

Healthy Lifestyles

June 7, 2023

Routine women's health check-ups: Understanding screenings & preventive care

By Premier Medical Group

Premier Medical Group stands committed to helping more women gain the knowledge they need to maintain their health. Regular check-ups and screenings are an essential part of a healthy routine since it helps women establish preventive care while reducing risks for chronic and life-threatening conditions such as diabetes, hypertension, colon, breast, and cervical cancer. Routine check-ups and screening also aid in early detection of ailments, resulting in increased access to timely treatment.

Preventive Care and Aging

Most women have established care with a general practitioner. As women age and approach puberty, additional specialists and screenings may be needed to continue to maintain good health. For example, seeing a gynecologist for pap tests and sexual health, or a rheumatologist for managing care of chronic autoimmune disorders.

While not all women will need to see certain specialists annually, it's more important than ever to know what preventative care looks like as you age. Here's what you need to know and can expect from routine women's health check-ups and their related screenings:

Physical exam

A physical exam typically represents an essential part in a woman's health care experience. During a routine exam, your doctor will check your vitals, including blood pressure, heart rate, and temperature. In many health care practices, these checks are performed by a nurse ahead of the specialist who would then perform a physical exam as needed.

The physical exam may include examination of the breasts, thyroid gland, and abdomen to detect signs of abnormality such as lumps. Should signs of abnormality be present, the doctor may then recommend or involve other specialists such as endocrinologists who deal with hormonal irregularities associated with thyroid or other organs within the endocrine system.

Pap smear

A Pap test or Pap smear helps doctors detect or prevent cervical cancer. During this exam, a gynecologist or midwife uses special instruments to collect cells



The Premier Medical Group – GI Division includes, from left, Dr. Farah Toyserkani, Dr. Madhavi Gaddam, Dr. Zana Nikolla, Dr. Simona Meca and Dr. Elizabeth Williams. Premier is proud to have five board certified, female gastroenterologists on its team, the most of any group in the area, providing patients with exceptional, compassionate care. Courtesy photo

from the cervix. These cells provide information about the health of one's cervix and can help doctors spot abnormalities such as precancerous growth – changes in the cells that can lead to cervical cancer if left untreated.

The Center for Disease Control and Prevention (CDC) recommends that women between the ages of 21 and 65 get a Pap smear every one to three years. A woman's general health, family history, sexual activity or your primary care doctor's recommendation are factors that influence how often a woman may need to do a Pap smear. Since cervical cancer typically develops slowly, preventative care is essential in helping women maintain their health.

Mammogram

Breast cancer is the most commonly diagnosed cancer among American women. This disease also has one of the highest rates of cancer-related deaths in women – second only to lung cancer.

Mammograms, a type of X-ray, help doctors detect breast cancer. Since these tests can detect breast cancer, even in its earliest stages, such screenings are essential. Women can reduce their risk of having breast cancer by screening as often as is

recommended. For women between the ages of 50 and 74, a mammogram should be done every two years. Women with a family history of breast cancer may need to start getting mammograms earlier. Should you have any concerns related to the health of your breasts or should you have a history of breast cancer in your family, your doctor can provide the guidance and support you need. The first step is for you to ask questions and share your concerns at your next doctor's appointment.

Colonoscopy screening

Colonoscopy or colorectal cancer screening helps doctors check for abnormalities in the large intestine before patients experience symptoms for diseases such as colon cancer. Women and men are now encouraged to begin this kind of cancer screening at age 45 – instead of at age 50, which was the previous age recommendation for colonoscopy. In addition to helping doctors screen for early signs of colorectal cancer, a colonoscopy can help doctors detect the cause for blood in the stool, changes in bowel habits, and unexplained weight loss. It also helps doctors to spot signs of other diseases such as irritable bowel disease (IBD).

To prepare for the screening,

doctors typically provide specific instructions regarding what patients can eat in the days leading up to the screening. Patients, for instance, are typically advised to eat low fiber foods for about two days followed by a liquid diet the day before the colonoscopy is being performed. During a colonoscopy, a gastroenterologist will insert a long, thin, flexible tube into the rectum, after you have received intravenous anesthesia. The colonoscope has its own lens and light source which allows the doctor to view the images on a video monitor. The entire inside of the colon will be examined. If necessary, tissue samples (biopsies) will be taken and polyps (abnormal growths) can be removed.

