

Healthy Lifestyles

September 21, 2022

Caregiver and family 'take steps' to end Alzheimer's

Walk to end Alzheimer's set Oct. 15

By Dugan Radwin

Alzheimer's Association HV

Debbie Rosado of Saugerties knows very well how challenging life with dementia can be.

Her mother, Rose Newland, who lives nearby in Saugerties with her father Vinnie Newland, has been living with dementia for about 10 years, as did many of her siblings who have since passed away. A few years ago, her husband, Gaspar Rosado, known as Gary, was also diagnosed with early-onset dementia at age 57.

She will be participating in the Walk to End Alzheimer's team with Team Gary on the Walkway Over the Hudson on Oct. 15.

"My mom was the youngest of 11 children, and eight of them lived to adulthood. Pretty much all of her siblings got it. She's the only one surviving right now. She was never officially diagnosed, but we just knew. She's probably had symptoms for 10 years."

The first sign that something was amiss with her mother appeared when she was gardening.

"She was a gardener, and she planted a lot of garlic in the fall. She dug 120 holes for her garlic; she covered them and forgot to plant the garlic. That was kind of the first sign. Then it was repeating herself, and forgetting how to cook. Going out the garden and not really doing anything," she recalled.

She said her parents tried assisted living for a year, but it wasn't a perfect fit. She found them an apartment nearby and sought help from professionals for some of the care-giving.

"I couldn't do the hands-on care, so my father agreed to have help come in. Two days later, she fell, broke her shoulder and her wrist and ended up in rehab. She was a totally different person. She thought people were killing her. It took repeated attempts with psychotropic medication and dosages to get her stabilized,"



Caregiver Debbie Rosado is pictured with her husband Gary. The Walk to End Alzheimer's is set at the Walkway Over the Hudson on Oct. 15. Courtesy photo

she said, noting that things did eventually improve but did not return to normal.

"She is functioning much better now. She says phrases, but she can't hold a conversation. She laughs a lot; she hugs a lot. She tries to tell funny things; she's very affectionate. She's 86, and my dad is turning 88. They have been married 63 years. We're so committed to not putting her in a nursing home. It gives my dad purpose to care for my mom. He wants to give back to her what she provided to him for so many years. He never really wanted strangers in his house, but he's growing such nice relationships with the caretakers. He's doing well enough; he still has all his faculties. He runs the household to the best of his ability, and my sister comes down and fills in."

In her husband's case, she knew something was wrong when he completely forgot a Thanksgiving gathering the next day.

"Maybe seven or eight years ago, we had been at my sister's in Albany for Thanksgiving, and the next day, he didn't remember any of it. He had

driven and everything," she said. "Then things just kept happening, and I got him to a neurologist. She ordered a sleep test, CAT scan, PET scan, MRI. He did terrible with the memory test. He was getting lost driving places."

He was eventually diagnosed with retrograde amnesia, or memory loss from an unknown source.

"The neurologist actually ruled out Alzheimer's at that time," she said. "We just kind of waited, and it did slowly get worse. Then, 3.5 years ago, he had rotator cuff surgery on his shoulder, and things were starting to go downhill. Six days later, he had a heart attack. He became very depressed, and I was able to convince him to see a psychiatrist, who adjusted his medications and helped stabilize him. Then we went to see a new neurologist in New York City who reviewed previous tests, administered new memory testing in the office, and ordered a spinal tap to check for specific proteins in the brain. A month later, we received the devastating diagnosis of early-onset Alzheimer's when Gary was 57."

On the website for their Walk to End Alzheimer's team, Team Gary, Debbie Rosado describes what his life is like now.

"He can no longer complete tasks without repeated prompts, like changing clothes, brushing teeth and taking a shower. Confusion and anxiety are daily challenges. He cannot be left alone for long, and he has lost the ability to entertain himself with the hobbies he had enjoyed. The circle of people he knows has become only longtime friends and family, and it is shrinking. He knows his two beautiful daughters, but to him, they are 18, when they are actually in their thirties."

Debbie Rosado ended up leaving her job of 30 years early at age 55, in order to spend more time with him. They celebrated their 30th wedding anniversary with a special trip to Italy, but, unfortunately, he cannot remember it. She said she misses her romantic partner on special days, as well as the equal partner who helped her care for the household.

