not benefit the people, it hurts them. It takes away what they earned, paid into, and expect to have as tax payers for their retirement and well-being in society. Greece was recently ravished and ransacked with austerity by the IMF (International Monetary Fund) and while their citizens are suffering, the pockets of the debt holding bankers only get fatter.

Never let any politician, fat cat banker, or 'journalist' tell you 'we cannot afford that' or 'where do you suppose we'll get the money for that' because it is malarkey. The U.S. prints money daily, without end, and allocates it to this or that with no limit in sight for something they would like to spend it on. The U.S. congress was able to pull an additional \$61 billion out of thin air to increase the already bloated 'defense' budget to \$700 billion a year. They can surly find other billions to pay for our social programs.

To say that we need to cut social programs because we 'can't afford it' is revolting and reprehensible; any politician who would say such a thing, let alone vote for it, is not serving interest of the common people, but rather the interest of fat cats on Wall St. Any politician that wants to hurt your financial well-being is not only unfit to hold office but their removal must be sought!



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Applying for Life Insurance

By Webster Tilton

Did you know that life insurance isn't something you can just... buy? You have to apply for it. You have to be screened for it because when insurance agencies want to bet on your life they want to make sure you're a good investment. And it makes a certain amount of sense when you think about it. They're taking a risk on you and they want to assess whether they're likely to turn a profit with you paying in far more than you'll receive. In any case, here's what the insurance company will ask you about on the application:

Health information such as height, weight, lifestyle habits (smoking, diet, exercise)

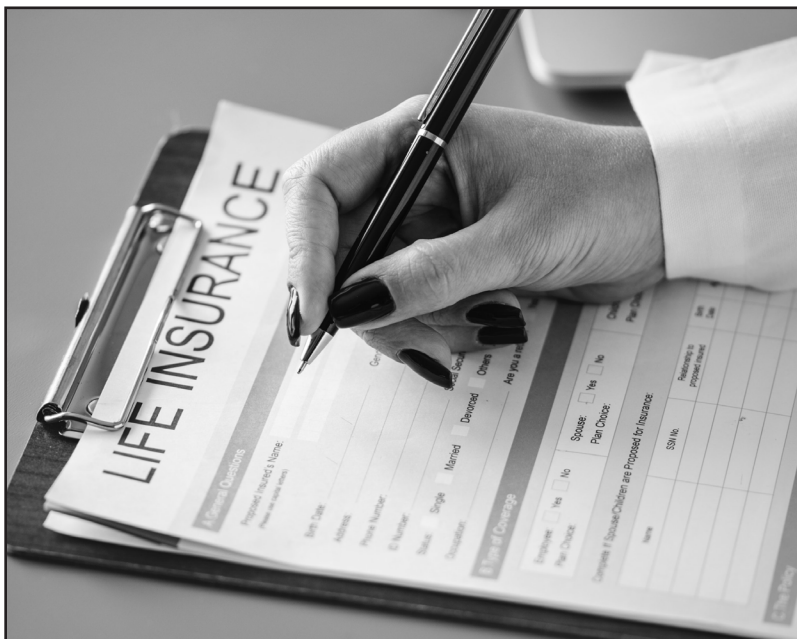
Financial information including your level of income and approximate net worth

Where you live and what kind of work you do.

There's always a medical exam also. During the exam the physician will

- Take a medical history
- Ask about your family's medical history
- Take your blood pressure
- Check your height and weight
- Draw blood
- Take a urine sample
- Ask about lifestyle habits

Be honest with them. It's better to pay a higher premium than get caught in a lie and have your benefits denied. If the premium they offer you isn't to your liking, shop around and find one that is. There is no shortage of options and usually you can find one that meets your needs without too much trouble. This is something that everyone needs to think about doing, even if you don't have any direct dependents. There may still be causes or organizations that you wish to provide for.



Garage Sales

By Canny Savanney

Have you ever watched the show American Pickers? No? Well you should start watching that show immediately; you soon might discover that your old items are worth a lot more than just the title "junk." Garage sales are chock full of great deals and pieces rich with history.

Depending on where you live, garage sales can be very beneficial as a supplement source of income. Peak season in WNY takes place during "spring cleaning" and throughout the summer with most occurring before kids return to school. Even though garage sales may seem a bit dated they have many benefits and cons.

