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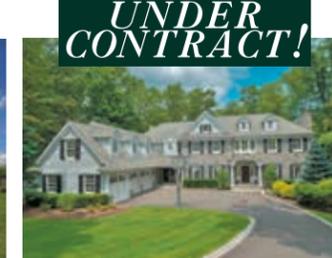
Situated on 1.6 acres in sought after East Hill, with beautifully landscaped grounds. Gourmet kitchen opening to dining room, climate-controlled wine cellar and tasting room, office/library, large family room with fireplace, vaulted great room with access to a multi-level patio/outdoor fireplace. Sauna, music room, upper-level bedroom suite. 4-car garage. **\$1,995,000**



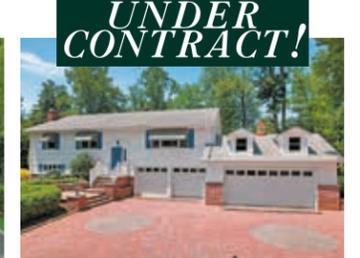
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UNDER CONTRACT - SADDLE RIVER



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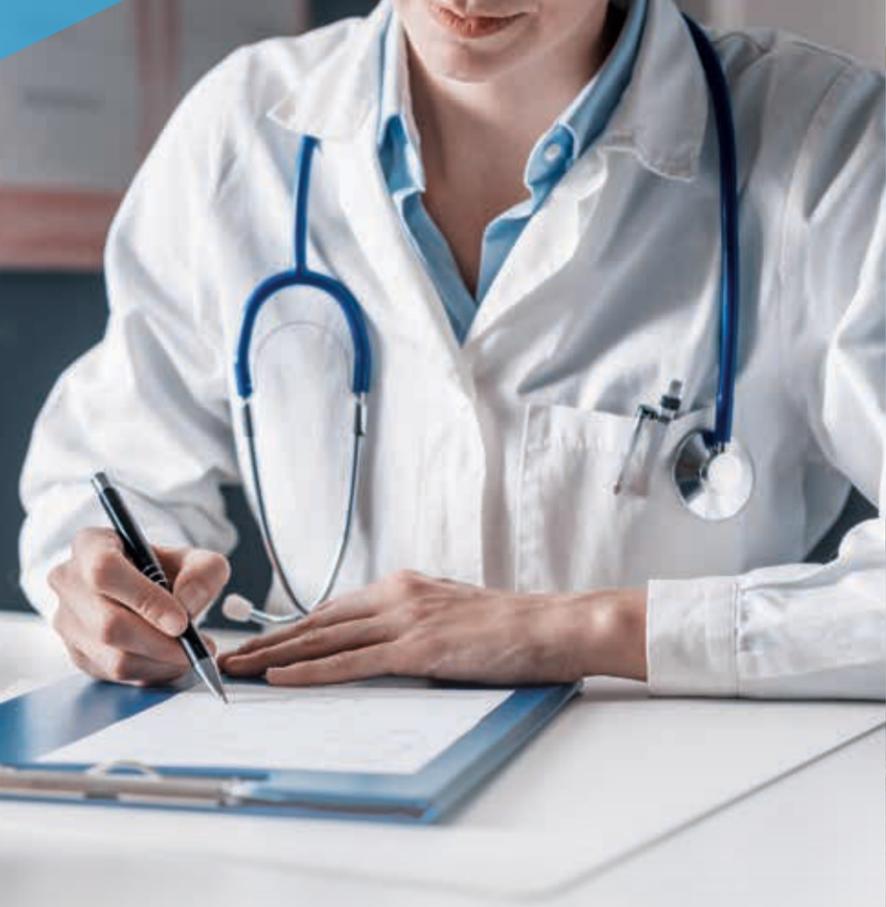


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Saddle River MAGAZINE

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- PUBLISHER** Aaron Klein
(201) 638-2218
Aaron.Klein@n2co.com
- ASSISTANT PUBLISHER** Kamni Marsh
strollsaddleriver@gmail.com
- PHOTOGRAPHER** Andrew Fein
- RESIDENT WRITERS** Alex Goldfarb
Andrew Goldfarb
Kendall Frances Gray
Rhea Gupta
Ronit Gupta
Samantha Holden
Salma Hassan
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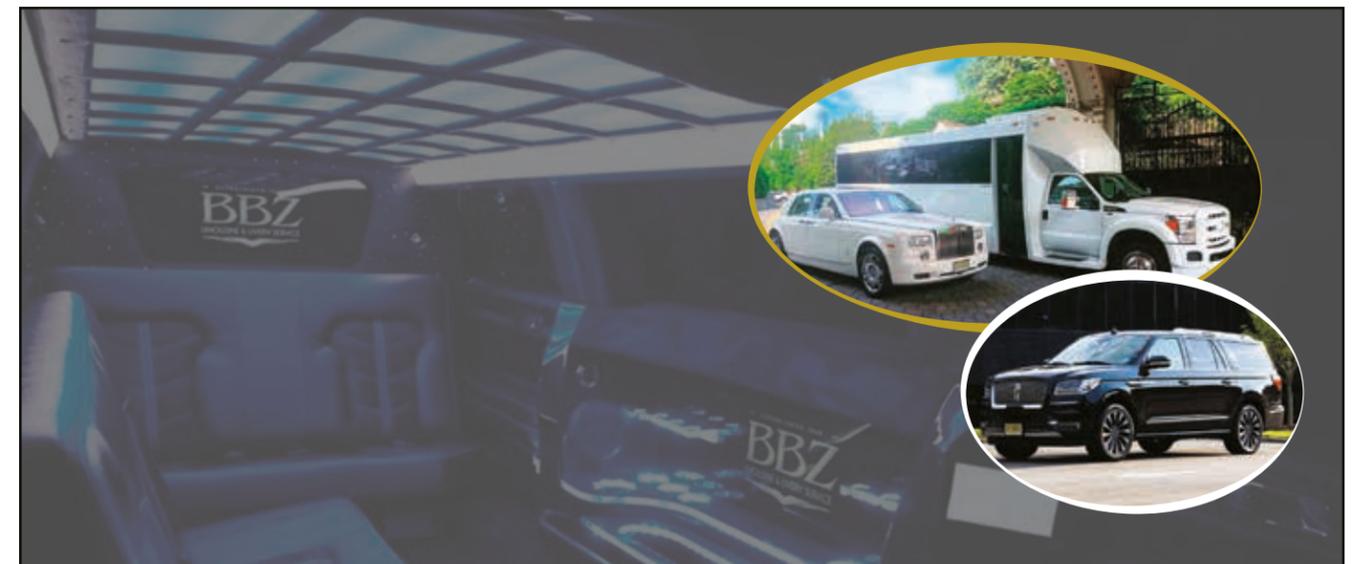
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Step inside and the journey begins in a dramatic foyer, complete with a **signature bridal staircase** that frames sweeping views of the great room. Every corner of this home has been finished with **top-of-the-line materials and craftsmanship**, setting a new standard for luxury living.

