

Healthy Lifestyles

May 29, 2024

How CAPE is helping to address substance use in local schools

The Council on Addiction Prevention and Education (CAPE) of Dutchess County – a local nonprofit providing addiction prevention and recovery services to the community – has been awarded a second year of State Opioid Response (SOR) III funding through the New York State Office of Addiction Services and Supports (NYS OASAS). This funding enables us to work with Dutchess County school districts to revise or enhance existing policies surrounding substance use, ensuring positive outcomes in the future.

Historically, when it comes to adolescent substance use, school districts utilize punishment in the form of suspension. Through ongoing communication with school districts and the data collected from our Youth Development Survey (which polls 8th, 10th and 12th graders in all Dutchess County schools), we found that suspension does not result in positive change and outcomes. As such, many districts are seeking better ways to provide the support that students need, while still



ensuring safety for all in their schools. In the past, this has been an extremely difficult task.

Rather than suspending students from school on their first instance of use, we suggest an alternative solution called Teen Intervene. This evidenced-based program addresses teenagers, ages 12 to 19, with mild to moderate substance use problems.

According to NYS OASAS,

Teen Intervene integrates the Stages of Change Model, Motivational Interviewing, and Cognitive-Behavioral Therapy to help teens reduce, and ultimately eliminate, their chemical use. Implementation of this program within the schools reduces teen substance use and provides a meaningful alternative to suspension. Parents are encouraged to be involved in

the Teen Intervene process to encourage full support of all key influences in an adolescent's life. The combination of the teenager identifying the stressors that lead to use, alternatives to that use, a plan to change, and the supports available in implementing that change are a recipe for success.

We are currently contacting school districts throughout Dutchess County to assist them in policy change or enhancement. This is a necessary measure to reduce the early onset of substance use in our communities. With the current accidental overdose rate within Dutchess County being the 2nd highest in the state (outside of New York City), it has become abundantly clear that adolescent substance use must be addressed early and often.

If you feel strongly that the policies surrounding substance use in your school district need revision, please contact your school district to request this. Additionally, please do not hesitate to contact us, the Council on Addiction Prevention and Education (CAPE), at info@capedc.org or call (845) 765-8301.



Beginning of Summer: Embrace exercise & find your motivation

By Christian Campilli PT, DPT



Christian Campilli

As the days grow longer and the temperatures rise, the beginning of summer often brings a renewed sense of energy and motivation. For many, this season represents an ideal time to start or enhance their exercise routines. As a physical therapist, I see summer as a golden opportunity for people to embrace physical activity, not only for its physical benefits but also for its mental and emotional rewards.

The Benefits of Summer Exercise

1. Outdoor Activities: One of the greatest advantages of summer is the ability to take your workouts outside. Whether it's running, cycling, hiking, swimming, or participating in team sports, exercising outdoors can make your routine more enjoyable and less monotonous. The fresh air and natural surroundings can boost your mood and make exercise feel less like a chore and more like a leisure activity.
2. Vitamin D Boost: Spending time outside also increases your exposure to sunlight, which is essential for the production of

BODY KNOWLEDGE

- vitamin D. This vitamin plays a crucial role in bone health, immune function, and overall mood regulation. Just remember to protect your skin with appropriate sunscreen to avoid overexposure to UV rays.
3. Social Opportunities: Summer is a social season, and exercise can be a fantastic way to connect with others. Joining local sports leagues, fitness classes, or simply walking with friends or family can make working out a social activity. This social aspect can increase your motivation and make you more likely to stick with your fitness routine.
 4. Variety of Exercises: The warm weather allows for a wider range of physical activities. You can diversify your exercise regimen by incorporating activities like paddle-boarding, kayaking, beach volleyball, or even gardening. This variety can help prevent boredom and keep you engaged in your fitness journey.
- Finding & Maintaining Motivation**
- While summer provides ample opportunities for physical activity, staying motivated can still be a

- challenge. Here are some tips to help you stay on track:
1. Set Realistic Goals: Start with small, achievable goals that are specific, measurable, and time-bound. Whether it's running a certain distance, attending a set number of fitness classes per week, or mastering a new skill, having clear goals can give you a sense of purpose and accomplishment.
 2. Create a Schedule: Consistency is key to developing a lasting exercise habit. Set aside specific times in your week dedicated to physical activity. Treat these appointments with the same importance as you would any other commitment.
 3. Find What You Enjoy: The best exercise is the one you enjoy. Experiment with different activities to find what you like the most. If you love what you're doing, you're more likely to stick with it.
 4. Stay Hydrated: With the summer heat, it's crucial to stay hydrated. Drink plenty of water before, during, and after exercise to maintain your energy levels and prevent dehydration.

