

# Healthy Lifestyles

March 8, 2023

## Simple approaches to complex mental illnesses



Casey Cuddy

We humans are incredibly complex animals. Given the multitude of human traits, emotions and behaviors, and the variability of each in frequency and intensity, diagnosing and treating mental illness can prove difficult. But just as simple assessment of one's level of distress and dysfunction helps to identify an immediate need for mental health treatment, so can the identification of prominent and frequent symptoms of the common mental illness categories.

Since specific symptoms can be present across multiple mental illness categories, herein we will focus on the prominent symptoms of mental illness, rather than on the categories, and leave it to the clinician to determine which diagnostic category likely applies.

As with all illnesses, severity of symptoms, and the impact each has on distress and dysfunction, can vary from one individual to the next. Despite overlaps in symptoms across categories, some illnesses are considered more severe than others, given the impact of the symptoms on the sufferer. Given the overlap in symptoms across diagnoses, in addition to the variations in the severity of the symptoms, mental illnesses are considered "spectrum disorders," with each sufferer falling somewhere on the line between normal and abnormal human feelings, behaviors, and needs.

Problematic disturbances in basic human emotions often involve feelings of sadness, worry and fear, but can also include extreme happiness, energy, impulsivity and activity. These states help to distinguish mood disorders such as depression from the mania which is a hallmark of a bipolar disorder.

Each mood disorder has its own spectrum of symptoms and severity, and when left untreated, each can progress to more severe symptoms like psychosis and its paranoia, delusions, and perceptual disturbances such as

### MENTAL HEALTH IS PHYSICAL HEALTH with Casey Cuddy



auditory or visual hallucinations. These emotional and behavioral extremes then affect basic human needs, for instance, wanting or needing more or less sleep, having more or less appetite, or experiencing more or less sex drive.

Additionally, physical issues such as headache, stomach ache and body ache can result from a mood or other disorder, and therefore generally resolve once the underlying disorder is properly diagnosed and effectively treated.

#### Worry, fear and origins

Worry and fear - be it of other people, flying on airplanes, being harmed or killed, or a multitude of other origins - can cause significant distress and dysfunction which negatively impacts one's life. Of particular note when determining whether a mental illness is present is the origin of the worries and anxieties. Some sufferers have genetic and lifestyle factors which contribute, whereas others have had severe experiences which produced or now worsen the worries and fears. This distinction is often termed "nature vs. nurture" as humans are impacted by not only their biology (nature), but also by their environments and experiences (nurture).

Often a sufferer will describe an unknown origin for the worries and fears inducing their anxiety, whereas others can specifically identify historical

verbal, emotional, physical, or sexual abuse, or severe traumatic events such as military combat, witnessing violence and death, or even experiencing these in their lives. If the origins of a sufferer's worries and fears can be identified, then the impact of these on their behaviors and needs can be better understood and treated, including but not limited to their avoidance of people, activities, sleep, or sex, arguments and physical violence, or abuse of drugs and alcohol.

Severe worries and fears of known origin are the hallmarks of post-traumatic stress disorders (PTSD), and its resulting "fight or flight" responses intended to alleviate the worry and fears of ongoing harm to, or the death of the sufferer. Although PTSD-related worries and fears are often exaggerated relative to the true risk of harm, the responses are automatic given humans' biological survival instincts. At the extreme, threats to one's life in the form of suicidal thoughts, and even attempts, can originate within the sufferer themselves in response to stress, worries, fears, and adverse life events. Therefore, suicidality is considered a medical emergency requiring immediate medical attention as it threatens the life of the sufferer.

#### Substance use and abuse

The abuse of drugs and alcohol, or other addictions or dependencies such as those to food and sex, are often choices

and behaviors intended to remedy symptoms of the users' mental illnesses. Therefore, substance use or abuse itself can be viewed as a symptom of mental illness, for the behavioral intent is to increase levels of the "reward and pleasure" brain hormone dopamine, which then helps to temporarily decrease the sufferer's sadness, irritability, anger, worry, fear, or other distressing symptoms.