Among the standout features are not one, but **two extraordinary primary bedroom suites**—one on the main floor and another upstairs—each with its own lavish bath, designed for the ultimate in comfort and privacy.

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18-foot islands. Above, the ceiling itself is a work of art, crafted by artisans who brought creativity and detail to every finish.

But perhaps the crown jewel of this residence is its **indoor pool retreat**. Designed as both a showpiece and an entertainment hub, it features soaring walls of glass, a cozy fireplace, a fully equipped bar, and dual locker rooms. This private oasis transforms hosting into an unforgettable experience, whether for intimate gatherings or large celebrations.

From elegant living spaces to indulgent amenities, **this estate leaves nothing to be desired.** Its sheer scale and thoughtful design redefine what it means to live luxuriously.

In Saddle River, a town renowned for its beauty and prestige, **125 Chestnut Ridge Rd is more than a home—it's a legacy.**



FROM
Saddle River
 TO *Hong Kong*

THE GLOBAL JOURNEY OF ART
 ENTREPRENEUR KATIE GUO



For Katie Guo, life has been a continuous pursuit of passion, culture, and connection. A former Saddle River resident now living in Hong Kong, Katie has built an impressive career in the international art world while balancing family life, global travel, and a vibrant social presence.

Though she has called Hong Kong home for the past twelve years, Katie's roots remain firmly planted in Saddle River, where her mother still lives. She grew up in the quiet, spacious suburb, never fully appreciating its deer-filled yards, lakes, and parks until she returned with her own two children. "This summer, I've been back for a month with the kids, and I find myself noticing things I never did before—the clear blue sky, the swans, the nature," she says. "Now, I see it through their eyes and it's beautiful."

A LEAP ACROSS THE WORLD

Katie's path to Hong Kong began after graduate school. Faced with a choice between joining her family business or taking a traditional nine-to-five job, she chose neither. "I wanted to explore my Asian roots and be somewhere international," she explains. "Hong Kong made sense—I had friends there, it had a cosmopolitan feel, and it was close to the rest of Asia."

Once settled, Katie launched her first venture—a jewelry line. Young and

"Hong Kong made sense—I had friends there, it had a cosmopolitan feel, and it was close to the rest of Asia."



*“I finally found
what I love —art”*



full of optimism, she soon discovered the realities of running a business on her own. “I designed, manufactured, and oversaw production myself, but with marketing, accounting, HR—it was overwhelming,” she recalls. The experience underscored the need for broader skills, inspiring her to enroll in a two-year Art Management and Investment program. Class trips to Paris, London, New York City, Japan, and China deepened her passion and confirmed that the art world was her true calling.

“I finally found what I love—art,” she says. “I’ve always been drawn to beautiful things, fashion, and design, so it was a natural fit.”

BREAKING INTO THE AUCTION WORLD

Katie’s passion and drive led to a Vice President position at a prestigious Hong Kong auction house—an unusually senior role for someone so young. “The boss believed in me,” she says. “Every auction was thrilling, unpredictable—like a high-stakes game. Even after years, I’d still get sweaty palms during bidding.”

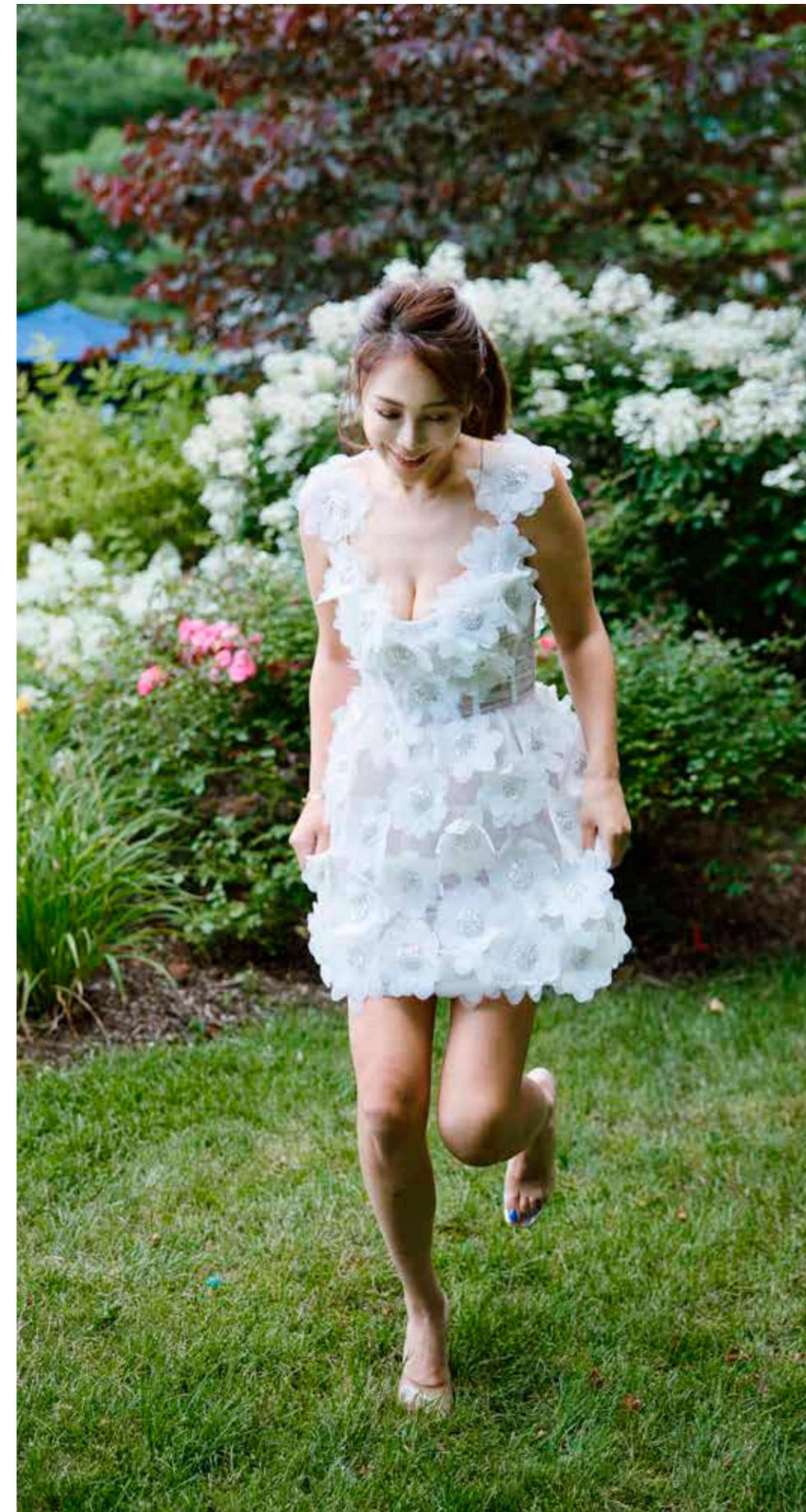
Her success in the auction world cemented her reputation with elite clients, some of whom entrusted her with transactions worth tens of millions of dollars. “I was lucky to have clients who trusted me completely,” she says. “That gave me the confidence to start my own company.”