"I walk a fine line between treating a grown man with dignity, while in reality it is like taking care of a child," she said on the Team Gary page. "It can be exhausting at times to manage our household and at the same time provide him with a high quality of life. He is still so affectionate with a great sense of humor."

Their daughter, Gabriela, is posting a series of TikTok videos with her father on her TikTok page @gcrosado to raise money to benefit their Walk team. Her goal is to raise \$3,000.

"She's extremely close to her father," Debbie Rosado said. "The TikToks will make you laugh, make you cry, depending on what her mood is. She's just very creative."

Team Gary is giving bookmarks to those who donate \$50 or more. The Walk to End Alzheimer's — Dutchess/Ulster will be held on Saturday, Oct. 15, starting on the Highland side of the Walkway. To register or make a donation, visit DutchessUlsterWalk.org

Caring for caregivers – importance of self-care

By Brookmeade Community

In cases of emergencies or crisis what do you do? Usually the first step is to take care of yourself so you'll be in a healthy position to take care of others. Only when we help ourselves can we effectively take care of the ones we love. Self-care is one of the most important, and often most neglected, priorities. Caring for a loved one can be a unique experience. There's the pride and joy of knowing that your loved ones are well cared for, but there's also the stress and exhaustion, not to mention the financial concerns.

Avoiding Burnout

It's common for caregivers to

BROOKMEADE SENIOR CONCEPTS

become sick as well; prolonged stress, the physical and emotional demands of caregiving, the aging process, all place a caregiver at a higher risk for health problems. Assuming the role of caregiver for a loved one while juggling their own lives will have an increased risk to experience depression and chronic illness.

The progression of a chronic illness or injury for someone in your care cannot be thwarted, however, as caregivers -we can take responsibility for our own

personal health by ensuring our needs are met.

Stress

How we react to an event plays a big role in how we cope with it. Stress from caregiving is expected, but stress may come about unexpectedly from the perception of our situation and feeling isolated in our experiences as a caregiver. Stress levels are impacted by several variables:

- Whether or not our caregiving is voluntary.

- The relationship with the care recipient

- How we cope with stressful situations

- Type of chronic illness or injury the care recipient has.

- Whether support and resources are available.

Steps to managing stress

- Recognize and identify your stress triggers
- Identify what you can and cannot change
- Set goals on what you'd like to accomplish in the next few months.
- Utilize stress-reduction techniques
- Address your healthcare needs
- Get proper rest, nutrition, exercise
- Seek a support system & resources for respite

Respite Care

Respite Care is a period of rest or relief. Having a substitute caregiver to give the primary caregiver a break, whether once a week or more or when that primary caregiver gets sick is important in order to avoid caregiver burnout.

Respite Care Options:

- Home Care Agency provides a caregiver in the home setting. This provides a familiar environment and flexible scheduling
- Healthcare Facility: Care recipients can receive short-term stays at an assisted living or nursing home. Some benefits include activities and socialization with around the clock nursing care.
- Adult Day Healthcare Program: May offer medical & social programs for care recipients to take part in, receive meals and skilled nursing care. A medical model is a professional care setting in which older adults living with dementia or disabilities receive individualized therapeutic, social, and health services. To learn more about Adult Day Healthcare or Meadows Adult Day Healthcare coming soon to the Brookmeade Community please email info@brookmeadecommunity.org

Explore all the options for yourself and for your loved one so you can understand the pros and cons for your situation. Take control as a caregiver of your health. When we take care of ourselves, our loved ones will benefit too.

For more information, visit brookmeadecommunity.org.

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Alzheimer's Association to offer free programs in Oct.

The Alzheimer's Association Hudson Valley Chapter will host the following free events in October. Unless noted otherwise, programs will be virtual and registration can be made online, by zip code for programs at alz.org or by calling the Alzheimer's Association at 800.272.3900.

10 Warning Signs of Alzheimer's in Spanish: A free virtual program. Conozca las 10 señales: 7 p.m. 4 de octubre: Un programa virtual gratuito. Detección temprana de la enfermedad de Alzheimer les da la oportunidad para empezar

terapias, registrarse en estudios clínicos y planificar para el futuro. Este programa incluye videos de expertos y miembros del público compartiendo sus experiencias.