Furthermore, as many mental health medications will decrease levels of dopamine in the brain, such as those for psychotic disorders such as schizophrenia, the use of substances such as, but not limited to food, alcohol, marijuana, cocaine, and tobacco will counteract that decrease by raising dopamine levels. The substances induce artificial positive, pleasant experiences rather than the negative experiences so prevalent with mental health symptoms.

The "masking" of mental health symptoms with substances is of course doing nothing to treat or to resolve the mental illness, and is, in reality, unsustainable behavior as higher and higher quantities of substances will be required to mask the symptoms as tolerance to the substances increases. Generally speaking, although substance use disorders are standalone diagnoses in mental healthcare, an ongoing, untreated substance use disorder will greatly interfere with the treatment of one's other mental illnesses regardless of origin, severity, or category. Much of this dynamic described is captured by the adage that substance abuse is merely "self-medicating" other mental illnesses.

This overview attempts to summarize the overlaps among all aspects of mental health, and its assessment, diagnosis, and treatment. Given these overlaps, it is common for patients to be diagnosed with multiple disorders, and to be treated with multiple medications which address specific symptoms, not specific diagnoses.

In fact, although a diagnosis is helpful in framing an illness, and identifying likely effective treatments, a clinician generally focuses on the likely origins of the symptoms, and the likely

*continued on page 2*



# Adjustments at home can help in preventing falls

**By Brookmeade Community**  
In youth, a simple slip and/or fall may end up being little more than a skinned knee or bruised elbow. With age, however, falling can lead to much more serious injuries such as fractures, broken bones, and severe bruising. And even a seemingly minor fall may lead to lasting health consequences, including permanent physical limitations.

To make matters worse, older individuals are at increased risk for falling due to changes in normal balancing functions. Statistics, according to Fisher Center for Alzheimer’s Research Foundation, show that 30 percent of all senior citizens fall each year.

That number becomes much greater with Alzheimer’s and other

## BROOKMEADE SENIOR CONCEPTS

dementia patients.

Coordination decreases, individuals tend to shuffle instead of lifting their feet, and are less likely to recognize fall hazards. In addition, and maybe not as obvious, Alzheimer’s can alter a person’s response to visual inputs, which may lead to difficulty in areas with patterns, light-dark contrast, or monochromatic patterns. These are just a few of the problems you may face which may also increase the likelihood of falling.

But there is hope. There are several adjustments that can make the home safer. Certain rooms can be made safe with simple adjustments.

The first step is to assess the safety of your living space. Examine all the rooms and hallways, keeping an eye out for items such as loose carpet, slippery throw rugs, or wood floorboards that stick up. These should be repaired, removed, or replaced with more effective fall prevention.

Adhesive strips on the bottom of rugs can help prevent slipping. Make sure areas are well lit and kept neat and tidy. Remove all clutter, such as stacks of old newspapers, boxes, and

magazines, especially from hallways and staircases. Grab bars placed strategically around the house, like on stair wells and wood or tile floors or hallways will also help.

In the kitchen, forget about using the top shelves at all. Many falls happen while stepping on a step stool or climbing onto a chair to get something that’s out of reach.

For the bathrooms, there should be grab bars by the toilet and in and outside of the bathtub/shower, non-slip adhesive strips go a long way to helping reduce slips. And if a shower chair is used, be sure to get one that is sturdy and well balanced so it won’t tip over backwards. Also, a raised toilet seat will make it easier to sit and stand up easier.

What you wear is important too. Loose, baggy clothes should be exchanged for tighter fitting clothes that don’t drag on the floor. Those old fluffy slippers may be comfortable, but they could be a source of slips and falls. Slippers with rubber or other non-slip bottoms should be used. Another good idea is to switch to slip on shoes or shoes with Velcro.

Remember, fall prevention is injury prevention. Awareness on your and your loved ones part is essential, every step you take can help prevent an injury.