Skin cancer screening

Melanoma, the most serious of all skin cancers, accounts for only 1% of skin cancers but results in the majority of skin cancer deaths according to the American Cancer Society. Women can reduce their risk of developing skin cancer through skin cancer screening. Skin cancer screening can help doctors spot signs of melanoma or other skin cancers early and improve outcomes for patients with such ailments.

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Alzheimer's and the importance of clear communication

By Naim Fanek



Naim Fanek

According to the Alzheimer's Association, there are over 6.5 million individuals with Alzheimer's and Dementia related illnesses in the United States

today. According to a recent report by the Association, "12-18 percent of adults 60 and over have mild cognitive impairment," a category of memory loss or cognitive problems that may be a precursor to dementia or caused by other medical or behavioral issues.

Within Long Term Care Facilities, residents with these conditions are very common. The Alzheimer's Association estimates that 48 percent percent of nursing

BROOKMEADE SENIOR CONCEPTS

home residents are living with Alzheimer's or other dementias. Among older adults in residential facilities, including assisted living, 42 percent or more have some form of Alzheimer's or other dementia (Alltucker 2022)

Alzheimer's disease and other dementias gradually diminish a person's ability to communicate. Communicating with a person who has Alzheimer's requires patience, understanding and good listening skills. The experience of dealing with these changes can make loved ones nervous, stressed, scared, and frustrated, especially for families of those who are newly diagnosed.

However, consistent, and open communication is an important part of living well after a diagnosis of dementia. It helps people with dementia to keep a sense of self, sustain relationships and maintain their quality of life. Even as communicating becomes more challenging, there are numerous ways to communicate meaningfully together.

Below are some methods techniques to help facilitate open and meaningful communications between residents and their loved ones.

- Remind with kindness: Having a loved one suffering from Alzheimer's can be difficult,

particularly if they do not remember you. Do not get angry or offended when this happens. Rather, gently remind them basic facts, such as "My name is Tom and I am your son."

- Revisit the past: Discussing happy times in the past can be a joyful experience for the resident and reassuring. However, it is important to ask straightforward questions one at a time. If they do not understand you, repeat yourself using similar words or phrases.

- Redirect: A person with Dementia may become angry at things that did not happen to them (for example: someone stealing from them). When this happens, do not criticize them, rather, it is important to see the situation from their lens/perspective. One should attempt to redirect the conversation by discussing ways you can prevent the issue and then redirect them to another topic or activity, such as going for a stroll.

At The Brookmeade Community, a critical aspect of our employee training is to ensure that all staff receive training in caring for residents with Dementia. One such method is through "The Hand In Hand program," which is a comprehensive training program developed by the Centers for Medicaid and Medicare Services (CMS).

Brookmeade has also undertaken initiatives such as the creation of The New Day Program, which provides structured yet creative activities for our residents living with Alzheimer's, dementia, depression, and other chronic illnesses. This special program is offered six days a week and has produced amazing results.

Of the 12 sessions offered each week, approximately 95 percent of residents participate in one or more sessions. Another important program offered is Music and Memory, which is the first of many new arts initiatives we are developing to provide residents with creative ways to express emotions, share memories and communicate.

Naim Fanek is a life-long resident of the Hudson Valley with a passion for healthcare and helping seniors live life to the fullest. Currently, he is the Recruiting Coordinator at The Brookmeade Community, a Senior Living Community in Rhinebeck, New York. Naim is also a Licensed Nursing Home Administration in New York State and holds a Master of Arts from New York University and a Bachelor of Arts from Marist College.

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Marlene Weber transfers her business to Oasis Medispa

After over four decades of business, Marlene Weber, who has been a pillar in our community, is closing her iconic Salon and Spa located next to Adams Fairacre Farms on Route 44 in Poughkeepsie and is transferring her 37,000 plus clients to Oasis Medispa located on North Water Street next to the MetroNorth train station on the Poughkeepsie waterfront.

