

Healthy Lifestyles

June 26, 2024

Travel widely and wisely - Tips to stay healthy this Summer

By Premier Medical Group

Summer is the prime travel season. From staycations and road trips to Caribbean getaways and cruises, summertime offers the chance to escape and unwind with a much needed (and well-deserved) vacation.

Wherever you spend your vacation, you want to enjoy every minute. Getting sick is never on someone's bucket list. That's why we encourage you to check in with your primary care provider before you go. There are greater reasons for caution in some locations than others, but preparation and precaution are what you need to do before you get on the plane, boat or train.

Research your destination – know before you go - There are lots of things you need to know about the place you're going. Do they have a health warning or advisory? Are there required vaccinations? How long in advance do you have to get them. The US State Department has some useful information on these and other issues at <https://wwwnc.cdc.gov/travel/destinations/list/>

Check your tour or cruise company, or the tourism board of the country or place you are visiting, they will also offer useful, on-the-spot information. Key concerns are whether malaria, Zika, Ebola and other serious diseases are present. If you have a disability, or a health condition, or a compromised immune system, if you're traveling with children, if you're pregnant, or have allergies, don't leave home without talking to your doctor.

If you suspect that an existing condition might flare up, carry a letter from your doctor with a summary of your diagnosis and treatments. Don't leave home without a plan, and when in doubt over plan! You'll be very glad you did.

Pack your meds - The absolute worst time to find you don't have your medication for allergies, blood pressure, etc. is any time after you've left home. Plan for the number of days you'll be away, then add some more for unavoidable delays. A few years ago, air travelers from all over the world were grounded due to the Icelandic volcano interruption.



Having extra meds for another 10 days is the wise choice. These reminders can be helpful:

- If your prescriptions are likely to expire, consult your doctor well in advance to make sure you have enough.
- If you have both checked luggage and carry-on, put some medication in both so you'll have what you need in case you are temporarily separated from your luggage.
- Bring your medications in their labeled containers, not in a pill pack. You may need to renew or replace them or show them to customs inspectors.
- Rescue medicines such as EpiPens, inhalers, glasses, contacts, medical equipment (CPAP device), insulin and diabetes testing supplies

Get your vaccines - Pro travel tip: don't get your vaccines close to your travel date as some shots cause a minor reaction. However, you must get the right vaccinations for your destination. Otherwise, you may not be admitted to the country. This means you must have a certificate proving you've had your vaccinations. This is a list from the Center for Disease Control of destinations around the world and what vaccinations and other health precautions that are advised: <https://wwwnc.cdc.gov/travel/destinations/list/>

Keep healthy when you arrive

- It's a fact that people often get sick on vacation. Here's what can happen and how to avoid it.

- Keep germs at bay. When you travel you encounter lots of people and germs to which you may not have immunity. Protect yourself with frequent hand washing and hand sanitizer.
- Get some rest. Experts suggest that a good night's sleep is a great boost for your immune system. When you're exhausted and stressed, your system is more vulnerable to illness.
- Eat healthy food and drink clean water. When possible, choose plenty of veggies and fruits, be thoughtful with street food. Give your immune system an even break. Drink bottled water. Be careful that ice is made with bottled water. If you know that your destination has water problems, carry water purification tablets. It is important to stay hydrated.

Travel insurance or travel medical insurance? - Travel Insurance insures your financial investment in your trip. Typically, it covers such things as the cost of lost baggage and canceled flights, but it may or may not cover costs of medical attention you may need while abroad.

- Travel Medical Insurance covers costs of medical attention you may need while abroad.

• Travel Medical Insurance may cover your treatment, but it probably won't cover flying you home. Check the terms carefully and carry the policy information with you.

The basics to keep you safe - The Center for Disease Control recommends the following supplies. The list may seem long, but these will pack up small and could save your life, the day, or your vacation.

Over-the-counter medicines – Here are suggestions.

- Diarrhea medicine (Imodium or Pepto-Bismol)
- Antacid
- Antihistamine
- Motion sickness medicine
- Cough drops, cough suppressant, or expectorant
- Decongestant
- Pain and fever medicine (acetaminophen, aspirin, or ibuprofen)
- Mild laxative
- Mild sedative or sleep aid

Supplies to prevent illness or injury - Here are suggestions.

- Hand sanitizer (containing at least 60% alcohol) or antibacterial hand wipes
- Water purification tablets
- Insect repellent (with an active ingredient like DEET or picaridin)

continued on page 2

Summer is here: Warm-weather health tips for seniors

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

BROOKMEADE SENIOR CONCEPTS

liquids is important throughout the 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.

Summer travel tips

continued from page 1

- Sunscreen (with UVA and UVB protection, SPF 15 or higher)
- Sunglasses and hat
- Earplugs
- **First-aid kit** - Here are suggestions.
 - 1% hydrocortisone cream
 - Antibacterial or anti-fungal ointments
 - Digital thermometer
 - Oral rehydration salts
 - Antiseptic wound cleaner
 - Aloe gel for sunburns
 - Insect bite anti-itch gel or cream
 - Bandages
 - Disposable gloves
 - Cotton swabs (Q-Tips)
 - Tweezers
 - Eye drops

Speak with your primary care physician or specialist about your travel plans and any special considerations related to your health. He or she can offer guidance on any restrictions or precautions you should keep in mind. And most importantly, have a wonderful time!