*To learn more information or to seek rehabilitation exercises please email [info@brookmeadecommunity.org](mailto:info@brookmeadecommunity.org) or call 845-876-2071.*



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### Mental illnesses

*continued from page 1*

treatment interventions, which will lessen the severity of the resulting distress and dysfunction impacting one’s life. Although some mental disorders can be “cured” if not recurring, generally speaking the specialty of mental health treats long-term chronic conditions requiring ongoing, often changing treatment approaches to address the dynamic, ever-changing spectrum of human biology, experience, and resulting distress and dysfunction over the course of one’s life.

*Cuddy Psychiatry NP in Beacon NY is dedicated to supporting diverse patients during all stages of treatment for, and recovery from the full spectrum of mental illnesses. For more information, or to request an appointment, please call (646) 875-8659, email [help@cuddy.org](mailto:help@cuddy.org), or visit [www.cuddy.org](http://www.cuddy.org).*



# Hudson Valley man on a mission to spread Immune Health to the world

By Joe Doran

The Northern Dutchess and Southern Columbia corridor is rightly known as one of the most beautiful regions of the Hudson Valley and the world. But might it also be recognized one day for spreading the word about a one-of-a-kind natural immune system nutrition booster and glutathione precursor that supports many health conditions. It will if Joseph V. Cassarino has anything to say about it.

ProlImmune® - Immune Formulation 200®, is a patent-pending dietary supplement that Joseph understands can make a difference in improving the health of just about anyone. Joseph says, A Google search of the word Glutathione with whatever is troubling you on the Pub-Med/National Institutes of Health website will provide thousands of research reports to show how Glutathione may help you.

### A Master Antioxidant, And A Happy Accident

When Joseph met the inventor of ProlImmune, Dr. Albert Crum (M.D. MS, D.Sci-Hon) in Rhinebeck several years ago he was intrigued by the man and his professional work and Dr. Crum was intrigued and impressed over Joseph's background and business accomplishments. Dr. Crum asked Joseph to submit his resume and a professional business relationship and friendship formed. A graduate of Harvard Medical School, Dr. Crum gained renown both for his biochemistry research and a concern



Joseph Cassarino

for humanity. He was awarded a Harvard Medical Student Research Fellowship and merited Honor grades for his research, and holds a Master of Science degree from New York University, and a Doctor of Science (Hon.) degree from the University of Redlands (CA).

Dr. Crum has been called into counsel or Audiences with many world leaders, including an Audience with Pope John Paul II, now Pope Saint John Paul II, and with His Holiness the Dalai Lama and many others. In 1974, Dr. Crum, a nonsectarian, was awarded the Pope John XXIII (now Pope Saint John XXIII) Gold Medal with a sacred embedded Relic of Pope Saint John XXIII. Dr. Crum served as co-Chair of the U.S. Coordinating Committee Supporting the Nomination of His Holiness the Dalai Lama XIV of Tibet for the Nobel Peace Prize. Dr. Crum is also a 2018 Albert Nelson Marquis

Lifetime Achievement Award recipient.

“Dr. Crum made his groundbreaking scientific discovery over many years of laboratory research,” says Joseph. “ProlImmune is a scientific formula that he worked on to discover glutathione synthesis, and Dr. Crum’s motivation was that he always felt that there should be a way, where the [human] cell could make its own glutathione exactly as nature intended.” Joseph, an avid practitioner of a healthy life-style had never heard of glutathione. “The bottom line is, the average person has no awareness of glutathione. I didn’t, before I met Dr. Crum four years ago. I’m 65 years old and I’m a health oriented person but I did not know how important glutathione is and I am discovering that most people do not know what glutathione is or how toxins and stress inside the cells called, oxidative stress cause cells to decay or die and that glutathione helps the body reduce decay.

Joseph learned that glutathione is so important to the body and immune system and general health, that it is referred to as the “master antioxidant.” And Dr. Crum, funded in part by \$88M if grants from the National Institutes of Health (NIH), was on the cutting edge of glutathione research. His work was trailblazing not only concerning understanding of what glutathione does. He also discovered a crucial combination of natural precursors nutrients that could help the body manufacture optimum amounts of

glutathione at the cellular level.