5. Listen to Your Body: Pay attention to how your body feels during and after exercise. It's important to push yourself, but not to the point of injury. If you experience pain or discomfort, consider consulting a physical therapist to ensure you're exercising safely and effectively.
- Mental & Emotional Benefits**
- Exercise is not just about physical fitness; it's also about mental and emotional well-being. Regular physical activity can reduce stress, anxiety, and depression. It releases endorphins, the body's natural mood lifters, and promotes better sleep, increased energy levels, and improved self-esteem.
- As we embrace the beginning of summer, let's seize the opportunity to get moving, enjoy the outdoors, and make exercise a joyful part of our daily lives. Remember, the journey to better health and fitness is a marathon, not a sprint. Take it one step at a time, stay consistent, and most importantly, have fun.
- So, lace up those sneakers, grab a water bottle, and head outside. Your body and mind will thank you for it. Here's to a summer filled with movement, motivation, and well-being!
- For more information, visit centerforphysicaltherapy.com or call 845-297-4789.*

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Making sense of our crazy language – for children

MAKING EDUCATION WORK

with Diane Fulves

- Have you ever wondered about this language we call English? It seems to be a polyglot of many other languages, with words from French, Latin, Italian, German, etc. and spelling and pronunciation that make no sense according to our phonetic system. Is it any wonder, then, that our children are often confused? So why don't we remove the mystery and have some fun learning how this happened.
- I have always been interested in the etymology of words. When I was asked to take over a second-grade class and review vocabulary words, I had a perfect opportunity to share a new understanding of some unusual words the students had to learn. I began to tell the children the story that led to our crazy language. These second graders were fascinated. We looked in the dictionary to find that some words are derived from Anglo-Saxon (AS) and others from Middle English (ME), Old English (OE), Latin (L.), and many other languages.
- We found words with silent letters and unusual sounds of letters in our pronunciation, but many years ago, these letters were pronounced so they made sense. Then there are letters like ph in phone and gh in laugh that have the sound of f. But in knight, night, and tight, gh is silent. What about k in knot, know, and knob where the k is silent.
- Sometimes I would go to the door and turn the doorknob while pronouncing knob with the Middle English pronunciation, “knobbe.” Then the children would try words in the old manner. It was fun and the children were learning something new about the language they speak every day. Why did the spelling remain the same while the pronunciation changed? I just don't know.
- Have you ever wondered why we say “aren't I” as the abbreviation for “am I not”? Well, many years ago people did say “amn't I.” I found this word in William Thackeray's book, Vanity Fair. Actually, this word makes more sense, but something happened and we now say, ‘aren't I’! This is a crazy language!
- The history of the English language is fascinating and

Fitness for Life - I'm here to make it accessible for you!

Hello, my name is Kyle Gillis and I have been passionate about fitness for many years. I believe fitness has the ability to have a positive impact on people's lives. That belief, more than anything, motivates me to keep learning and improving my craft. Underlying my passion for fitness is my dedication to helping people and for that reason I have volunteered my time as a firefighter and EMT in my community since 2019. Get to know me in the following Q&A article!

1. What are your qualifications?

To be a personal trainer, you need a NCCA accredited certification in personal training. My certification is through NCSF (National Council on Strength and Fitness) which I obtained through a course at Dutchess community college.

2. What experience do you have?

I began to get experience during my time at Dutchess Community College training people for free in several of my courses. Following this, I took on clients at IXL in Rhinebeck and MOST PT in my role as a trainer. After some time went by, I started to take on some of home PT clients, which eventually grew into the business I run today.

3. What is your style of personal training?

I've been told I have a very calm approach to training and I've heard that it is something my clients respond well to. Although it may be calm, it is not without the

FUNCTIONAL FITNESS

with Kyle Gillis



Kyle Gillis has a calm approach to personal training. He enjoys the process of getting to know people and helping people week after week. *Courtesy photo*

right amount of forcefulness required to push you and help your body respond appropriately.