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



Regaining Independence at Meadows

We offer short-term subacute care with a combination of physical, occupational, and speech therapy. Come check out our out-patient rehabilitation services and award-winning memory care program.

THE COMMUNITY AT
BROOKMEADE
brookmeadecommunity.org

Call us at 845-876-2071



Digestive Disease Center
OF THE HUDSON VALLEY
exceptional medicine • extraordinary care

- Board Certified Physicians
- The most experienced Female Gastroenterologists in the Region

845-896-0736

Specializing in Diseases and Disorders of the Digestive Tract and the early detection of Colon Cancer.

HUDSON VALLEY Endoscopy Center An affiliate of Digestive Disease Center	<i>AAAHC & NY State Approved Endoscopy Center</i> 896-ENDO (3636)
--	---

- Most Insurances Accepted including Medicaid -
400 Westage Business Center, Fishkill
 DigestiveDiseaseNY.com
 "Hablamos Espanol."

'Cool Room' is a unique oasis of healing in Wappingers Falls

By Christian Campilli PT, DPT
For over 30 years, Center for Physical Therapy practice in Wappingers Falls has been dedicated to providing the highest level of care in a friendly, family-like environment. Today, we are excited to share a dream come true that has transformed our practice and the experience of our patients.



Two years ago, inspired by the vision of an outdoor therapy space, we pursued an innovative structure known as a pergola. This isn't just any pergola; it is an extraordinary outdoor room with sliding windows and doors that open to the fresh air. The ceiling opens to let in brilliant sunlight, creating an ambience similar to a sunroom or a greenhouse. This "cool room," as we fondly call it, has quickly

BODY KNOWLEDGE



become a favorite among our patients.

Our "cool room" is a 20x36-foot space, standing 10 feet tall, adjoining our fitness room. It offers a unique environment for balance training, sporting activities, and regular physical therapy. The atmosphere is lively and invigorating, with music playing and the natural energy of the space enhancing every session. The positive feedback has been overwhelming, though a few patients prefer indoor treatments, the vast majority enjoy the outdoor experience immensely.

Adding to the charm, the cool room is home to flourishing plants, including several lemon trees nurtured by Chris, one of our team members. His hobby of growing lemon trees has added a delightful touch to the space and often sparks conversations among our patients.

We owe a special thanks to the Village of Wappingers Falls Planning Board, particularly Tom Morris, for their invaluable support in making this dream a reality. Without their help, our unique facility might not have been possible.

As the only facility we know of with both an indoor pool and an outdoor treatment room, we invite all our patients to experience this one-of-a-kind space. Whether you're here for physical therapy or simply to enjoy the serene environment, we hope you'll take advantage of the cool room—if you're cool enough, of course!

We are incredibly grateful for



Clockwise from top left, Sierra Christophides displays the lemon tree. The unique ceiling lets in sunlight. Edwin Ruiz and Loretta Corrado work out in the new "Cool Room."

Photos by Curtis Schmidt



the support of our community and patients over the years. Your trust and encouragement have driven us to continuously innovate and improve our services. Thank you for being part of our journey, and we look forward to many more years of providing exceptional care in a setting that's as unique as you are.

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

The Science of healing & the art of caring



CENTER FOR PHYSICAL THERAPY

"We'll treat you like family"

Aquatic Therapy · Pediatric Therapy
Orthopedic Therapy

3 Locations

To Help You Achieve Your Goals

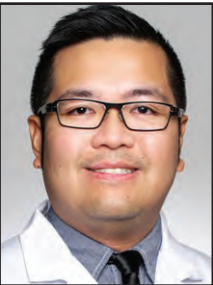
2 Delavergne Ave. Wappingers Falls (845) 297-4789	4353 Albany Post Rd. Hyde Park (845) 233-4960	264 Route 52 Carmel (845) 200-7646
---	---	--

www.CenterForPhysicalTherapy.com

5 essential health screenings for men’s wellness

Early detection and prevention are keys to maintaining good health during every stage of life. Discover recommended health screening tests for men and how they play an important role in preventing serious health issues.

By Austin Evangelista, AGPCNP



Austin Evangelista

From routine checks like blood pressure and cholesterol tests to specialized screenings for prostate and colorectal cancer, regular health

assessments are essential to ensure your health is on the right track. Some screenings need to be performed more frequently than others. Keep in mind that participating in screening tests benefits not only your health but also the well-being of your loved ones.

Why men’s health screenings matter - Even if you feel as healthy as a horse, regular screenings are essential for identifying potential health issues early on. These enable timely treatment and can improve overall health outcomes. Conditions such as a heart disease, high blood pressure, prostate cancer and diabetes often go unnoticed in their early stages. Men’s health screenings help your doctor to identify risk factors early on, allowing for preventive actions and reducing the risk of serious complications.