Marlene is entrusting Oasis with the care of her clients because she knows the owner, Facial Plastic Surgeon, Dr. Manoj T. Abraham, and his reputation for excellence. A message featured on her website and social media channels advises clients and staff to seek the outstanding services at Oasis MediSpa where she has arranged for all remaining valid gift cards and packages to be redeemed: "Oasis MediSpa has all your gift cards and is ready to ensure you can still receive your spa services. All valid Marlene Weber Day Spa gift cards and spa services have

been transferred to their Hudson River location in Poughkeepsie. I have known Dr. Abraham, owner of Oasis MediSpa and renowned facial plastic surgeon, for over 20 years. I know you will be impressed with their extensive service menu and beautiful facility, and I am fully confident in their friendly, kind and skilled staff of beauty and spa professionals."

Oasis Medispa is a full-service spa offering clients the full spectrum of beauty and spa services including skin care and rejuvenation, massage, facials, peels, eye lash care, spray tanning and beauty products. Oasis also offers the latest technology and medispa services such as highly effective permanent laser hair removal for all skin types, hydrafacials, dermaplaning and microdermabrasion, radiofrequency microneedling skin tightening, and non-surgical fat reduction.

Expert supervision is provided by Dr. Abraham and his experienced staff who offer physician-grade



Dr. Manoj T. Abraham is the owner of Oasis MediSpa, located on North Water Street next to the MetroNorth train station on the Poughkeepsie waterfront. Courtesy photo

services including Botox and filler injections like Restylane and Juvederm, as well as cutting-edge liposuction and surgical techniques. Dr. Abraham specializes in facial plastic surgery and his staff include experts in eye and body plastic surgery from NYC.

Oasis MediSpa is located at 82 North Water Street in the Poughkeepsie Waterfront adjacent

to the MetroNorth train station. Housed in a historic building which has been completely retrofitted to accommodate today's most advanced medical and aesthetic procedures, the facility offers a relaxing and calming spa environment. For more information, please visit NYfaceMD.com, or call 845-440-1828.

Exercise for arthritis: What you should know BODY KNOWLEDGE

By Christian Campilii PT, DPT



Christian Campilii

Do you have stiff, achy, painful joints? You're not alone.

An estimated 54 million adults are living with this chronic condition. It is called arthritis.

Arthritis steals movement. It sometimes keeps you from doing the things you love. But with a bit of effort, you can restore some movement and regain your ability to enjoy activities.

Regular exercise (physical activity) is one of the best ways to improve pain, stiffness, and range of motion, the common arthritis symptoms.

It also can benefit your physical, mental, and social health. It even can prevent or improve many chronic conditions, such as heart disease, diabetes, obesity, depression, and some cancers.

Many people with arthritis think exercise will be painful — probably because they've tried, and it was. But we know through research that people with arthritis can exercise without worsening their pain. Plus, regular physical activity can decrease arthritis pain and improve walking activities.

The trick is doing the right exercises, in the right way, at the right time.

It isn't easy. Arthritis is a complicated condition. Once arthritis moves into a joint, the

muscles surrounding the joint become weakened. This leads to a ripple effect of joint pain and muscle weakness.

If you've tried to exercise and stopped because of pain, consider seeing a physical therapist. They can work with you to develop a safe and effective strengthening and conditioning program to help reduce your pain, not add to it. In the process, you also can improve your mobility and function. The bottom line: exercise shouldn't hurt if you have arthritis.

People with arthritis need to increase their exercise routines more gradually than those without it. Walking, cycling, and swimming are great forms of cardiovascular exercise. Strength training and stretching are equally important. A physical therapist can teach you how to exercise with the correct form and posture. They also will help you exercise for the right amount of time and intensity.

If you have questions about how physical activity can help address your arthritis symptoms, a physical therapist can help.

Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement. You can contact a physical therapist directly for an evaluation

Adapted from APTA

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www.CenterForPhysicalTherapy.com

Focus on wellness this summer 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.

As the temperatures begin to rise and the flowers start to bloom, many of us start to feel the urge to get moving. Spring is a great time to focus on fitness, wellness and exercise, and there are many ways to take advantage of this season to improve your health and well-being.