BUILDING A CAREER IN ART CONSULTING

Today, Katie wears many hats: art consultant, curator, and collector. She represents clients seeking works from emerging artists to blue-chip names like Picasso and Monet, often sourcing rare pieces through private connections. She also curates exhibitions, providing emerging artists with exposure and helping them build a market presence.

One recent highlight was hosting a Hong Kong exhibition for a Korean artist whose work aims to help children with emotional challenges. “Her paintings are bright, happy, but with layers of complexity,” Katie says. “They bring joy, calm, and hope—something I connect with as a mother.”

Katie believes collecting art should start with love for the work itself, not



“I’m traveling, raising my kids, running my business, and surrounded by friends. I feel fortunate.”



just investment potential. “If you don’t love it, you’ll regret it when it doesn’t increase in value,” she says. “You have to want it on your wall, regardless.”

LIFE IN HONG KONG

While Hong Kong is often associated with high density and bustling streets, Katie finds it more intimate than outsiders might think. “It’s a small city socially—once you’re in a circle, you know everyone,” she explains. The pandemic reduced the city’s

population, and many residents now spend weekends in nearby Shenzhen, China, for more space and lower costs.

Katie’s personal life is as dynamic as her professional one. Her Instagram captures a glamorous mix of high-fashion events, international travel, and family moments. She’s a regular guest at exclusive jewelry launches and auction previews, but she also prioritizes her role as a mother. “I devote weekends to my kids, but during the week I’m out building my career,” she says. “I

want them to see me as a role model—someone with her own identity, social standing, and ambitions.”

THE INFLUENCE OF FAMILY

Katie credits much of her drive to her mother, a self-made entrepreneur who immigrated to the U.S. from China in her 30s. Her mother founded a successful import-export company supplying aluminum alloy materials to major car manufacturers and later sold it to help care for Katie’s children.

“She’s the bravest person I know,” Katie says. “Everything she’s done has been for me—from moving countries, to building a business, to giving it up to help with my family.”

While Katie inherited her mother’s ambition and work ethic, her zest for enjoying life comes from her father. “My mom is a health purist—very disciplined, no indulgences. I’m more about balance. I work hard, but I also make time to enjoy good food, travel, and friends.”

A GLOBAL PERSPECTIVE

Katie’s career has taken her from corporate finance internships to the upper echelons of the art market, and her network spans Europe, Asia, and beyond. She’s now looking to expand her business into the U.S., connecting with American collectors, including those in the finance sector.

“There’s a huge market in the States,” she says. “Through my relationships, I can source works that aren’t publicly available pieces in private collections that people don’t even know are for sale.”

Her life may be fast-paced, but Katie says she’s living it to the fullest. “Hong Kong is like New York on fast forward—there’s always something happening,” she says. “I’m traveling, raising my kids, running my business, and surrounded by friends. I feel fortunate.”

From her Saddle River beginnings to her current position as a rising figure in the global art world, Katie Guo’s journey is defined by bold choices, creative vision, and a dedication to living—and working—on her own terms.

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Stories from Our Family Kitchen

The warmth of October

BY PAULIE VALETUTTI

October always feels like the real start of fall in Bergen County. The air smells like woodsmoke, porches sprout pumpkins overnight, mums and gourds galore, and every weekend someone is heading off to Warwick or Demarest for apple picking. My 7-year-old thinks the best part of October is deciding on her Halloween costume (this year she's torn between two group costumes: a bee, a flower, and a hive, or a tree trunk, a sap collecting tube/bucket, and a jar of maple syrup) but I think the best part is what ends up on our table.

Growing up, October meant my grandmother's kitchen was filled with



the smell of apples baking. She swore by a simple baked apple recipe with cinnamon, lemon juice, walnuts, and a drizzle of honey. It wasn't fancy, but it tasted like fall itself. Now, when my daughter and I go apple picking, I always save a few just for baking; not for pies or crisps, but for something that's pure and nourishing.

Apples in October aren't just delicious; they're nutrition powerhouses. Packed with fiber and vitamin C, they help keep our immune systems strong as fall germs start making their rounds. And baking them, instead of drowning them in sugar, keeps the natural sweetness intact while warming up your whole house with that unmistakable autumn aroma.

This month, I'm sharing my updated version of my grandmother's recipe, with a bit of a twist; one that's easy enough for a weeknight, pretty enough for a dinner party, and healthy enough that I don't feel guilty when my daughter eats two!

By the time Halloween arrives, my daughter will be full of candy, but I'll be sneaking her back to these baked apples. They remind me of my grandmother, they taste like Bergen County in October, Marcy loves making them, and best of all... they make the kitchen smell like home.

Happy Fall!

CONTINUED ►

Cinnamon Baked Apples with Walnut Oat Crumble

Serves: 4

INGREDIENTS:

- 4 medium apples (Honeycrisp, Fuji, or Cortland work beautifully)
 - ¼ cup rolled oats
- ¼ cup chopped walnuts (or pecans)
 - 2 tbsp pure maple syrup
 - 2 tbsp unsalted butter, melted (or coconut oil)
 - 1 tsp ground cinnamon
 - ¼ tsp nutmeg
 - Pinch of sea salt

INSTRUCTIONS:

1. Preheat oven to 350°F. Core the apples, leaving the bottoms intact to form little “cups.”
2. In a small bowl, mix oats, walnuts, maple syrup, butter, cinnamon, nutmeg, and salt.
3. Spoon filling into each apple cavity.
4. Place apples in a baking dish with ½ cup water in the bottom.
5. Bake for 30–35 minutes, until apples are tender and filling is golden.
6. Serve warm, optionally topped with a dollop of Greek yogurt or vanilla ice cream.

Make extra, they reheat beautifully for breakfast with a splash of milk.