Health screenings recommended for men - Regular health screenings for men are essential for the early detection and prevention of potential issues. Among the many screenings offered, some common ones include:

Prostate cancer screening - There are possible benefits, risks and uncertainties of a prostate cancer screening. Men should discuss with their primary care provider if a prostate cancer

PATIENT FIRST

screening is appropriate for them.

Blood pressure - High blood pressure, otherwise known as hypertension, can lead to life-threatening conditions such as heart attacks and stroke. Monitoring your blood pressure regularly can allow for timely intervention, which might include lifestyle changes and/or medication to manage and prevent complications.

Cholesterol screening - Measuring the “good” and “bad” cholesterol in your blood on a regular basis can help prevent heart disease. Regular screenings help you manage your cholesterol through diet and exercise to support your overall cardiovascular health.

Diabetes screening - Diabetes affects millions of men worldwide. Regular diabetes screenings, including blood glucose tests, can detect diabetes or prediabetes early on, preventing complications through diet, exercise and/or medication if necessary.

For average-risk patients aged 45 and older - Regular screenings such as colonoscopies can detect precancerous or cancerous growths in the colon. Early detection improves treatment success and survival rates.

Key benefits of regular check-ups for men - Regular check-ups are vital to keep your health in good shape. Not only do they allow for the detection of underlying conditions before they become severe, but they give your doctor a basis to measure your quality of health against.

Some key benefits of seeing your doctor regularly include:

• Detecting underlying health conditions early - Regular screenings for men allow your doctor to identify potential health issues in their early stages. This

significantly increases the chances of successful treatment.

• Monitoring overall health - Routine check-ups help assess overall health and identify risk factors for certain conditions. Follow your doctor’s instructions for regular screenings; most of these tests are not just one-time events. Consistency in testing is key to staying proactive about your health, especially as your body undergoes changes as you age.

• Personalized preventive care plans - Regular check-ups enable your doctor to develop personalized preventive care plans, including screenings, vaccinations, lifestyle modifications and other preventive measures.

How to overcome anxiety about your men’s health screening - It’s normal to feel fear or apprehension about going to the doctor — everyone experiences it, men included! Nobody wants to be given news of

a bad diagnosis or outcome. However, you’ll find that you’ll feel much more at ease after your visit, rather than avoiding it altogether.

Prioritize your men’s health screening - Don’t wait until you reach your breaking point. If you notice persistent changes in your body, it’s important to schedule an appointment with your primary care provider. Avoid delaying seeing your doctor until your condition worsens. Seeking medical attention early on can lead to better outcomes in the long run, especially when you maintain open and honest communication with your doctor.

The bottom line - Regular health screenings are essential for men to maintain overall well-being and detect potential issues early on. By prioritizing screenings and following through with appointments, you can take proactive steps to stay on top of your well-being and reduce the risk of serious health issues.

Austin Evangelista is a board-certified adult geriatric primary care nurse practitioner who sees patients at Nuvance Health Medical Practices in Fishkill and Hyde Park.

Advertise in
Healthy Lifestyles
Call 297-3723
Email: Jaimie Rodriguez
jr@sdutchessnews.com

DERMATOLOGY
CRAIG AUSTIN, M.D.

Assistant Clinical Professor of Dermatology at Mt. Sinai Medical Center,
N.Y.C. Board Certified Dermatologist

All Disorders Of Skin, Hair & Nails Including:

✓ Removal of Moles

✓ Skin Surgery

✓ Pediatric Skin Care

✓ Acne-Blemishes

✓ Tumors of the Skin

✓ Skin Cancer

✓ Age Spots

✓ Warts

✓ Chemical Peels

✓ Vein Treatment

✓ Skin Growths

✓ Photo Therapy for Psoriasis & Skin Disorders

Collagen & Botox

Laser Hair Removal

200 Westage, Suite 231 • Fishkill, NY (Rt. 9 & I-84)

SATURDAY & EVENING HOURS AVAILABLE
Medicare & Most Insurance Accepted

896-6669

DO YOU SUFFER FROM
FOOT, HEEL or ANKLE PAIN?

Ask us about
Radial Shockwave Therapy
and how it can help you!

No down time • No injections required
Quick 5-minute treatments

HV
FA

HUDSON VALLEY
FOOT ASSOCIATES

Wappingers
1315 Rte. 9, Ste. 205
845-297-4055

New Windsor
388 Route 94
845-561-1255

Kingston
103 Hurley Ave.
845-339-4191

www.hvfa.com

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.





PREMIER *medical group*

Premier Medical Group Welcomes

DR. CHARLOTTE CREECH

to our Primary Care Division

Dr. Creech is a board-certified Family Medicine physician who is dedicated to providing personalized care to each patient. She offers a comprehensive range of primary care services, including preventative care and health maintenance.

Dr. Creech is currently accepting new patients at Premier Medical Group's Fishkill - Primary Care location:

**400 Westage Business
Center Drive, Suite 210
Fishkill, NY 12524**

To schedule an appointment,
please call:

(845) 838-8480

www.PremierMedicalHV.com