While spring exercises can be done outside, there are many benefits to joining a health club. Here are just a few reasons why you should consider joining a gym this spring:

- Access to equipment: A gym is

HEALTH TIPS

equipped with everything you need on your wellness journey, from free weights and classes to yoga and cardio equipment. When it comes to equipment, All Sport just introduced lots of new machines and platforms to the workout rooms. The Free Weight Room and Cardio Room have some shiny new pieces for members to try, which include: 2 Squat Racks & Deadlift Platforms, 4 Precor Ellipticals, 2 Recumbent Bikes, 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.

- Expert guidance: When you join a fitness club, you'll have access to expert guidance from Personal Trainers who can help you develop a workout plan that's tailored to your goals and fitness level. You'll get more than just a great exercise program. Our staff will help you improve your body composition, strength, endurance, flexibility, stress level, and many other key factors.

- Motivation: Working out at a fitness club can be a great way to stay motivated and on track. When you see others around you working hard, it can inspire you to push

yourself harder. We're a community that is focused on living a healthier and more fulfilling life.

- Variety: A fitness club offers a wide range of classes and activities, from yoga and Pilates to cycling and team training. This variety can help keep your workouts interesting and exciting.

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 allsporthealthandfitness.com or call 845-896-5678.

How to control your asthma when outdoor air quality is bad

(StatePoint) Asthma, a lung disease that makes breathing difficult for over 24 million Americans, is often exacerbated by air pollution and the effects of climate change. However, understanding how the environment impacts asthma can help you minimize your exposure to air

pollutants and prepare for extreme weather events.

As part of its Promoting Asthma Friendly Environments through Partnerships and Collaborations Project, the American Lung Association is offering these important insights:

1. Outdoor Air Pollution. While outdoor air pollution can make breathing more difficult for everyone, it's particularly harmful to those with asthma, causing symptoms and increased need for medical attention, and to children, whose lungs are still growing and who breathe in more air per pound than adults. Children with asthma can be especially vulnerable to experiencing negative health effects caused by air pollution.

2. Climate Change. The effects of climate change increase air pollutants like ozone, particle pollution, molds from increased rainfall and floods and smoke from wildfires. As temperatures increase, warmer air helps to form ground-level ozone pollution, also known as smog, a powerful air pollutant. Smog acts like a sunburn on your lungs and may trigger an asthma attack. Before doing any activities outside, check the pollution level in your area by visiting Airnow.gov. When the air is bad, limit the time you and family members spend outdoors and try to move outdoor activities inside.

3. Wildfires. In some areas of the country, climate change is increasing the frequency and intensity of wildfires,

and extending wildfire season. Wildfires produce smoke that contains particle pollution, consisting of dangerous particles tiny enough to travel deep into the lungs and sometimes even into the bloodstream. Particle pollution can cause asthma attacks, heart attacks, lung cancer and early death. But you don't need to live in an area prone to wildfire to be impacted. Winds can carry these particles for thousands of miles, meaning many people may have an unknown exposure. Preparation is key to protecting yourself and family. Check out American Lung Association's resources, which includes information about using N-95 masks for protection and creating a clean room inside your home. Visit lung.org/clean-air/emergencies-and-natural-disasters/wildfires to learn more.


4. Taking Action. Did you know you can reduce your own contribution to air pollution and climate change? Prioritize walking, biking and public transit over diesel or gasoline-powered vehicles. Conserve electricity and purchase your power from clean, non-combustion sources if you can. Don't burn leaves or trash and avoid burning wood whenever possible. Additionally, when looking for a place to live or upgrading your home, look for efficient, zero-emission appliances like induction stoves or heat pumps. You may even be able to take advantage of tax incentives for making these upgrades.

If poor air quality, wildfires, pollen and mold cause asthma symptoms or flare-ups, follow your asthma action plan, and call your doctor if your symptoms don't improve or get worse. To get your asthma under control, check out the American Lung Association's many resources, found at <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma>, which align with the Centers for Disease Control and Prevention's EXHALE strategies. The strategies can help reduce asthma symptoms, prevent emergency hospital visits and help you avoid missing school or work. If you have asthma and have been impacted by poor air quality, consider sharing your story on Lung.org.