### A Personal Experience For Joseph with Immune Formulation 200®

When Joseph came down with COVID, he was able to avoid a hospital visit, and fight off the virus without much trouble. I never even walked into a hospital and I am 65 years old. “I attribute that to a very strong immune system. And that’s what ProlImmune does. ProlImmune builds the immune system. Why? Because it’s reducing the oxidative stress, it’s reducing the free radicals, it’s reducing the toxins.

“By making the glutathione inside the cell, and only as much glutathione as the cell needs to reduce the toxins and the oxidative stress, discharging what it doesn’t need, it actually is the most efficient and effective implementation, over any method of glutathione supplementation and I learned this by sitting in meetings with Dr. Crum’s legal rep and with top scientists of the world.”

*Joseph V. Cassarino has developed an ecommerce website that offers free shipping [www.thebestimmunesupport.com](http://www.thebestimmunesupport.com) “I put so much education concerning the product onto the website,” says Joseph. “There’s the science, the data, the links to the NIH health report that all prove the importance of what glutathione does and the science of what Dr. Crum’s discovery provides for optimal glutathione replenishment.*

# Bust colonoscopy myths & avoid colorectal cancer

By Dr. Robert Rosenzweig



Dr. Robert Rosenzweig

March is colorectal cancer awareness month, and to help raise awareness I wanted to bust a few myths about one of the most important tests you could get to detect and prevent colorectal cancer – a

colonoscopy. This one simple procedure that allows gastroenterologists to see inside the colon causes anxiety in so many patients. I wanted to help set the record straight and emphasize the importance of talking to your doctor about getting a colonoscopy.

**Myth:** The best time to get a colonoscopy is when you turn 50.

**Fact:** What many of my patients don’t know is recently published research demonstrated the effectiveness of earlier screening. That’s why the U.S. Preventive Task Force recommends starting screening at 45 years old, and potentially even earlier if patients have certain risk factors.

Some risk factors are out of our control. Colorectal cancer is more common in people 50 and older and in people with a family history of colorectal cancer or pre-cancerous polyps. While there is a chance for polyps to form due to uncontrollable factors, there are several risk factors we can control:

• **Diet and exercise:** Avoid eating fats, salt, sugar and processed foods in excess. Keeping active with regular physical activity can also help reduce

## PATIENT FIRST

colorectal cancer risk.

- **Unhealthy weight:** Being overweight or obese increases colorectal cancer risk.
- **Alcohol use:** Even moderate alcohol use can increase colorectal cancer risk. Cutting back on alcoholic drinks can control a key risk factor.
- **Tobacco use:** Avoiding tobacco decreases the risk of colorectal cancer. Past smokers also have an increased risk of colorectal cancer, so regular screenings are essential.

Consider the lifestyle factors you can change to reduce your risk of developing colorectal cancer. Speak with your doctor if you need support or resources to follow a healthy diet, get regular exercise or quit smoking.

The good news: These lifestyle modifications can also reduce your risk of developing other types of cancer, diabetes, heart disease and obesity.

**Myth:** Getting a colonoscopy is a long and difficult procedure

**Fact:** A colonoscopy is so much easier than you expect! Most patients are completely surprised at how simple the procedure is and how quickly they are in and out of the office. Colonoscopies are a same-day, or outpatient, procedure and usually only take about 15 to 30 minutes on average.

Perhaps the most stressful part for patients is the prep for a colonoscopy, but even that has improved greatly in recent years. Better tasting and lower volume preps are the new normal,

which is much better than needing to drink a gallon of laxatives before your procedure.

**Myth:** Colonoscopies only detect colorectal cancer.

**Fact:** A colonoscopy is a preventive screening because the doctor can remove precancerous polyps during the exam before they have a chance to turn into cancer. It can also detect cancer early before it causes symptoms and when it is more treatable.

There is proof that early screenings are working to improve cancer detection. According to the American Cancer Society, the rate of colorectal cancer diagnoses is dropping among people 65 and older, thanks to

screenings.