Something for Alz: Musical Moments: 10:30-11:30 a.m. Wednesdays, Oct. 5 and Oct 12. A free virtual interactive music program with music therapist Jeffrey Friedberg.

Dutchess Ulster Walk: Saturday, Oct. 15, starting on the Highland side of the Walkway Over the Hudson, 87 Haviland Road, Highland. Registration opens at 9 a.m. Opening

Ceremony starts at 10 a.m. Join us for an inspiring event to help end Alzheimer's and all other dementia. We invite you to help us end Alzheimer's and all other dementia while providing support to families living with the disease.

Something Alz : Creative Expression: 11 a.m. Saturday, Oct. 15. Join us for an interactive arts webinar facilitated by arts therapist Jayne Henderson for people with Alzheimer's and their family caregivers. When you tune into this program, please bring some paper and something to write or draw with.

Virtual Visit with New York Therapy Animals: 11-11:30 a.m. Thursday, Oct 20. Viewing and interacting with animals can be a way to relax, interact and meet new friends.

Something for Alz: Creative Expression: 11 a.m. Saturdays, Oct. 22 and 29. Join us for an interactive arts webinar facilitated by arts therapist Jayne Henderson for people with Alzheimer's and their family caregivers. When you tune into this program, please bring some paper and something to write or draw with.

Five ways traditions help us stay healthy and happy

(StatePoint) Health experts say that establishing and maintaining family traditions can boost overall well-being and vitality, especially as we age.

Here are some insights into the importance of traditions to well-being and vitality as we age, along with tips for keeping those connections going in your own circle of family and friends:

Traditions help combat loneliness: According to a 2020 survey by Cigna, 61 percent of adults reported being lonely – a 7 percentage-point increase from 2018. That feeling was likely exacerbated by the pandemic that followed. Traditions can help

to combat feelings of isolation. Consider setting up weekly video calls or trading letters and notes with relatives who live far away. Regular trips to a favorite destination, such as a lake or beach, or celebrating important holidays together every year, can provide meaningful time together.

Traditions pass on family values: Having shared values can help us feel connected to one another. Telling stories from the past or practicing cultural, spiritual and religious traditions are great ways to pass these values down from one generation to the next.

Traditions can make us feel young again: From cooking and gardening to sports and games, family traditions often evoke old memories and make us feel young again. Sensory memories can be particularly powerful. Whether it's a cookie bakeoff, ballpark peanuts and hot dogs, or a singalong around the piano, family rituals that include special sights, sounds and aromas are often the ones we think of most fondly.

Traditions strengthen communities: Traditions are not just for families; they can also strengthen ties among friends and communities. Consider

getting a group of neighbors together for morning walks or meeting friends for shopping excursions. Make visiting the farmers market, attending free concerts in the park, playing community center bingo and gathering for other recurring local events part of your routine.

For more information about how to stay healthy while aging, visit www.cignamedicare.com.

As you embrace the rituals that matter most to you, remember that traditions don't need to be rigid or set in stone.

Caring for someone with Alzheimer's isn't easy.

Reaching us is.



If you care for someone with Alzheimer's disease, memory loss or dementia, you are not alone. We're here day or night — whenever you need us — offering reliable information and support.

Free 24/7 Helpline: **800.272.3900**
Caregiver Center: alz.org/care

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This advertisement is supported in part by a grant from the New York State Department of Health.

Let's get moving - and prevent chronic conditions

By Christian Campilii PT, DPT

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control and overall quality of life.



Christian Campilii

The second edition of the "Physical Activity Guidelines for Americans," reports that approximately 80 percent of U.S. adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and improve many chronic conditions.

BODY KNOWLEDGE

America, it's time to get moving!

According to the guidelines, the following is recommended:

- **Preschool-aged children** (ages 3 through 5 years) should be physically active at least for three hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.

- **Children and adolescents** (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.

- **Adults** should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least

two days for muscle-strengthening activities. Adding more time provides further benefits.

- **Older adults (ages 65 and older)** should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.

- **Pregnant and postpartum women** who were physically active before pregnancy can continue these activities during pregnancy and in the postpartum period, but they should consult their health care provider about any necessary

adjustments.

- **Adults with chronic health conditions and disabilities**, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a healthcare provider about the types and amounts that are appropriate for you.