4. How often do I need to work out?

The current exercise guidelines recommend that adults get 150 minutes of moderate intensity aerobic exercise per week. That total time for aerobic activity can be lowered if you perform high intensity activity in addition to or

instead of. In terms of strength training, a minimum of 2 days addressing all major muscle groups is the recommendation.

5. How much does it cost?

I offer hour-long house visits for \$75. When it comes to house visits, we bring it all to your front door - equipment, expertise and professionalism. Now you might be reading that and think "I'll need several visits to reach those

exercise guidelines how can I afford that?" Not to fear I've got you covered. I also offer hour long exercise classes for \$15 that will help you reach those guidelines. If you like the idea of one on one attention you can do a combination of both or you can opt to do 2-3 classes a week.

6. What do you love about this job?

Apart from everything you learn in the book, the job like many others is about relating to people and interacting with them. The process of getting to know people and being let into their lives week after week is very rewarding and something I always look forward to.

7. How do you incorporate fun into training sessions?

This answer overlaps with the previous one in that I make it a point to converse with people about their lives and follow up on past conversations. It's helpful to laugh and talk about something other than the exercise that is making you hate me in that moment. As for my classes I have a great group of people that have all become close with new friendships formed and connections made. It makes me happy that I am in part responsible for these newly formed bonds.

Kyle Gillis is a certified personal trainer. He offers classes and in-home visits. He enjoys the process of getting to know people and helping people week after week. Contact Kyle at kylegillis27@gmail.com.

Think beyond the tie: 5 fun Father's Day gift ideas

(StatePoint) Father's Day is just around the corner and if you've given Dad one too many ties in previous years, let this cool and creative gift guide inspire you to think a bit differently this time around:

1. Better Coffee: Is Dad's coffee or tea always either too hot or too cold? Give him a perpetual Goldilocks "just right" effect with Nextmug, a temperature-controlled, self-heating mug that he can use at home or in the workplace. Perfect for busy people, it maintains the contents of the 14-ounce mug to the user's specified temperature setting, whether that's warm, (130 degrees F) hot, (140 degrees F) or piping, (150 degrees F). The Nextmug comes with a docking coaster for easy charging and a spill-resistant lid. The stylish and ergonomically-designed mug is available in colors ranging from burgundy to sage to black, so you'll be sure to find an option that suits your dad's style. Visit <https://nextmug.com> for more information.

2. Campfires On-the-Go: If Dad loves the great outdoors, ghost stories or s'mores, a Portable Campfire may be just the thing for him. This totable firepit is made from recycled soy wax and paper for sustainability, and is easy to light and put out. Involving a lot less mess and smoke than a traditional campfire, it's a great addition to any tailgate, backpacking trip or beach or backyard sing-a-long.

3. Pampering: It's not always acknowledged, but men deserve to be pampered, too. Consider gifting Dad a personal care kit full of top-notch beard oils, colognes and shaving cream. Not sure where to start? Opt for a subscription box this year. This will allow him to try out different brands and products over time. Then, next year, you can craft a gift basket based on his favorite selections.

4. Just for Fun: If you opt for an entirely useless object, make sure that it's one-of-a-kind. Upload your favorite picture of your dad to mycustombobbleheads.com and

they'll deliver a pint-sized, bobblehead version of him to your doorstep. Making hilarious décor for a bookshelf or desk, your dad will be both flattered and amused by this quirky gift.

5. Lifelong Learning: Is Dad a lifelong learner? Support his quest for knowledge with membership to

an online education subscription platform. From soft skills like leadership and poetic thinking to hard skills like web development and photography, your dad will have a world of information straight from the experts in the palm of his hands.

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Summer is on the way - Tips for senior summer health

By Laura Baldi OTR/L

Summer is a great time to enjoy celebrations and outdoor activities. While fun in the sun is good, it is important for seniors to reduce time in the heat, especially during these warmer months. According to research conducted at Duke University, more than 80% of heat-related deaths occur in people over 60. Older adults may have increased risk of heat injuries, however, there are a few ways to help enjoy a safer and healthier summer.

1. Stay Hydrated - Seniors are more susceptible to dehydration. They may not sweat or recognize thirst as effectively as when they were younger, and many seniors take diuretics which cause the body to lose fluids. Increasing liquids is important throughout the

BROOKMEADE SENIOR CONCEPTS

year but especially important during the hot summer months. Reduce caffeinated and sweetened beverages, drink extra water or a sports drink like Gatorade before leaving the house, and always bring a cold water bottle along with you.