Colonoscopy screenings can prevent colon or rectal cancer from developing or detect it early when it is more treatable. Take control of your health by following a healthy lifestyle to reduce your chances of getting colorectal cancer. Talk with your doctor about your risk factors to determine when you should start colonoscopy screenings.

*Robert Rosenzweig, MD is a gastroenterologist at Nuvance Health who has been serving the communities of Rhinebeck and Poughkeepsie for almost 30 years. He is board certified in Gastroenterology and Internal Medicine. Dr. Rosenzweig sees patients with a wide variety of GI conditions and believes in compassionate, personalized care. For more information, visit [nuvancehealth.org](http://nuvancehealth.org).*

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# 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.

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](http://centerforphysicaltherapy.com) or call 845-297-4789.

# Welcome spring into your home with candles

A scented candle with the fresh aromas of spring is the best way to welcome the spring season into your home after the cold and gray months of January and February.

Spring is a very busy time for most of us with spring cleaning, gardening and updating your home's décor. Here are a few tips to help you evoke the feeling of spring into your home.

## LIFE IS BETTER WITH CANDLES

- If you need to spring clean, plan a day and time for it. Start by lighting a clean-scented candle such as Fresh Laundry. The clean scent will influence you to de-clutter your home more than you expected.



both floral and sweet scents, try a Lavender and Vanilla scented candle for the interior space of your home. Pillar Beeswax Pastel Colored Candles are another excellent way to update your home's décor.

Spring is the time to try new scented candles and get your home ready for the sunny long days, thunderstorms and warmer months ahead.

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 re-lit.

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 was 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](mailto:sonya@yeoldecandlehousegiftshoppe.com)

- There is no better time to start planting flowers than the spring when everything is blooming. However, begin by purchasing a floral-scented candle such as Jasmine or Lilac for the interior of your home. It will influence you to plant those same flowers in your garden or place them in containers at the entrance of your home.
- Décor Updates for Interior/Outdoor Spaces are very common during this time of the year, so think about when and where you plan to light your candles. You might want to hang lanterns with LED candles, but use smaller lanterns with citronella tealight candles for your outdoor space. If you enjoy

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# Alzheimer’s Association sets programs for March

The Alzheimer’s Association Hudson Valley Chapter has a variety of educational and social programs planned in March, both virtually and in-person. Unless otherwise noted, call the Association’s 24/7 Hotline at 800.272.3900 to register, or search for programs by zip code at [alz.org/crf](http://alz.org/crf)

**Healthy Living for Your Brain and Body:** 10 a.m. Wednesday, March 8: A free virtual program with information on diet, nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to develop a plan for healthy aging. To register, call the Alzheimer’s Association at 800.272.3900 or visit the library’s online calendar.

**Virtual Memory Cafe:** 1-2 p.m. Thursday, March 9: A free virtual

event for people with early-stage dementia and their family caregivers featuring Broadway music by Sing for Your Seniors.

**Effective Communication Strategies:** 6-7 p.m. Thursday, March 9: A free virtual program in partnership with Beekman Library. Learn how communication takes place when someone has dementia and how to decode verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at every stage of the disease. To register, visit the library’s website.

**Virtual Research Update:** 11 a.m. Friday, March 10. A free virtual research update in partnership with the Alzheimer’s Collaborative

featuring Research Champion Meg Boyce, who will talk about the latest advances in research. To register, click the link in the event name or email Nicolette Pezzullo at [npezzullo@alz.org](mailto:npezzullo@alz.org)

**Something for Alz: Bethel Woods:** 1-2 p.m. Wednesday, March 15 and 22: A free virtual social program featuring an exhibit at Bethel Woods facilitated by art therapist Candace Rivela.

**Dementia Conversations:** 10 a.m. Wednesday, March 15. A free virtual program in partnership with Bronxville Public Library. Get tips on how to handle tough dementia-related conversations, such as when to visit a

doctor for a diagnosis, when to stop driving and planning for the future. To register, call the Alzheimer’s Association at 800.272.3900 or visit the library’s calendar online.