Pros:

1) No sales tax

A perk of buying goods at a garage sale is that you don't have to worry about paying taxes. With most people having their items marked down 90 percent of the original retail prices. It's the ultimate bargain hunters dream!

2) Enjoying outdoor summer shopping

No one wants to be indoors during the summer especially for us who live up North. We suffer being cooped up indoors avoiding the long, harsh, cold winter. Everyone likes to soak up all the natural vitamin D3 from the sun and its warm radiant glow.

3) Sellers clean house

The seller's overall goal is to get rid of all of the clutter that is consuming their daily lives and restricting activities they can do. Freeing up their space and fattening their wallets are two of many benefits that sellers follow. Now they'll have more money to invest with and spend on a variety of other things, like a summer vacation.

Cons:

1) Opening and Closing for the seller

If you are the seller you must lug everything from your home out and mark it down with how much you want to sell it for. Then you must pack it in every night depending on how long you plan on running this sale. You can either bring it all back in or cover it up and rely on the good nature and faith in people. The only upside is hopefully you will not be taking back in as much as you brought out originally.

2) The seller must deal with bargain hunters

It's okay to be a bargain hunter. All of us are looking for great deals in life. The down side is if you do not have a strong poker face people will be able to tell and shake you down even more. The upside to this situation is you are getting at least something back for what you originally spent all while removing the untidiness from your home.

Overall, garage sales like anything can have their perks and downsides too. Like anything in life, you must be willing to commit to it and decide it is worth effort to sell or buy. If you like more stories like this or would like to hear a certain topic next month write to submit@yourhwh.com and ask your Savvy Shopper what you want to have covered.

The Best Fair of the Year!

By Oliver Clarke

The Erie County Fair has a little something for everyone. It opens at 12 noon on Wednesday, August 8th, and runs until August 19th at 5600 McKinley parkway in Hamburg. On the first day, you can even enter free with a canned food donation for the Food Bank of WNY, and listen to the Buffalo Philharmonic Orchestra for free at the Buffalo.com Grandstand as part of the National Grid Concert Series!

For the kids, there's a petting zoo located in "Kiddieland," as well as camel and pony rides, and performances at the Family Entertainment Complex. For those who want to learn about other cultures, the Nya-Weh Indian Village is a good way to sample food and watch traditional Native American dances. From 10am-6pm at Baker Park is "Little Hands on the Farm," where children ages 2-10 can participate in "farm chores" and get a snack for their work.

For adults, there are place such as the Carousel Beer Garden and the 42nd Street Café where it is possible to drink in the shade and socialize with fellow fair visiting patrons. In addition to the aforementioned National Grid Concert Series, there is the Slade Park Music Series with a variety of bands and music groups. The Urban Farming Trail can teach you about farming and gardening techniques that you can use at home to grow your own plants and collect your own water. Near Craft Village, there are "Exit Rooms," similar to escape rooms where you solve puzzles and challenges to find your way out of a locked room within 15 minutes! Choose either the Military Disarmament Room or the Salem Witch themed room and compete with or against your friends.

There's also plenty of fun for all ages to participate in together! The James E Strates Midway is open every day during the Erie County Fair from 11am-11pm, with rides, games, sideshows, concessions, and shopping. As you walk around the fair, there are strolling acts such as fire jugglers for you to stop and admire.

In summary, even if you are entirely uninterested in all the competitions, there is still plenty to see and do at the Erie County Fair, certainly more than what was expanded upon here. So take your friends and family, and enjoy a day of fun at the fair!