SADDLE RIVER RESIDENT, HUSBAND, DAD, CHEF

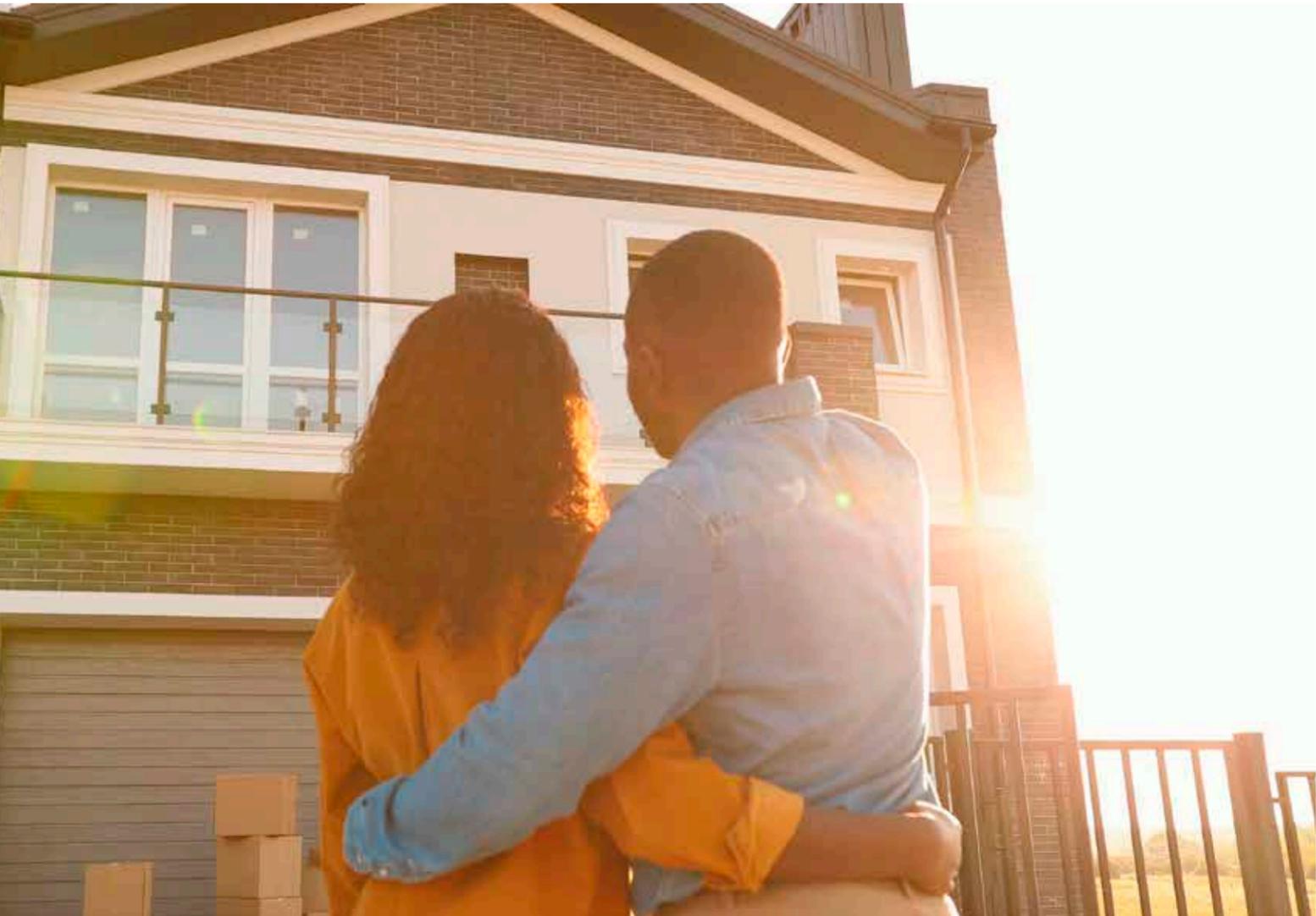
Paul “Paulie” Valetutti is a girl dad, husband, chef and Saddle River Resident. A Bosco and Rutgers Alumnus, he grew up in Mahwah and has cooked professionally in Arizona, New York, France, and Italy. He and his family love to travel, ski, and of course, eat! He is very passionate about the experiences available in life.

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WHERE IS THE MARKET HEADED?

TERRIE O'CONNOR

IF YOU HAVE BEEN keeping abreast of the real estate market nationally, you have been starting to see a shift to a buyer's market, particularly in Arizona, Florida and areas of the Midwest. The good news is that our market in Northern New Jersey is expected to remain resilient through year end, with moderate price growth, persistent demand and limited inventory.

Analysts predict our home values will rise 3-5% with stronger gains as high as 8% in the hottest markets in Bergen and Passaic Counties for well marketed homes. Why is our area continuing to do so well while other areas of the country are easing?

The reasons are quite simple:

- **Tight Inventory:** We are starved for listings! While Realtor.com states that a balanced market will have 5-6 months of housing supply, our area is experiencing less than 3 months supply.

- **Buyer Demand For Commuter Suburbs:** As more companies are requiring their employees to physically return to the office, demand is intense for transit accessible towns in Bergen, Hudson, Morris and Passaic counties.
- **There has been a vast reduction in new construction over the past decade:** Up until very recently, our area had been experiencing a slowdown in new construction. Between the shortage of labor in the field, difficulty getting local government approvals for projects, the high cost of materials and financing complications, construction has been on the decline since 2007.

All this has led to an unprecedented market where our agents are working harder than ever helping buyers through endless bidding wars and guiding sellers through the issues of accepting offers that may not appraise out.

As exciting as our area market might look, beware. According to Dr. Marci Rossell, Chief Economist for Leading Real Estate Companies of the World, national numbers may be signaling we are heading into a slow down and will be in a transitional period over the next few months marked by what we all see: rising interest rates, fewer new listings, fewer homes sold and concerns over tariffs. Dr. Rossell suggests this movement in the real estate market is toward some normalcy which would be refreshing after the frenzied market of the past couple of years.

As always, it is important to keep ahead of the market:

Pay attention to local conditions

Real estate is local...and each neighborhood can be experiencing a different marketplace. Potential homebuyers and sellers should follow the local data to know what's going on in the housing market and may want to work with a real estate agent to help them navigate the ever changing market.

Housing inventory has eased a bit but right now, we're still short on homes

Even though housing inventory has improved since last year, there's still a shortage of options for home shoppers in our area, relative to historical data. That said, we need to watch national trends and be prepared that shifting markets that are extending into more and more areas could become nationwide.

Buyers: make sure you're financially ready to buy

With the housing market poised for a reset, it's more important than ever to make sure you're financially ready when making a home purchase. Before you start shopping, take a hard look at your budget and figure out what you're comfortable spending on housing each month.

Our sales professionals are knowledgeable about the intricacies of each market area we serve and can guide you through the process.