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

You can contact a physical therapist directly for an evaluation. You do not need a physician referral.

*Adapted from APTA and U.S. Department of Health and Human Services

For more information, visit centerforphysicaltherapy.com or call 845-297-4789.

Sweater weather is candle weather!

By Sonya, the Candle Lady



LIFE IS BETTER WITH CANDLES

I love the fall season because of family trips to the orchard to pick apples and pumpkins; the colorful landscapes that create beautiful photos; the not too cold - not too hot weather; shopping and

displaying fall mums at the entrance of my home and as it gets darker earlier and chillier, I look forward to throwing on a sweater and lighting a fall scented candle.

This fall, however, instead of lighting the common fall scents of apple, cinnamon or pumpkin, try a blended fall scent or a totally different scent.

Here are a few scent suggestions that will capture the essence of the fall season.

- **Crackling Birch** – Even if you do not have a fireplace, you'll enjoy the soothing and smoky combination of Citrus, Spice and Woods.

- **Fresh Brewed Coffee** – Nothing is more welcoming for coffee lovers than the strong scent of Coffee with Creamy Vanilla in your home on chilly nights.

- **Leaves** - Imagine hiking in the Catskill Mountains after an autumn rainstorm with the faint scent of Harvest Apples and Pure Pumpkins.

- **Mulled Cider** – A combination of Cider; Cinnamon; Clove; Green Apples; McIntosh Apples and Woods is the ideal scent for cuddling up in front of your fireplace with a blanket and a book.

Enjoy the candle and sweater season!

Always practice safety when burning candles. Never leave unattended and keep away from children and pets. Never burn a candle for more than 4 hours and trim the wick to ¼ inch each time it is relit.

Sonya, the Candle Lady has established herself as a trusted source for soy and beeswax candles when she opened Ye Olde Candle & Gift Shoppe in 2015. She's featured in The Hudson Valley Magazine's Face of Soy & Beeswax Candles for 2022. She believes that candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax. Sonya offers weekly candle making classes. You may e-mail her at sonya@yeoldecandlehousegiftshoppe.com

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It's time to 'Pumpkin Spice Up Your Workout'

By Sean Kammerer
All Sport Health and Fitness



Sean Kammerer

Now, more than ever, it is important to keep active and moving to help strengthen your immune system.

All Sport is an 80,000-square-foot facility on a 10-acre campus, as a "one-stop shop" for the community. They offer members the largest and most diverse offerings of activities and

HEALTH TIPS

equipment for everyone no matter their fitness level or age.

Included with every membership is access to more than 70 Group Exercise classes each week. This includes Yoga, Barre, Pilates, Zumba, and so much more! All Sport also has an Indoor Pool, Hot Tub, Sauna and Steam Rooms, two Basketball Courts, Pickleball, and Racquetball. Additional offerings include Small Group Training and Personal Training,

which help accelerate your fitness goals. Health and wellness are important to the kids, too. The club continually offers Youth Programs, such as Swim Lessons, Dance Classes, Circuit Training, Tumbling, Cycle, and even Musical Theatre.

All Sport is so much more than just a gym. The club has created a wellness community that focuses on both physical and mental health, and looks forward to

keeping the community healthy all year round.

Join us on Saturday, October 22, 2022 for our Fall Fest! Fall Fest is a family-friendly event from 11am – 2pm that features the popular food truck, Cousin's Maine Lobster, fall activities for kids, and a fun-filled day to create memories with your loved ones. See you there!

For more information about All Sport's Membership, offerings, job opportunities, please visit allsporthealthandfitness.com.

Helpful suggestions for a successful school year

Already, we are in the first month of the new school year. I hope that you are prepared to make this year a productive and successful one. Supporting our children, working together with their teachers will make this happen. All of us must be on the same team to help our children learn and develop the qualities that will sustain them through life.

Many children begin the new school year with anticipation and excitement. They are happy to see their friends and share all the new experiences the new year will bring. We must help them keep this positive attitude and thrive on the excitement of learning. This is a great motivation.

When children are prepared for the school day, they have a head start for achievement. So here are some reminders of three important components to start the day: sufficient sleep, a healthy breakfast, and preparation each night for the next day.