**Understanding and Responding to Dementia-Related Behavior:** 10 a.m. Wednesday, March 22. A free virtual program. Behavior is one of the primary ways people with dementia communicate their needs and feelings once the ability to use language is lost. Learn to decode common behaviors so you can connect at every stage of the disease. To register, call the Alzheimer’s Association at 800.272.3900 or visit the library’s online calendar.

## Subzero Heroes raises nearly \$70,000

The Alzheimer’s Association Hudson Valley Chapter’s 13th Annual Subzero Heroes fundraiser held on Feb. 15 at Berean Lake in Highland has raised nearly \$70,000 to date. Heroes on 19 teams took the plunge into Berean Lake, where some unexpected snow added to the atmosphere.

“It was a truly frigid day – the perfect atmosphere for our Heroes to take the plunge,” said David Sobel, executive director of the Alzheimer’s Association Hudson Valley Chapter. “We are so grateful to everyone who turned out and braved the cold for our cause. All the money raised helps

families living with Alzheimer’s and other dementia, as well as research seeking a cure.”

The event started with an opening ceremony in which the top three fundraising teams were revealed. Strike Out Alz, came in first at \$14,144; followed by Team Sal, who raised \$13,702 in second place and Erichsen’s Fuel Service, who raised \$8,325, coming in third.

For those who may not have had a chance to donate and would like to do so, fundraising for the event will remain open through March 20 at [SubzeroHeroes.org](http://SubzeroHeroes.org).



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# New equipment, new classes = new you at All Sport

By the All Sport Staff

There are exciting things happening at All Sport Health and Fitness. From new equipment to new classes, this club is giving its members a variety of options to stay healthy and well throughout the spring, summer and fall.

When it comes to equipment, All Sport just introduced several new machines and platforms to the workout rooms.

The Free Weight Room and Cardio Room have a wide variety of shiny new pieces of equipment for members to try, which include the following.

- 2 Squat Racks & Deadlift Platforms
- 4 Precor Ellipticals, 2 Recumbent Bikes

## HEALTH TIPS



New weight-lifting platforms and adjustable benches are just two of the new machines and equipment in use at All Sport Health and Fitness in Fishkill.  
*Courtesy photo*

- 2 Flat Bench Presses
- 4 Rogue Adjustable Benches
- Portable Decline Bench
- New Bumper Plates and New Barbells

As always, if you have any questions about the new equipment, we have a wonderful team of Personal Trainers available to show you the ropes.

In addition to expanding our equipment selection, our ASCEND Team Training and Group Exercise schedule are offering more times and classes for members to take to keep their workout fresh.

The ASCEND Team Training schedule has more evening classes, weekly class focuses, and new ways to help you rise above your fitness levels.

- Join us for the following.
- Mondays, 6 p.m. – Endurance
  - Tuesdays, 5:30 p.m. - HIIT Bodyweight
  - Thursdays, 8:30 a.m. - HIIT Bodyweight
  - Fridays, 5:30 p.m. - HIIT Strength.

Looking for even more Group Exercise opportunities? Join us for these new classes and times.

- Thursdays, Abs and Glutes at 4:30 p.m. with Jen
- Fridays, Cycle at 10:15 a.m. with Kim
- Saturdays, Mommy and Me Yoga at 10:30 a.m. with Tessa
- Sundays, Cycle at 8:30 a.m. (Check App for Instructor)
- Sundays, Barre at 9:15 a.m. with Lori
- Sundays, Cycle at 9:30 a.m. with Mike
- Sundays, Functional Range Conditioning at 10:30 a.m. with Tara (Starting 3/19)

The Fuel Café at All Sport even has had an upgrade! It has a variety of new options and selections to fuel you pre- and post-workout! Stop by the Fuel Café to learn more about how we're helping YOU reach your fitness goals

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 look forward to keeping the community healthy in 2023 and beyond. Please see Membership to get started with this limited-time offer.

For more information about All Sport's offerings, please visit [www.allsporthealthandfitness.com](http://www.allsporthealthandfitness.com) or call 845-896-5678.