Established in 1991, Terrie O'Connor Realtors is a leading independent real estate brokerage committed to providing hallmark service, anticipating changing market conditions and setting the standard for excellence in the real estate industry. With seven branch offices and more than 475 licensed real estate professionals, Terrie O'Connor Realtors

provides exceptional real estate services throughout northern New Jersey and southern New York states.

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MS students working on science project at table

Where Opportunity and Growth Meet: Exploring the Middle School at Saddle River Day



The Middle School years are a time of remarkable transformation—academically, socially, and personally. Students

begin to see the world with greater complexity, develop deeper interests, and face rising expectations both in and out of the classroom. These years demand resilience, curiosity, and a strong support system. At Saddle River Day School, our Middle School faculty and administrators embrace this pivotal stage, creating an environment that challenges students while nurturing their unique talents and potential.

The SRDS Middle School has experienced extraordinary growth in recent years, attracting families who value both its hallmark qualities—low student-to-faculty ratio, a welcoming community, and broad enrichment opportunities—and its commitment to innovation. Parents consistently highlight how SRDS blends traditional excellence with forward-thinking programs that prepare students for high school, college, and beyond.

The Middle School Capstone Research Program at Saddle River Day School is a hallmark experience that fosters curiosity, critical thinking, and real-world problem-solving. Beginning in Grade 5 with STEAM projects and culminating in Grade 8 with a Capstone aligned to the United Nations Sustainable Development Goals, students explore meaningful topics—from renewable energy to mental health—while developing essential research and communication



MS science students

skills. Guided by SRDS's mission to inspire academic excellence and ethical citizenship, every student completes original, year-long research and presents their findings at the annual Middle School STEAM Expo each May.

Students also benefit from a thoughtfully designed advisory program that builds community and ensures every child is known, guided, and supported. Advisors help students balance academics, extracurriculars, and social-emotional growth—while field trips and overnight experiences deepen connections. Enrichment courses allow them to explore new passions or pursue advanced learning in areas like business and entrepreneurship, robotics, debate, Odyssey of the Mind, or the performing arts—all without sacrificing athletics or other extracurriculars thanks to our flexible schedule.

For those with demonstrated aptitude, accelerated pathways in math, science, business, and computer science open doors to upper-level and AP coursework. But regardless of their track, every student leaves the SRDS Middle School with sharpened literacy, critical thinking, and research abilities—ready to thrive in Upper School and beyond.

At Saddle River Day School, Middle School is where opportunity takes shape. With hands-on research, personalized guidance, and a wealth of enrichment options, students uncover their passions and build the skills to thrive in high school and beyond. Every student is challenged, supported, and inspired to lead with curiosity, confidence, and character.

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Spooky Snacks for a Fang-tastic Halloween!

Deliciously creepy bites that are scary easy to make!

Halloween isn't just about costumes and candy—it's the perfect time to whip up some frightfully fun treats! Whether you're hosting a party, heading to a school event, or just want to get into the spooky spirit, these easy recipes are kid-approved, parent-friendly, and packed with ghoulish giggles.



Creepy-Crawly Spider Crackers

WHAT YOU NEED:

- Round crackers (like Ritz)
- Cream cheese (or hummus if you prefer)
- Pretzel sticks
- Raisins, jellybeans or olives for "eyes"

HOW TO MAKE IT:

1. Spread cream cheese on a cracker and top with another to make a "sandwich."
2. Break pretzel sticks in half and slide four into each side for spider legs.
3. Use raisins or tiny olive pieces to make spooky eyes on top.
4. Boom—you've got a whole nest of crunchy critters!



Monster Eyeball Popcorn

WHAT YOU NEED:

- Popped popcorn
- White chocolate, melted
- Candy eyeballs (sold in baking aisles)
- Green or orange sprinkles

HOW TO MAKE IT:

1. Pour melted white chocolate over the popcorn and toss until coated.
2. Sprinkle on festive Halloween sprinkles.
3. Stick candy eyeballs around while it's still sticky.
4. Creepy, crunchy, and perfect for a scary movie night!



Mummy Dogs

WHAT YOU NEED:

- Hot dogs
- Crescent roll dough
- Candy eyeballs (sold in baking aisles)

HOW TO MAKE IT:

1. Wrap strips of dough around each hot dog, leaving little gaps like mummy bandages.
2. Bake according to package directions until golden brown.
3. Dot on mustard or ketchup "eyes."
4. These little mummies disappear fast—no curse required!

Pumpkin Patch Pudding Cups

WHAT YOU NEED:

- Chocolate pudding cups
- Crushed chocolate cookies
- Candy pumpkins (like mellowcreme pumpkins)
- Green gummy worms

HOW TO MAKE IT:

1. Open pudding cups and sprinkle crushed cookies on top for "dirt."
2. Add a pumpkin candy or two.
3. Let some gummy worms wriggle out of the soil.
4. A mini pumpkin patch that's good enough to eat!

With these spooky snacks, your Halloween party will be a graveyard smash!



TRICK-OR-TREAT TIP

Let kids help decorate and assemble the snacks—they'll love making their own monster creations! Just be ready for sticky fingers and lots of giggles.



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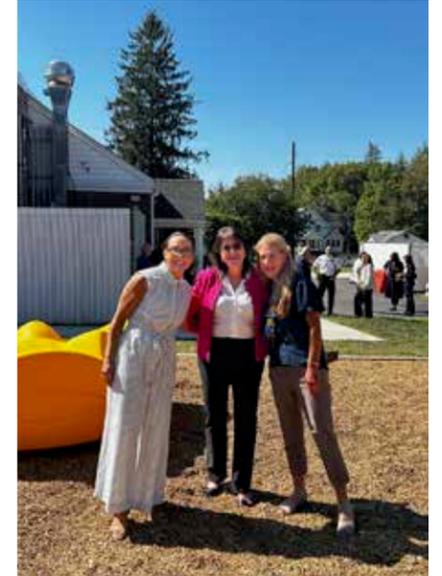


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Wandell School News

Happy first day, Wolverines!



Dear Saddle River School District Parents, Guardians, and Community Members,



What an incredible start to the 2025–2026 school year! The first day at Wandell School was nothing short of inspiring. From the moment our students stepped through the doors, they were greeted by smiling teachers, enthusiastic staff, and a sea of pom-poms and welcome-back signs. The energy was contagious as students reunited with old friends, met new classmates, and settled into their classrooms with excitement and joy.

One of the highlights of the day was the ribbon-cutting ceremony for our brand-new playground. Watching our students explore and laugh together on the new equipment reminded all of us why these moments matter so deeply. They are building memories that will last a lifetime. The ceremony was made even more special by the presence of our Mayor, members of the Council, our Police Chief and officers, and our Board of Education, all standing alongside us in support of our students and school community.

