

## 'Dinner with the Doctor' to examine home environmental triggers

### "Is Your Home Making You Sick?"

That's the next topic in Jersey City Medical Center's popular "Dinner with the Doctor" series, scheduled for Thursday, March 18th at 6:30 p.m. at Chandelier Restaurant, 1081 Broadway, Bayonne.

The speaker will be Dr. Douglas Ratner, Chair of Medicine at Jersey City Medical Center. Dr. Ratner, the author of "Tomorrow's Health for Today's Families", will present information on common environmental pollutants and their effect on inhabitants, and offer possible remedies.

"Dinner with the Doctor," held monthly, gives area residents the chance to enjoy a light dinner and listen to leading physicians discuss their specialty and answer questions. There is no cost for the hour-long program.

### Is your house making you sick?

Children, older adults and individuals with chronic illnesses are most susceptible to the toxins, dust mites, pet dander, gases, mold, tobacco and other pollutants and allergens found in many homes. These can result in such common symptoms as headaches, frequent colds, fatigue, nausea, and sore throats, and can cause or aggravate allergies, asthma and other conditions.

"The bad news is that we might be at higher risk for environmental-related allergies and illnesses than ever before," said Dr. Ratner. "The good news is that many of these problems can be kept from getting out of hand."

Dr. Ratner is board certified in Internal Medicine with a subspecialty board from the American Board of Preventive, Occupational, and Environmental Medicine, Chairman of Medicine at Overlook Hospital in Summit, NJ for many years before coming to Jersey City Medical Center. Dr. Ratner is a graduate of Hahnemann Medical School and Hofstra University.

He completed his residency at Danbury Hospital in Danbury, Connecticut and was trained in Occupational Medicine at the University of Medicine and Dentistry of New Jersey. In addition to environmental medicine, his interests have included telemedicine and chronic disease management. He is an Associate Clinical Professor of Medicine at Mt. Sinai School of Medicine.



Dr. Douglas Ratner

His book "Tomorrow's Health for Today's Family: A Groundbreaking Guide to Better Health for You and Your Community in the 21st Century" offers down-to-earth tips to help people improve their own health and the safety of their home.

"Our mission is 'enhancing life' and, our 'Dinner with the Doctor' series is intended do this by fostering education and awareness," said Joseph F. Scott, President and CEO of LibertyHealth, which operates and manages Jersey City Medical Center. "We strongly encourage those people who live and work in the communities we serve to meet some of the area's best doctors and get answers to questions they many have on various health and medical topics."

To register for the upcoming seminar, call (201) 915-2000, ext. 4305. The session is limited to 75 people. □