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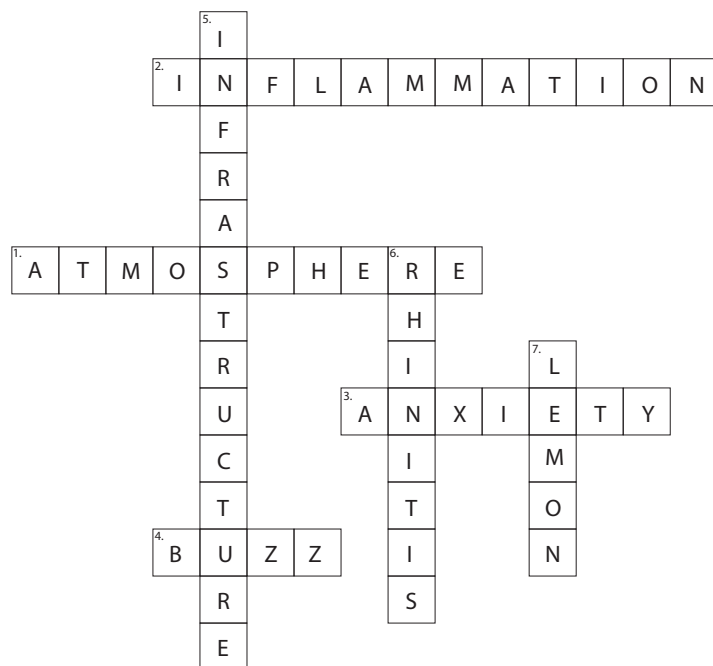
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July 2018 Crossword Puzzle



How did you do?
Find your answers here!



Sunday, August 26



**Martin Luther King, Jr. Park
Buffalo, NY 14211**

12 PM: Free Admission

**Free Bounce Houses, Halal Hot Dogs,
Ice Cream for Kids, and more!**



3 Reasons To Go Back To School

By Lillee Bellia

So you graduated from undergrad about a decade ago and notice some of your friends/coworkers are returning to school. You're in your late 30s and have been working the same job for a while, but now you're considering making the return yourself. Is it worth it? Yes, going back to school is time-consuming and can eat your wallet, but the results can include job promotions, salary increases, and an overwhelming feeling of accomplishment. Let's get into the specifics!

1. You're a hard worker now

Returning to college as a mature adult after having years of real-world experience is a drastically different you than your undergrad self. You've likely unleashed your wild side in your 20s, started a family shortly after, and settled down in the routine of life. Now that you're older and less concerned of all the happenings around campus, the concept of hitting the books and focusing on expanding your formal education isn't so daunting, in fact, it's actually relaxing.

2. Choose a degree unlike your current career field

Perhaps you're stuck in a job that leaves you feeling bored and dreaming of your weekdays and not being there. Lucky for you, a new degree can be the ticket out of your monotonous routine into a career that challenges you and boosts both your happiness and your bank account. Knowing that the hours you invest in studying and in the classroom will result in an upgrade to your career potential will be impeccable motivation to power through any strenuous classes.

3. Study something that thrills you

If there's a subject or skill that you've always been curious about, re-enrolling in college may be the perfect opportunity to expand your mind and become knowledgeable. Maybe you've wanted to learn a new language or sharpen your culinary skills. These may not necessarily result in a promotion at your current job, but they will still sharpen your



Alexis Abramo
Television & Film Arts

"College gives you the opportunity to improve your skill set for a future in your desired career"

Lillee Bellia
Public Relations

"College not only provides you with a degree, but also a vast network of professionals to help break into your future career."

Michael Morganti
Graphic Design

"It's not the end of the world if you end up pursuing a different degree than your prior field of study."

Designed by Michael Morganti

Walking for a Cause

By Lauren Antkowiak

Buffalo is known as the City of Good Neighbors and one way to live up to that nickname is to support local and national charities. Several walks and runs are planned across Buffalo in the next few months to raise funds and awareness for various important causes. Thousands of people will be in attendance to show support for their fellow neighbors and to let them know that they're not fighting these struggles alone. Here are just a few of the events you can participate in.

There are two walks to make note of for the month of August. The first is the Kidney Walk & 5K on August 19th. All funds raised benefit the Kidney Foundation of WNY. The walk travels around the scenic Outer Harbor in downtown Buffalo, NY. The other walk is the MDA Muscle Walk of Buffalo on August 25th. This walk benefits the Muscle Dystrophy Association and takes place at Delaware Park.

September has even more opportunities to support a wide range of charities. Look for the Chicken Wing 5K on September 2nd. This event is part of the Buffalo Chicken Wing Festival and benefits charities chosen by the festival. Last year's charities included the WNY Chapter of the Alzheimer's Association, Meals on Wheels for Western New York, and Food Bank of WNY. This race begins at the Buffalo News building located in downtown Buffalo near Canalside. On September 8th take

part in the Out of Darkness walk at Delaware Park to benefit the American Foundation for Suicide Prevention. The Scrub Run 5K is September 12th at Cazenovia Park in South Buffalo. This run benefits the Mercy Hospital Foundation. Next is the Alzheimer's Walk on September 15th. This takes place around the Outer Harbor in downtown Buffalo and benefits the WNY Chapter of the Alzheimer's Association. The Buffalo, NY Team Hope Walk is on September 22nd at Ellicott Creek Park in Tonawanda. This benefits the Huntington's Disease Society of America. Lastly, the NAMIWalks at Jennings Square in Albany takes place on September 29th. This benefits the National Alliance on Mental Illness.