2. Dress to Stay Cool - Wearing light, loose fitting clothes can help with your body's ability to regulate temperature and release heat. Avoid wearing dark, tight clothing.

3. Protect Your Skin - Always apply and reapply a broad spectrum sunscreen that protects against UVA and UVB rays. Remember to protect your eyes by wearing sunglasses and wide

brimmed hats to protect yourself from the sun. Find shady areas when possible.

4. Pay Attention to the Environment - The risk of falling increases when in unfamiliar areas or on uneven surfaces, so be attentive of your surroundings. It is easy to get distracted by the scenery but be aware of tripping hazards.

5. Stay Cool - Avoid going out during peak hours, usually between 10am and 4pm, when temperatures are at their highest. Also, try to limit heavy activity such as gardening. If you begin to feel hot, stop what you are doing and cool down. Go indoors, sit in

the air conditioning, and drink some water. If you cannot find a cool place with air conditioning, put cold wet cloths on your neck, wrist, and ankles to help cool your body down.

6. Know the Signs - Signs of heat related injuries include confusion, weakness, cramping, heavy sweating or a change in sweating, fatigue, clammy skin or nausea or vomiting. If you experience these symptoms you should contact 911, you may need medical attention.

Summer is all about vacations, family get-togethers, and spending more time outside. Using these tips can help reduce the risk of injury and increase your ability to have fun with family and friends. Enjoy your summer festivities!

Author Laura Baldi is the Director of Rehabilitation at Meadows at Brookmeade Community which provides long-term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation.



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Making Education Work

continued from page 2

learning more about our language is important and fun. During the summer when children are free from homework, this may be the time to add something new to their knowledge. Don't underestimate their wonder and quest for learning. Challenge them. And while they are learning, so are we.

As the school year comes to a close, many parents may be searching for an educational program for their children. There are many established companies that offer their individual academic systems for children.

Parents, when you choose a program, or private tutor, be sure there is a clear understanding of your children's needs. Ask questions to ascertain if the program that is offered will address their unique needs. Are the teachers prepared to offer specific strategies to help them overcome their weaknesses? Are they patient? Do they have a sense of humor? Summer programs can be expensive so you want to be confident that your children will benefit from them. If you have some concerns, you can send an email to the address below.

In the meantime, enjoy these beautiful spring days. Be kind (ME, kinde) and laugh (ME, laughen) a lot!

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.

Summer is ‘Kidney Stone Season’ – stay hydrated!

By Premier Medical Group
You may call the period from Memorial Day to Labor Day “summer,” but physicians call it “kidney stone season.” Approximately 1 in 10 Americans will develop a kidney stone at some point in their life. The risk for men is almost double that for women, and the prime time to have a first stone is between ages 30 and 50. The extreme pain of a kidney stone (women say it’s worse than childbirth) drives about 1.5 million sufferers to the ER annually, with the rate rising by 20 percent between June and August.

The primary cause of kidney stones is dehydration, says Dr. Evan R. Goldfischer, Urologist at Premier Medical Group. “In the heat of summer, as people are outdoors exercising, they lose fluids through perspiration,” he says. “It takes about 90 minutes to form a kidney stone—that’s about seven holes of golf. When we get



a run of 90-degree days, more people start to appear in the ER.”

Thus, the primary preventive medicine is to stay well hydrated, especially for people who are predisposed to forming stones. “I recommend an 8-ounce glass of fluid with each meal, and a glass between each meal,” says Dr. Lorraine Nardi of Premier’s Internal Medicine Division. “Even a glass of water at bedtime is a good idea for stone formers.” She says any salt-free fluid is generally fine.

Dietary changes can also be beneficial, the doctors say. The

DASH diet—Dietary Approaches to Stop Hypertension—is, for the most part, a good plan to follow. “Avoid heavily salted foods, such as processed and fast foods,” Dr. Nardi says. “When you cook, don’t lean heavily on the salt. Also, reduce protein intake; have at least one protein-free meal a day and limit meat to 4 to 6 ounces per serving.” Eating animal protein increases urine acidity, which contributes to kidney stones.

People who have had a kidney stone are at high risk of having another one. They will need to be vigilant about taking any

prescribed medications and avoiding foods and beverages that are likely to contribute to stone formation. Different types of kidney stone require varied dietary responses. For example, people who form oxalate stones will need to avoid dark green leafy vegetables and other oxalate rich foods like iced tea and pepper.