This summer, Wandell saw several important upgrades that directly benefit our children. Every classroom is now equipped with an upgraded Smart Board, replacing the older models and giving teachers new tools to enhance

instruction. A new set of iPads is being prepared for use in our STEAM program, ensuring students have access to technology that fosters creativity and critical thinking. Our facilities team also worked tirelessly to make sure the building itself sparkled, from the refreshed infield at the baseball field to a newly installed electrical surge protector safeguarding our infrastructure.

Education is the heart of every strong community, and at Wandell we believe in creating a school where every child feels valued, supported, and inspired to learn. The improvements we have made represent more than just upgrades. They are an investment in our children's future and a reflection of the commitment our community has to excellence in education.

It is truly an honor to serve as your Superintendent and Principal. I could not be prouder of our teachers, staff, and families who make Wandell such a special place. This first day is only the beginning of what promises to be an exciting year filled with growth, learning, and joy.

I encourage you to stay connected with us throughout the year by visiting our website at www.wandellschool.org and following our updates on social media. Together we will continue to make this school the very best it can be.



“Education is the heart of every strong community, and at Wandell we believe in creating a school where every child feels valued, supported, and inspired to learn.”



With gratitude and pride,

Dr. Jennifer Macones
Superintendent & Principal
Saddle River School District



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YOUR MONTHLY HEALTH & WELLNESS ADVISOR

Understanding a fatty liver

BY ROBERT G. LAHITA MD, PHD, FACP, MACR, FRCP

Introduction

Fatty liver disease, also known as hepatic steatosis, has emerged as one of the most prevalent and pressing health concerns of the 21st century. Characterized by the accumulation of excess fat in the liver, this condition affects people of all ages and backgrounds, often developing silently without noticeable symptoms until it progresses to more severe forms. We broadly classify fatty liver disease into two categories: alcoholic fatty liver disease and nonalcoholic fatty liver disease (NAFLD); the latter is rapidly rising in incidence because of changes in lifestyle and dietary habits worldwide. Admittedly, this condition is more common than we initially thought. It is common to a variety of groups of people and is not dependent on how rich you are or what your habits are



This essay seeks to provide an in-depth understanding of fatty liver disease, examining its classification, cause, risk factors, progression, symptoms, and complications. I will also talk about treatment options and ways to prevent it. Liver health is crucial for every resident of Saddle River. I know a few of you in the community, and I thought it would be beneficial for everyone to be aware of this condition.

Types and Classification of Fatty Liver Disease

Two distinct types primarily classify fatty liver disease.

- Excessive alcohol consumption directly causes alcoholic fatty liver disease (AFLD). Alcohol metabolism in the liver leads to the buildup of fat accumulation within liver cells (specifically a fat called triglyceride). If unchecked, AFLD can progress to alcoholic hepatitis and ultimately cirrhosis from which you can die.
- Nonalcoholic Fatty Liver Disease (NAFLD): NAFLD occurs in individuals who consume little to no alcohol. It is driven predominantly by metabolic factors, such as obesity, insulin resistance, and dyslipidemia. NAFLD can additionally progress to nonalcoholic steatohepatitis (NASH), a more severe type involving inflammation and cellular damage.

Causes and Risks

The development of fatty liver disease involves a complex interplay of genetic, metabolic, and environmental factors.

Alcoholic Fatty Liver Disease (AFLD)

AFLD results almost exclusively from chronic alcohol intake. The liver processes alcohol through various chemical pathways, producing metabolites that disrupt normal fat metabolism. Over time, the liver's capacity to metabolize fat diminishes, resulting in its accumulation.

Nonalcoholic Fatty Liver Disease (NAFLD)

NAFLD is associated with the following key risk factors:
Obesity: Excess body fat increases the flux of free fatty acids to the liver. Insulin resistance is a hallmark of type 2 diabetes, as it impairs fat metabolism and promotes fat storage in the liver.
Metabolic Syndrome: A cluster of conditions—including high blood pressure, high blood sugar, disordered fat metabolism (such as elevated cholesterol, low good cholesterol, high bad cholesterol), and abdominal obesity—increases the risk of NAFLD.
Diet: When you have a high consumption of saturated fats, refined sugars, and processed foods, it exacerbates fat deposition in the liver.
Genetics: Certain gene variants predispose individuals to liver steatosis.
Medications: Certain drugs, such as corticosteroids (like prednisone) and specific cancer treatments, can contribute to the accumulation of fat.
Rapid weight loss and Malnutrition: paradoxically, both can trigger fatty liver changes because of shifts in fat metabolism.

How does it progress?

Fatty liver disease begins with the accumulation of fats, specifically triglycerides, within liver cells, the functional cells of the liver. This process is reversible mainly in its early stages. However, persistent insults, whether from alcohol,



metabolic dysfunction, or other sources, can provoke cellular stress and inflammation.

If left untreated, fatty liver disease may progress through several stages:

- Simple fatty liver: fat accumulation without inflammation or damage. Typically, benign.
- Steatohepatitis: Inflammation and liver cell injury accompany fat buildup. NASH is what doctors call this stage in NAFLD.
- Fibrosis: chronic inflammation leads to the formation of scar tissue.
- Cirrhosis: Extensive scarring disrupts liver architecture and function, potentially resulting in liver failure.

What are the symptoms?

Fatty liver disease is notorious for its silent progression. Most individuals experience no symptoms in the early stages. When symptoms do occur, they may include:

- Fatigue and weakness
- Discomfort or pain in the upper right abdomen
- Unexplained weight loss
- Enlarged liver (hepatomegaly)
- Jaundice (in advanced cases)

The bad news is that because symptoms are non-specific, fatty liver disease often goes undiagnosed until significant liver damage has occurred.

What does your doctor do to diagnose this condition?

Diagnosis of fatty liver disease involves a combination of clinical evaluation, laboratory tests, and imaging studies. Steps may include a medical history and physical examination, assessing alcohol intake, determining metabolic risk factors, and getting a thorough family medical history.

As far as the laboratory tests, your doctor might wish to order liver function tests. Elevated levels of liver enzymes (ALT, AST) may suggest liver injury. The doctor might also order imaging tests, which could include ultrasound, CT scans, and MRI, to detect excess fat in the liver. Sometimes, a liver biopsy

may be required to differentiate simple steatosis from NASH and assess the extent of fibrosis.

We all try to use non-invasive diagnostic tools, reducing our reliance on biopsies.

What can you do to treat fatty liver?