- When children get enough sleep, they are ready to spend five to six hours listening, concentrating, completing assignments and interacting with others. They need to be focused and attentive to be able to complete all tasks and participate fully in all activities.

- A healthy breakfast helps children start the day with energy. Find foods that your children like, but that are also nutritious. Oatmeal, eggs, a grilled cheese or peanut butter sandwich provide protein and fill the tummy. Sugary cereals do not fit the bill! If your children are not early morning eaters, wrap and pack the breakfast and send it to school with them. I have often told parents that their children could eat breakfast before class began. Contact administration or the classroom teacher to make arrangements to allow time to eat breakfast either in the cafeteria or in class. This should not be a problem.

- Lunch is another consideration. If your children do not like the

MAKING EDUCATION WORK with Diane Fulves

lunches that the school provides, pack a healthy lunch for them. To ease the morning rush, prepare sandwiches, snacks, etc., the night before. This takes time, but we must be sure that our children have a healthy lunch. Some schools have morning lunch periods. Then children spend the next three to four hours in class. They need healthy foods to sustain them for the rest of the school day.

- Preparation for the following day must be done the night before so that children can begin the day stress free. Prepare clothing, lunches, all materials in the book bag, homework, signed assignments, permission slips, pencils, pens, rulers, notebooks and everything that must get to class the next day. This applies to your teenagers, as well. Take 10 minutes at night to gather everything and your mornings will be much calmer.

- Some children would benefit from a communication folder or

notebook. Place important information in the folder, e. g., notes, homework, and anything that must be returned to school each day. This helps children to be organized, which is especially important for children who have memory or attention issues. Let the teacher know that you plan to use this folder. This helps you and the teacher know where to look for information. If children forget, it's in the folder!

- Vigilance is another essential component for a successful school year. Pay attention to your children when they return home. Are they happy and confident about school? Do they have friends? Take time to talk with them about their day. It is extremely important that they know their parents are interested in their work, their classmates, and their teacher. Sharing the day's experience with parents gives children a sense of comfort and security.

- If your children return home

and appear frustrated and upset, listen to their complaints with patience and understanding. You do not want them to feel isolated and alone. You need to know the reason for their frustration so that you can find solutions. If they are upset, they are not learning. If you see that problems persist, make an appointment with the teacher. Do not wait for weeks to correct the problem

If issues are addressed early in the year, your children will have the opportunity to succeed. When we correct the small problems and listen to the needs of our children, we can continue to build a foundation for success.

Remember, success is the only option!

Diane Fulves, M.A., M.S. Ed., is a learning specialist and advocate for children and parents who is located in Millbrook. She is director of "Empowering Our Parents," which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net.



Young survivor shares lessons learned after heart attack

**By Marcella Rojas
Nuvance Healthcare**

There is no good age to have a heart attack, but at 45, without a history of cardiac disease, Mike Brown said it was shocking to have suffered one.

“Everyone needs to know that just because you’re younger doesn’t mean you shouldn’t get checked out,” said Brown, of Poughkeepsie. “I believe a story like mine will swing a lot of people to get looked at.”

Earlier this year, Brown was home lying on his couch when he felt some chest pain, he recounted. At first, he thought he had pulled a muscle from coughing too hard, but when he started to feel numbness in his arm, Brown immediately called 911.

While in the ambulance on his way to Vassar Brothers Medical Center, Brown said he “literally died.” He was revived in the Emergency Department and sent for surgery with Dr. Rajeev Narayan, an interventional cardiologist with Nuvance Health.

PATIENT FIRST



Heart attack survivor Mike Brown is pictured with his daughter DonnaLynn. Courtesy photo

Brown required two stents for his blocked arteries.

“I went from the ER to the OR to the ICU within three hours of my heart attack, and I walked out of

Vassar on my own power 36 hours later,” Brown said. “I had phenomenal care. If it wasn’t for the staff, I wouldn’t be here today.”

Dr. Narayan emphasizes that

heart attacks “can happen to anyone.”

“There are certain things that put you at higher risk, it is always important to be aware of possible symptoms like chest pain, shortness of breath or exertional intolerance for which one should seek emergency care,” he said.

Brown, a medical assistant in ophthalmology and father of three, said he has a new outlook on life that includes sharing his story to potentially save lives.