Analysis of the stone and a urine collection analysis can determine which compounds to avoid. “We can then recommend very specific diets for these specific stone formers,” Dr. Nardi says.

Premier Medical Group is a multi-specialty medical practice with locations in Poughkeepsie, Fishkill, New Windsor, Newburgh, and Kingston. To learn more about our specialties and providers, please visit premiermedicalhv.com or call #1-888-632-6099.

Welcoming the Summer with Candles



LIFE IS BETTER WITH CANDLES With Sonya, the Candle Lady

Summer is the season of getting together. There isn’t a weekend that there isn’t a barbecue, a party, or a gathering, so outdoors is the place to be.

Consider investing in a couple of candles - especially citronella candles. Outdoor candles provide an attractive ambiance, but citronella candles will also repel insects. Your guests will comfortably enjoy the food, music and festivities with very minimal effort on your part.

Citronella is made from a grass plant called “Lemongrass.” When it is mixed with candle wax, it will mask the scent of humans from insects. However, it must be used properly in order to be effective, so you must burn it around the area you want to repel insects. It is also important that the candle stay burning for the entirety of the event in order to be effective at repelling insects. Be mindful to invest in a couple of citronella candles including bucket-style for larger outdoor spaces.

In addition to citronella candles, include other scents that will not

overpower the summer’s natural aroma. Candles with the citrus scent of Mandarin or the herb scent of Eucalyptus are excellent choices. I recommend staying away from Floral or Linen scented candles especially when guests are eating and sitting in close proximity of the candles.

As beautiful as your outdoor candle setup may be, safety should always be your first concern. While we encourage the use of creative candle holders, always use one that is specifically designed for candle use. The holder should be heat resistant, sturdy, and large enough to contain any drips or melted wax. Always place your candles on a stable, heat-resistant surface to avoid heat damage and prevent glass containers from breaking.

Don’t forget the music and your favorite beverage!

Safety - 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 before lighting to promote proper flame height. Additionally, keep candles away from drafty areas to avoid flame flickering and the wax pool free of debris, it should stop black marks from forming on the sides of the candle holder.

Avoid displaying candles where they will be directly exposed to sunlight or strong indoor lighting because they will fade or melt.

Store candles in use in a cool, dark and dry place and use dust protectors or lids to keep them free of dust and preserve the scent. If you have a candle holder with old wax? Place the candle holder in the freezer for 30 minutes. The freezer will cause the wax to shrink and separate from the glass.

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 at Pleasant Valley with her late husband, Dominick and relocated to Eastdale Village in 2020. Sonya, believes that candles provide comfort in times of sadness; are the perfect

complement in celebrations; scent your space and enable you to relax.

Recently, Ye Olde Candle & Gift Shoppe transitioned from storefront to focus on online presence, candle-making workshops and seasonal pop-up store events such as the Eastdale Farmers’ Market & Second Friday Events in addition to art galleries, local libraries, restaurants and schools. If interested in having a candle-making workshop on location, call (845) 818-6280.

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Find out why women have a higher risk for stroke

By Nuvance Health

Did you know women are at higher risk of ischemic stroke than men are? According to the American Stroke Association, 1 in 5 women will have a stroke, and this “brain attack” is the third leading cause of death among women.

Ischemic stroke occurs when a clot in a blood vessel stops blood flow to the brain, depriving it of oxygen and nutrients. Women have unique risk factors for this type of stroke related to their reproductive health, migraines, atrial fibrillation or those who smoke.

Pregnancy and stroke risk - Most women will have healthy pregnancies and birthing experiences. However, if you are pregnant or planning to be, it is important to know about stroke risk. Pregnancy can put stress on the body and cause conditions such as poor blood circulation, high blood pressure and pre-eclampsia that increase stroke risk.



Dr. Elizabeth Lucal

“Pregnancy can cause swelling and reduce blood flow to parts of the body, especially the lower legs. In turn, poor circulation can cause the blood to clot,” said Dr. Elizabeth Lucal, an OB/GYN and the system vice chair of Women’s Health Services at Nuvance Health. “Also, toward the end of pregnancy, the body makes more of a substance that helps the blood to clot to prevent a woman from bleeding too much when she gives birth.”