October has two walks that always draw crowds and a ton of support from the community. The first is the Making Strides Against Breast Cancer Walk on October 13th. This walk takes place at Canalside in downtown Buffalo and benefits the American Cancer Society. The other walk this month is Light the Night. This takes place on October 19th at Delaware Park to benefit the Leukemia & Lymphoma Society.

Be on the lookout for the Your HWH team at these events. We hope to see you there supporting these amazing causes and our community!



Breast Cancer walk
October 2017
Canalside, Buffalo, NY

August 2018 Crossword Puzzle



Find your answers throughout
the magazine!

Across

- 1.) A new _____ can be the ticket out of your monotonous routine and into a career.
- 2.) _____ is the most commonly consumed psychoactive substance in the world.
- 3.) The _____ County Fair has a little something for everyone.
- 4.) Buffalo is known as the City of Good _____.
- 5.) _____ psoriasis is a severe form of psoriasis that can cover one's entire body.

Down

- 6.) Health information such as height, weight, and _____ habits help determine if you'll be applicable for life insurance.
- 7.) The most common cause of skin damage is _____ exposure.
- 8.) _____ does not benefit the people, it hurts them.
It takes away what they earned and paid into.

August WNY Events

8th Annual Kick-A-Thon: August 4th from 9:00am to 1:00pm at Pride Martial Arts Academy in Clarence, NY. For more information, please visit amherstpridemma.com

Erie County Fair: August 8th – 19th from 9:00am to 10:00pm at the Hamburg Fairgrounds in Hamburg, NY. For more information, please visit ecfair.org

Kidney Walk & 5K: August 19th at 8:30am at Wilkeson Pointe – Outer Harbor in Downtown Buffalo, NY. For more information, please visit kfwny.org

19 Games: August 19th at 8:00am at Buffalo Riverworks in Downtown Buffalo, NY. For more information, please visit 19gameswny.com

West Side Bike Tour: August 25th from 2:00pm to 4:00pm at Rich Products in Buffalo, NY. For more information, please visit bfloparks.org/event/-bike-tour-august-25-2018/

Ongoing Events

Slow Roll Buffalo: Various dates, times, and locations all month long. For more information, please visit slowrollbuffalo.org

Fitness in the Parks: Various locations, dates, and times throughout the month. For more information, please visit independenthealth.com

Downtown Country Market: Every Tuesday and Thursday from 10:00am to 2:00pm at the Buffalo Place in Downtown Buffalo, NY. For more information, please visit buffaloplace.com

Recipe
Corner

Omelet with Summer Vegetables

- Cooking spray
- 2/3 cup frozen whole-kernel corn, thawed
- 1/2 cup chopped zucchini
- 3 tbs chopped green onions
- 1/4 tsp salt, divided
- 2 tbs water
- 1/4 tsp black pepper
- 3 large egg whites
- 1 large egg
- 2 tbs shredded smoked Gouda cheese

Directions

1. Heat a small saucepan over medium-high heat. Coat pan with cooking spray. Add corn, zucchini, onions, and 1/8 teaspoon salt to pan; sauté 4 minutes or until vegetables are crisp-tender. Remove from heat

2. Heat a 10-inch nonstick skillet over medium-high heat. Combine 1/8 teaspoon salt, water, pepper, egg whites, and egg in a bowl, stirring well with a whisk. Coat pan with cooking spray. Pour egg mixture into pan; cook until edges begin to set (about 2 minutes). Gently lift the edges of the omelet with a spatula, tilting pan to allow uncooked egg mixture to come in contact with pan. Spoon corn mixture onto half of omelet; sprinkle corn mixture with cheese. Loosen omelet with a spatula, and fold in half over corn mixture. Cook 2 minutes or until the cheese melts. Carefully slide omelet onto a plate.



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