“Go to a cardiologist and get your heart checked even if you don’t have a history of heart disease. It’s so important,” he said. “The doctor told me that only five percent of people who had what I had make it, so I am appreciating every moment of life. Not a lot of people can do that.”

For more information on the Nuvance Health Heart and Vascular Institute, visit <https://www.nuvancehealth.org/services-and-treatments/heart-and-vascular>.

Tips to make sure backpacks are safe and prevent injuries

Fall is here and the kids are back to school. That means kids will be returning to homework and carrying their backpacks. So it’s a good time to make sure your children have the correct



Dr. Sara Mikulsky

backpack to prevent injuries like back and shoulder pain.

Here are a few simple steps to follow to ensure your child is safe and has the right backpack

BETTER LIVING

with Dr. Sara Mikulsky

- **The shoulder traps fit correctly.** The shoulder straps should be both adjustable and the correct width. Shoulder straps allow the backpack to be adjusted appropriately on the back. It should sit equally in the middle of the spine just above the buttocks and between the shoulder blades. Also the strap width should be correct, not placing too much stress on one section of the

shoulder nor rubbing against the arms or chest.

- **The correct size is used.** Your child’s backpack should never weigh more than 10 percent of the child’s body weight. So the backpack should also be the correct size for the child. Carrying a backpack that is too large may put your child at risk for back or shoulder injuries. The backpack should also not go over the hips or buttocks, and should be squarely in the middle of the back.

There are multiple pockets. A backpack that has multiple pockets and sections allows for better weight distribution and avoids over loading one area. It can also be helpful to have areas for laptops and other technology to protect your child and cushion the equipment.

The bottom line is to make sure the backpack is not causing pain in your child. Check to make sure their backpack is not over-filled and is correctly fitted on their back.

If you are unsure if your child has the correct backpack for their body, visit your local physical therapist for an ergonomic assessment of the backpack. Physical therapists are trained in assessment posture, determine movement patterns, and correct biomechanics. A physical therapist can provide recommendations for you and your child.

For more tips on backpacks or other injury prevention needs, make sure to follow our blog on saramikulsky.com. Dr. Sara Mikulsky, PT, DPT is a Doctor of Physical Therapy and a trained Ergonomic Specialist. She is the founder of Sara Mikulsky Wellness Physical Therapy located at 18 W. Main Street in Beacon, NY. She can be reached at saramikulsky.com.

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Work toward prevention with Prostate Cancer Awareness Month

By Premier Medical Group

September marks Prostate Cancer Awareness Month. Prostate cancer is cancer of the gland inside the groin between the penis and testes. With awareness, regular screenings, and healthy lifestyle habits, prostate cancer can be prevented.

We appreciate the men in our communities, families, and workplaces, which is why it's important to be aware of prostate cancer.

By knowing the risks, symptoms, and preventative measures for prostate cancer, we can spread awareness so men can take action against cancer.

What is prostate cancer?

Prostate cancer is the development of cancerous tumors in the prostate. The prostate is a soft gland found in men (and assigned-male-at-birth people) between the penis and the testes. It is located deep within the groin and is about the size of a walnut.

The prostate is a necessary part of the reproductive system because it produces seminal fluid which mixes with sperm to allow them to travel. It also maintains masculine characteristics and sexual function with male hormones testosterone and dihydrotestosterone (DHT).

Statistics

According to the Prostate Cancer Foundation, about 1 in 9 men will get prostate cancer in their lifetimes, and the risk increases significantly for African American men. Over 160,000 men in the United States are diagnosed with prostate cancer each year.

These numbers are intimidating, but prostate cancer can be successfully treated with early detection. Learn more about prostate cancer prevention with screenings and healthy lifestyle habits.

Screenings for Prostate Cancer

Yearly screenings are necessary for preventing prostate cancer or catching it in its early stages. Doctors recommend receiving screenings at age 50, and men at higher risk for prostate cancer, such as African American men or men with a family history of prostate cancer, should start screening earlier.

Digital Rectum Exam

Prostate cancer tends to start at the back of the prostate. Because of this, a digital rectum exam is an important screening to prevent the development of prostate cancer. The doctor will examine the prostate with a gloved finger through the rectum and note if there are any abnormalities.

PSA Test

Another test to screen for prostate cancer is a prostate specific antigen (PSA) test. PSA is a protein produced by the prostate, and the

test measures the levels of PSA in the blood.