Some women can develop high blood pressure when they are pregnant or might have had it before they were. Pre-eclampsia is a type of high blood pressure that only occurs during pregnancy. High blood pressure or hypertension increases stroke risk because the heart must work harder to pump blood, which can weaken arteries.

“If you are pregnant or planning to be, your gynecologist will help you manage your blood pressure. You can keep your blood pressure in check during pregnancy by eating a healthy, low-sodium diet and doing

PATIENT FIRST

regular aerobic exercise, such as walking,” Dr. Lucal said.

Birth control pills and stroke risk - Women who take birth control pills may be at increased risk of stroke.

“Some birth control pills contain hormones that can increase the risk of blood clots,” Dr. Lucal said. “Speak with your gynecologist before starting birth control. Your doctor may recommend other birth control options that might be safer for you if you are at increased risk for stroke because of your personal or family health history, diet, weight or because you smoke.”

Hormone replacement therapy and stroke risk - Similarly, women who take hormone replacement therapy (HRT) to treat menopause symptoms may be at increased risk of stroke. HRT contains hormones that can increase the risk of blood clots.

“Talk with your doctor about your stroke risk and if hormone replacement therapy is safe for you. Your doctor can also discuss other possible ways to manage menopause symptoms,” Dr. Lucal said.

Migraine with aura and stroke risk - Migraines can occur more frequently during menstrual cycles due to changes in estrogen levels. Migraines with aura have been linked to an increased risk of stroke given the propensity for clots to form in narrowed arteries. Aura can cause visual disturbances, as well as stroke-like symptoms including problems with speech and numbness or tingling in the body. Aura symptoms are temporary and usually occur before a migraine strikes.

“Migraines alter the blood vessels in the brain, which may be why they can increase stroke risk. But it’s a relative risk and a healthy lifestyle decreases



Dr. Hida Nierenburg

stroke risk,” said Dr. Hida Nierenburg, a neurologist and the director of headache medicine at Nuvance Health.

“A headache specialist can help you manage migraine triggers and develop a treatment plan to reduce your migraine days,” says Dr. Nierenburg.

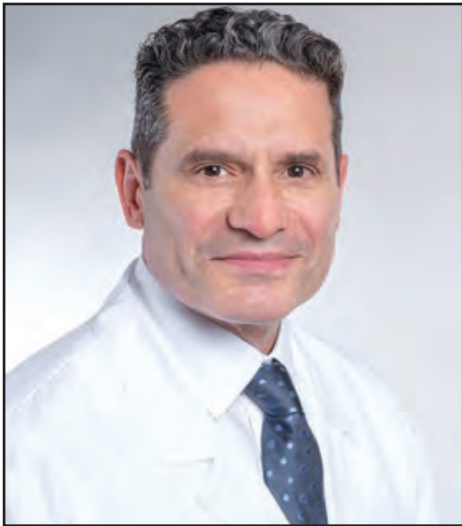
Atrial fibrillation and stroke risk - Women with atrial fibrillation (AFib) are at increased risk of stroke. AFib causes about 1 in 7 strokes, according to the U.S. Centers for Disease Control and Prevention.



Dr. Latha Subramaniam

“AFib is an irregular heartbeat that can cause blood clots to form in the heart. If a blood clot travels to the brain, it can cause a stroke,” said Dr. Latha Subramaniam, a cardiologist at Nuvance Health.

“Common risk factors for AFib include high blood pressure, diabetes, obesity, excessive alcohol use and smoking. Medications and healthy lifestyle choices can help you manage AFib,” Dr. Subramaniam said.



Dr. Paul Wright

Smoking and stroke risk - Smoking is a major risk factor for stroke in women. Smoking can damage blood vessels and increase the risk of blood clots.

“If you currently smoke, please quit now. If you need help quitting, talk with your primary care doctor, who can connect you with support services,” said Dr. Paul Wright, a neurologist and stroke specialist, and the senior vice president and system chair of the Neuroscience Institute at Nuvance Health.

“Many people may not know that about 80% of strokes can be prevented through lifestyle choices. It is never too late to lower your stroke risk by eating a healthy diet, getting regular exercise, not drinking alcohol in excess and not smoking,” Dr. Wright said.

Be there for all the moments that matter most to you by managing the unique risk factors for stroke in women. The first step is to determine your stroke risk with your doctor and find ways to lower it.

Need help managing your stroke risk? Find a primary care provider or gynecologist near you by visiting nuvancehealth.org/findcare.



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