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# The Silent Killer: How plain speaking about colon cancer saves lives

**By Premier Medical Group**  
Many of us are taught that it's not polite to talk about bowels, the rectum or colon, our own or anyone else's. Yet the truth is, if we keep quiet about these necessary and normal parts of the body, it may have serious – even fatal – consequences. Equally, if we take good care of our colons, many of us will have a better quality of life. It's also worth noting that it was not so long ago that people were also embarrassed to talk about breast cancer, prostate cancer and cancer itself. By raising awareness of these subjects, lives were saved through timely diagnosis and treatment. Now it's time for us to take the same no-nonsense approach to colorectal cancer.

**Colon and Rectal Cancers – A Clear and Present Danger -**  
Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancer cases in the United States for 2023 are: 106,970 new cases of colon cancer and 46,050 new cases of rectal cancer

**Colon Cancer Screening Saves Lives -** Although the numbers are way too high, over the past few decades the death rate is getting lower and there are now more than one million survivors of colorectal cancer in the US. That's the good news. The reason for this reduction is that, with greater awareness of colorectal cancer, more are likely to have cancer screening – particularly colonoscopy. That means that a gastroenterologist can find and remove colorectal polyps before they develop into cancers. The screening process also reveals when the disease is present but earlier, when it is much easier to treat. Unfortunately, that improvement in survivor statistics is mostly occurring in people over age 55, who are also more likely to have screenings. According to a recent NPR article, "There is broad agreement among doctors and researchers treating and studying this disease: The increased screening for colorectal cancer,



which can involve removing polyps before they become cancer, has been a significant factor in reducing the burden of this illness".

**Colorectal Cancer Appears to be Growing Among Millennials and Generation-X -** Nobody knows for sure why, but in the younger-than-50 age group the rates of colorectal cancer are rising about one percent per year. One factor may be that the over-50 contingent get screened more regularly and therefore are diagnosed and treated earlier. Another may be that there is a genuine increase in the disease in young people ages 15 to 39. Whatever the cause, this emerging trend means young people as well as those over 50 should consider learning the signs of possible polyps and other colorectal cancers, visiting a gastroenterologist if they are in doubt.

**Who's at Risk for Colorectal Cancer? -** Based on the statistics just described, the older you become the greater the risk. But there are other factors that can impact your chance of developing colon cancer, they include:

- **Genetics:** Having a brother, sister, father, mother, or child with colon cancer or polyps increases your risk of developing colon cancer.
- **Obesity:** People who are overweight are 30% more likely to develop colorectal cancer. However, losing weight and regular exercise reduces your likelihood of developing the disease.
- **Ethnicity and Race:** African-Americans are of greater risk to develop and die of colon cancer, as are people of Jewish eastern European descent.
- **Type 2 Diabetes:** There is a link between type 2 diabetes and the

risk of developing colon cancer and this is an independent correlation from diet or obesity.

• **People with a History of Colonic Polyps or Colorectal Cancer:** Most colon cancers develop from abnormal growths in the lining of the colon called adenomatous polyps. These can be found and removed at an early stage during a colonoscopy, before they have a chance to become cancerous.

• **People with a History of Inflammatory Bowel Disease:** For people of with ulcerative colitis and Crohn's disease (collectively known as inflammatory bowel disease (IBD), the longer they have the disease, the greater the risk of developing colon cancer. Do not confuse inflammatory bowel disease (IBD) with irritable bowel syndrome (IBS) which does not increase a person's risk of developing colon cancer.

• **Family Link to Colorectal Cancer:** For people with a known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer or HNPCC).

There are other factors as well, but these are the most prominent risks associated with developing colon cancer.

**Colorectal Cancer Signs and Symptoms**

Colorectal cancer might not cause symptoms right away, but if it does, it may cause one or more of these symptoms:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days.

- A feeling that you need to have a bowel movement that's not relieved by having one.