Men with prostate cancer have higher levels of PSA in their blood. This test is a way to catch prostate cancer in asymptomatic men, so it is usually performed alongside the digital rectum exam.

Potential Risks of Screenings

In many cases, prostate cancer is slow-growing. The National Cancer Institute warns that PSA tests can detect tumors that are not life-threatening and may lead to an overdiagnosis and overtreatment.

Overtreatment for prostate cancer exposes men to the harmful effects of radiation and surgery, as well as causes stress that will impact men's health in their day-to-day lives.

Because of this, it is important to discuss with your doctor or urologist the status of prostate cancer and the options and alternatives for treatment.

It is also important to note that there are two conditions that have symptoms similar to prostate cancer:

- **Benign prostatic hyperplasia (BPH)** is the enlargement of the prostate, is non-cancerous, and can be treated with medication.

- **Prostatitis** is the inflammation of the prostate from an infection and can be treated with antibiotics or medication.

Know the difference between prostate cancer, BPH, and prostatitis to prevent unnecessary alarm and take appropriate action.

Symptoms, Risk Factors

There are risk factors that could lead to the development of prostate cancer, such as:

- **Age:** Men older than 50 are at a higher risk for prostate cancer than younger men.

- **Ethnicity:** African American men are more at risk.

- **Poor diet:** Men who eat high amounts of animal fat and dairy products are more at risk for prostate cancer.

- **Weight:** People with a higher body mass are slightly more at risk for prostate cancer. (However, weight is independent of health. People with larger bodies can practice healthy lifestyle habits without weight loss and still reap the benefits of lowering their risk of cancer.)

- **Veterans:** Veterans are more at risk for prostate cancer, especially those who came into contact with



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defoliant like Agent Orange.

• Exposure to pesticides:

Farmers and workers exposed to pesticides have a higher risk of developing prostate cancer.

- **Sedentary living:** Men who get little to no physical activity are more at risk for prostate cancer.

Now that you know the risk factors, you can be empowered to catch prostate cancer early on by knowing the symptoms.

Typical symptoms of prostate cancer include:

- Frequent urination, especially at night

- Difficulty starting urination or having a weak or interrupted flow of urine

- Pain during urination or ejaculation

- Consistent pain in the back, hips, and/or pelvis

- Blood in the urine or semen

If you notice any of these symptoms, contact your doctor right away to determine if it is due to prostate cancer or some other cause.

Prevention through healthy lifestyle habits

Prostate cancer cannot be completely prevented with lifestyle habits. However, the Prostate Cancer Foundation states that 30 percent of cancer can be prevented by participating in healthy habits, so it is worth the effort! Plus, healthy lifestyle habits will help prevent other cancers and diseases.

Try these healthy habits to fight against prostate cancer:

- **Move your body daily.** Try to

exercise for half an hour every day by doing something you enjoy: biking, walking, swimming, or anything else that motivates you to move. It is recommended to combine aerobic activities with strength-building exercises throughout the week for a well-rounded routine.

- **Eat less animal meat and dairy.** We know that meat and dairy have a negative effect on the prostate, so protect your health by cutting down (or out!) meat and dairy. You can achieve this by trying vegetarian protein sources, such as chickpeas and lentils, or going without meat three days a week.

- **Eat fish.** Fish have omega-3 fatty acids, which is a healthy fat that is beneficial for the prostate.

- **Avoid smoking.** Quit smoking cigarettes and cigars if you haven't already.

- **Drink in moderation** (if at all). Alcohol consumption negatively affects the prostate, so cut down on your drinking or cut it out completely.

- **Reduce stress.** Too much stress is detrimental to your health, so practice stress-relieving techniques such as meditation, deep breathing, yoga, and journaling to manage your stress. Try not to take on too much work or too many social events than you can handle.

By working towards a healthy lifestyle, you can lower your risk for prostate cancer and live a longer, happier life.

Premier Medical Group specializes in urological cancers. We provide screenings for prostate cancer and treatment for a prostate cancer diagnosis. Our facility offers innovative urological treatments for our patients and consistently performs high-level research to develop safer and more effective treatment options. Contact Premier Medical Group today to schedule your next prostate screening #845-437-5000 or visit www.premiermedicalhv.com



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