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Pickle Ball, APP partner with SUNMED™, 'Your CBD Stores' for peak performance

SUNMED™, the leader in CBD and hemp innovation, along with its exclusive retailer Your CBD STORE, partnered with the APP association and its athletes to bring CBD and hemp products and benefits to the country's fastest-growing sport during the APP tournament held at the Franklin NYC Open at USTA Billie Jean King National Tennis Center last week.

Your CBD Store is the largest CBD and hemp retailer in the United States and Official Lead Sponsor to the APP custom-branded CBD product line that has been developed for pickleball players, the APP TOUR, and all athletes to support peak performance and muscle stamina.

Visit the local Your CBD Stores at 1582 Rt 9 in Wappingers Falls (845.297.0302) or at 365 Mamaroneck Avenue in White Plains,

The partnership includes the innovative line of APP TOUR-branded products including the following:

- Topical Cream - Proprietary formula topical cream used for deep, long-lasting effects.
- Hydrate - Hydration water enhancer with zero calories, zero carbs, zero sugar and broad-spectrum CBD
- Pain Relief Roll-On - Fast acting pain relief roll-on with lidocaine
- Topical Spray - Fast acting pain relief spray with menthol and broad-spectrum CBD

The partnership, which runs through 2024, includes global tournament sponsorship of the APP TOUR – the official pro tour partner of pickleball's national governing body, USA Pickleball

– as well as APP TOUR-branded =BD and hemp products, collaboration with the sport's most well-known players, and experiential activations around the world.

"This is an exciting opportunity for our brand, franchisee owners, and customers to be a meaningful part of the fastest growing sport in the United States," said Yvette and Jose Sanchez, owners of the local stores. "This partnership allows us to highlight the wellness benefits of CBD. We're excited to showcase our science-based, award-winning, third party-tested, and globally recognized SUNMED products that can help players perform at their best and experience quick, natural, and effective muscle pain relief, so players can get back on the court.

"With our partners at the APP TOUR, we're showcasing our commitment to supporting the best players in the world, as well as dedicated amateur players and all new players to the sport, at every level," said Jose "and by collaborating with some of the sport's most highly regarded players, we have a golden opportunity to educate people about the benefits of safe, science-backed, plant-based CBD and hemp products that empower modern wellness every day."

The goal is to educate consumers and players at all levels about the variety of benefits of the over 150 individual SUNMED all-natural, science-based CBD and hemp products sold says Yvette, who recommends a visit to the Wappingers Falls locations for a free consultation.



Jose and Yvette Sanchez, owners of Your CBD Store locations in Wappingers Falls and White Plains, are pictured at the Franklin NYC Open at USTA Billie Jean King National Tennis Center.

Courtesy photo



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Get ready – the school year is almost over

It is difficult to believe that the school year is almost over. Although there are only a few weeks before school ends, we must renew our efforts to work diligently to assure that our children are achieving. We want them to end this year ready to enjoy the summer. However, even in these remaining days, make sure that they continue to complete assignments accurately and completely and spend sufficient time to prepare for final exams. Now that the days are longer the temptation may be to get outside and play. There will still be time for fun when the work is done.

Continue to consult with teachers. If your children have any special learning or behavior needs, discuss recommendations for the following year. Even if your children have an

I. E. P. (Individual Education

MAKING EDUCATION WORK with Diane Fulves

Plan), your suggestions may be more specific than the goals on the I. E. P. As the parent, you know your children best. Make a list of the areas of concern and share it with the teachers. They can add their comments and suggestions. This will be quite helpful to your children and the new teachers they will have next year.

If your children have academic needs that must be addressed during the summer months, parents may be looking for an educational program or a private tutor. Summer school may be a recommendation. Before selecting a program, parents must be sure that the program fits their children's needs. It is essential that you speak to the teacher to

know the program they will offer to your children. You do not want them sitting in a room simply completing worksheets to fulfill the summer school requirement.