- Rectal bleeding with bright red blood

- Blood in the stool, which may make the stool look dark

- Cramping or abdominal (belly) pain

- Weakness and fatigue
- Unintended weight loss

If you have these signs, don't put your head in the sand. It is ignoring these early warning signs – especially when polyps haven't developed into cancer. Thanks to screening, doctors can find and remove polyps or detect colorectal cancer when it is at an early stage and treatable.

**When and How to Start Being Screened for Colorectal Cancers -** A polyp may take as many as 10 to 15 years to develop into cancer. With screening, a gastroenterologist can find and remove polyps before they have the chance to turn into cancer.

**Important! -** If you have any of the risk factors or warning signs listed above, you should immediately make an appointment with one of our gastroenterologists or ask your primary care physician to refer you to one.

Otherwise, the gastroenterologists at Premier Medical Group recommend that regular screening begin at age 45 (or younger depending on family history). The screening methods include stool-based tests or special exams such as a colonoscopy, a CT colonography (also called a virtual colonography) or a flexible sigmoidoscopy (FSIG). Don't be silent and don't delay beginning to protect yourself from colorectal cancer.

You, and people who care about you, will be glad you did.

*Premier Medical Group's Gastroenterology Division provides the Hudson Valley's finest comprehensive gastroenterology services with offices conveniently located in Poughkeepsie, Fishkill, and New Windsor. To schedule an appointment, please call #845-471-9410.*

## Remember the lesson from 'The Apple Tree'

Many years ago I attended a performance of the play entitled "The Me Nobody Knows." A teenager sang the song, "The Apple Tree."

I have never forgotten this song about a young tree that wouldn't produce any apples. The farmer planted this tree and cared for it for a long time. He did everything he could do to nurture the tree, but year after year the apple tree did not produce any apples. Finally, the man became so frustrated that he decided to chop it down. He took his ax and began to walk over to the tree. But something had happened during the night. A fog had descended over the area and the man could not see the tree.

The next day he went to the tree again. But what does he see? There on a bough, small and weak, but hanging on, was a baby apple. The man was so excited that he ran to his friend and told him to come see this tiny apple. When the tree was

## MAKING EDUCATION WORK with Diane Fulves

ready, it began to produce.

The apple tree also tells the story of our children. They grow and blossom on their time frame, not ours. And for some children, it takes a little longer to digest all the information and learn all the skills we try to teach them each day. If we just slow down, make some changes in the way we teach these children, put our time frame aside, and listen to their needs, they will learn. I know that this will take more of our time, but our effort will change failure to understanding and success. That is why we do what we do! Remember, we have two precious gifts to give our children, our time and our expertise.

There were many times when students came to the resource room

with worksheets to complete. The problem was that they could not read the material because they could not understand unfamiliar words. This assignment serves no purpose. If the same assignment is given to every student in the class, we must be willing to make some alterations for those who will have difficulty. We can make a list of unfamiliar words and review them in class before assigning the work. We can complete the assignment in a teacher directed small group while the rest of the class is working independently. We can revise the assignment in a simpler format so that children can complete the assignment successfully. Yes, this all takes more of our time. But it is our expertise and our time that will help our children learn.

Parents, if your children are working diligently, completing assignments carefully, studying for tests, and they are still struggling, don't be afraid to ask for some accommodations. Even if they do not have a special program, we all want them to achieve, and providing some alternate strategies and assignments will encourage them and assure that they are succeeding. And don't forget, an abundance of patience! Then, like the farmer, we will begin to see the little miracles along the way.

*Diane Fulves is an educator 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.*





# Diabetes is not a one shot deal: regular provider visits save lives

## Partner with Premier’s Primary Care team

Recent research has proven that the more often someone with diabetes sees their Primary Care providers, the better their health will be. That’s because in addition to blood sugar, diabetes affects multiple systems in the body including kidneys, heart, eyes and feet. Regular provider visits help to highlight any areas that it’s sometimes hard for you to notice. The Primary Care team at Premier Medical Group works closely with you to manage your diabetes and the other systems it affects. Partner with Premier Medical Group and your whole body will feel better.



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