The management of your fatty liver disease primarily focuses on addressing underlying causes and changing your lifestyle. There is no medication specifically approved for NAFLD or NASH, but several strategies can help reverse or halt disease progression:

A doctor may also recommend that you lose weight gradually. This can significantly decrease liver fat and inflammation. Adopt a balanced diet rich in vegetables, fruits, whole grains, lean proteins, and healthy fats. The Mediterranean diet has shown particular promise. Regular exercise improves insulin sensitivity and reduces liver fat. It is essential to manage diabetes and abnormal fats through medication and lifestyle. A big one is alcohol abstinence, which is necessary for those with AFLD and beneficial for all liver conditions. In certain situations, a healthcare provider might recommend medications for diabetes, cholesterol, or vitamin E.

So how do we prevent fatty livers?

Preventing fatty liver disease hinges on maintaining a healthy lifestyle: engage in regular physical activity; eat a balanced, nutrient-rich diet; avoid excessive alcohol consumption; maintain a healthy weight; monitor and manage chronic conditions such as diabetes and high cholesterol

Conclusion

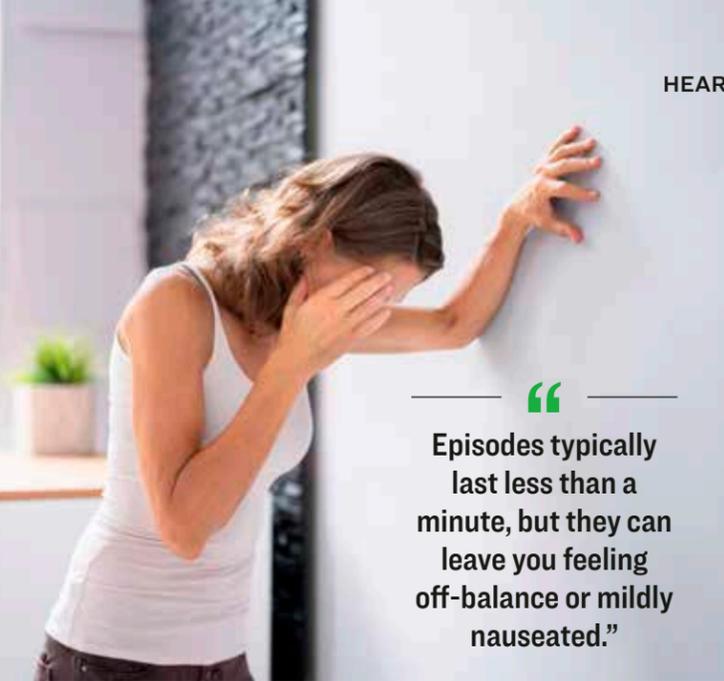
Fatty liver disease, once considered relatively benign, is now recognized as a global public health challenge. The prevalence of fatty liver disease will increase unless we take decisive action because of rising rates of obesity, diabetes, and sedentary lifestyles. Catching the disease early, adopting a healthy lifestyle, and carefully managing risk factors are key to improving fatty liver disease and avoiding serious health problems.

Please tune to www.healthfrontierspod.com to see our free medical information shows. You can also reach me with suggestions or questions by emailing: askdrbob@healthfrontierspod.com



Director of St. Joseph's Institute for Autoimmune and Rheumatic Diseases, Professor of Medicine at Hackensack Meridian School of Medicine. Clinical Professor of Medicine, Rutgers, New Jersey Medical School, and Saddle River Resident. Phone: 973 754 4175

HEARS TO EARS



“
Episodes typically last less than a minute, but they can leave you feeling off-balance or mildly nauseated.”

Have you ever rolled over in bed or tilted your head back quickly, only to feel as if the room was spinning? That sudden, unsettling sensation is called *vertigo*. One of the most common causes is a condition known as **Benign Paroxysmal Positional Vertigo (BPPV)**.

WHAT CAUSES BPPV?

Inside your inner ear are tiny calcium carbonate particles—often called “ear crystals.” Normally, they help your body sense gravity and maintain balance. Sometimes, these crystals move out of place and slip into the semicircular canals, which are responsible for detecting head movement. When that happens, the brain receives confusing signals about motion, leading to brief but intense dizziness.

WHEN DOES IT HAPPEN?

BPPV is usually triggered by changes in head position, such as:

- Rolling over in bed
- Looking up or bending down
- Sitting up quickly

Episodes typically last less than a minute, but they can leave you feeling off-balance or mildly nauseated. While BPPV itself is not dangerous, it does increase the risk of falls, especially in older adults.

HOW IS BPPV DIAGNOSED AND TREATED?

The good news is that BPPV is both common *and* treatable. Doctors or balance specialists can perform simple in-office tests, watching how your eyes and head respond to specific movements. If BPPV is confirmed, treatment usually involves a series of gentle head and body maneuvers—such as the Epley maneuver—that help guide the crystals back into their proper place. Many people feel significant relief after just one or two sessions.

WHEN TO SEEK HELP

If you or someone you know experiences sudden, unexplained dizziness, don't ignore it. Reaching out to your primary care provider or an ear, nose, and throat (ENT) specialist is the best first step. With the right diagnosis and treatment, most people regain balance and return to their daily routines quickly.

THE TAKEAWAY

By recognizing the signs of BPPV and knowing that effective treatment exists, you can reduce your risk of falls and regain confidence in your balance.

Dr. Ann Marie Olson
Sophisticated Hearing



Owner and audiologist at Sophisticated Hearing – Ridgewood, NJ, and Saddle River Resident
Ann Marie Olson, Sc.D., CCC-A
NJ Audiologist Lic #41YA00082000
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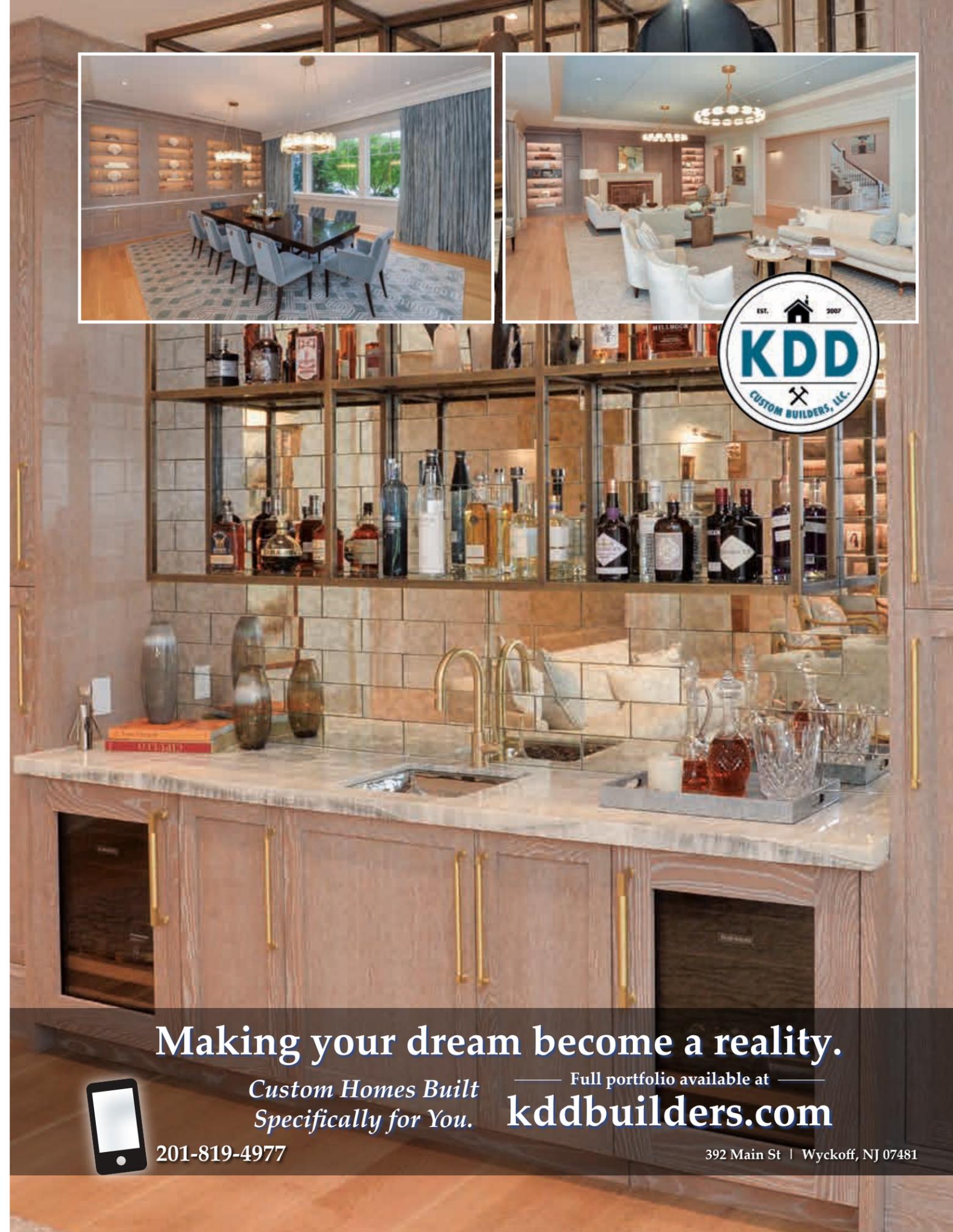
Dr. Ann Marie Olson
Doctor of Science in Audiology
NJ Audiologist Lic # 41YA00082000
NJ Hearing Aid Dispenser Lic #936



Dr. Donna Szabo
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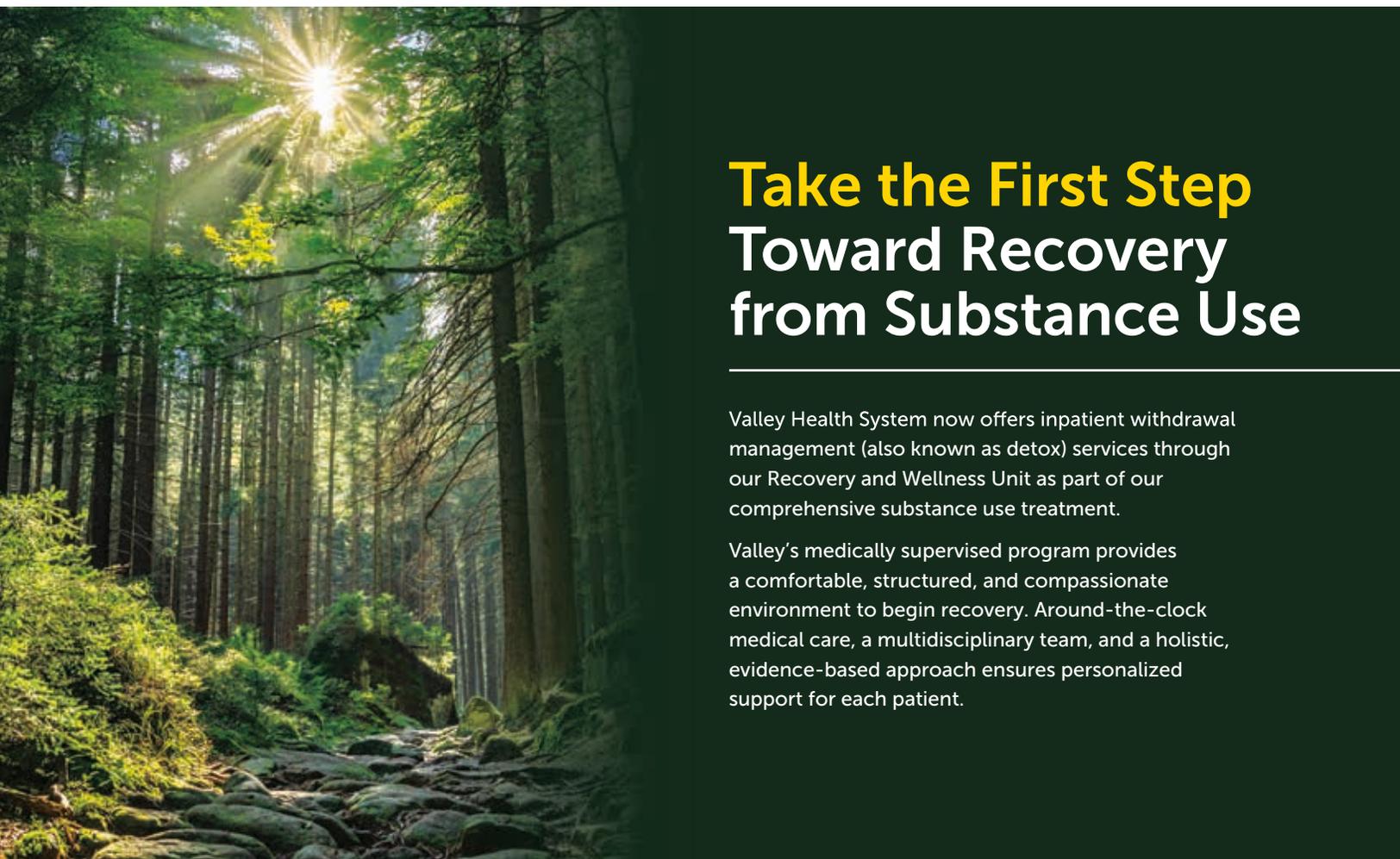
*Samantha Randy
has joined the
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