You want a program that fits the needs of your children. Parents must ask questions. Is the teacher familiar with specific learning deficits? What strategies will be implemented to help overcome these deficits? Does the teacher have suggestions for activities to reinforce learning at home? Is the teacher patient? What about a sense of humor which is so important when we are working with our children. Listen to their responses, then make a careful decision.

Bringing school into the summer

may not be our favorite way to spend this time. But if we plan ahead, gather the materials we will need, and even create a plan to reward our children for their work, (yes, they deserve rewards for work well done), we can make this a valuable, happy, and successful experience. If we are motivated, we will motivate our children. Remember the ultimate goal. We want our children to succeed because success is the only option!

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

Tips on exercising safely in the heat of summer

By Sunny Intwala, MD



Dr. Sunny Intwala

As we continue to experience record high temperatures, is it a good idea to exercise outdoors? The short answer is yes, but there are several

precautions you should take to avoid heat exhaustion, or worse, heat stroke. Here are six tips on how to work out safely in the heat.

Avoid a heavy meal before your workout – Digesting takes a lot of energy creating body heat that you don't want before any physical activity. Try eating a light meal, like a salad or protein bars, one hour before you exercise.

If you eat a heavy meal (meats, cheeses) it will take longer to digest so wait two to three hours before your workout.

PATIENT FIRST

Hydrate, hydrate, hydrate – Make sure you drink plenty of water before, during and after you exercise. It's a good idea to drink between 16 to 32 ounces for every hour of physical activity in the heat.

Protect your skin – Your skin has a natural cooling system so help protect that by using sunscreen and wearing light, loose clothing. Look for athletic wear with sweat-wicking materials that allows your skin to perspire and cool down.

Choose morning or evening workouts – Early mornings and evenings tend to be much cooler than midday. Plan your exercise during those times when temperatures can be as much as 10 to 20 degrees cooler than in the afternoon. If you must work

out during the middle of the day, avoid direct sun and find shady areas to complete your routine.

Take time to acclimate - If you are not used to working out in the heat, take your time by doing a short exercise and assessing how you feel. It can take at least one to two weeks to adapt to the heat. Over time, as your body adapts, gradually increase the length and intensity of your workouts.

Consider heat-friendly exercises – Running, trekking and biking can be very challenging and dangerous in the heat. Opt for some alternatives like swimming, yoga, walking, paddleboarding or kayaking.

Listen to your body and know the warning signs – If you are feeling uncomfortable or tired

during an outdoor workout, don't push yourself. Ease up and listen to what your body is telling you.

Heat exhaustion may present with fatigue, nausea, headache, extreme thirst, rapid breathing, shortness of breath and lightheadedness. Heat stroke is more severe, and symptoms can include confusion, vomiting, seizures and passing out. For heat exhaustion, stop exercising and pour water over your head to cool down. For heat stroke, head to an emergency facility as soon as possible.

For more information on sports cardiology at Nuvance Health, visit:

Dr. Sunny Intwala is a cardiologist and clinical exercise physiologist with Nuvance Health. He sees patients in Poughkeepsie and Fishkill. To learn more about him, please visit: <https://bit.ly/3xtAoj5>.

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How to make your Wedding stand out with Candles



LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady

Weddings are one of those few occasions where you will have the freedom to plan it as you like. However, most guests are unable to hear what is being said nor see the couple during the ceremony. Shouldn't such an important event be heard and seen by everyone?

Consider the following suggestions to make your wedding day stand out from the rest:

- Switch places with your officiant and face your guests instead of standing with your backs turned to them. Better yet, hand everyone tea-light candles in a thick candle holder or LED "realistic" tapered candles (if safety is a concern) then dim the lights at the start of the procession.

- Consider including the Unity Candle Ceremony where each of you take a lit tapered candle and light the pillar candle known as the unity candle. It symbolizes your journey together as a family while maintaining your individuality.

- Throughout the entire wedding, all eyes will be on your bridal table so you can never have too many candles. Candles are more economical than flowers and often

more effective because they are a symbol of love and passion. You can select from floating candles, lanterns, candelabras or use a combination of all for ambiance and warmth.

- If you are having the ceremony in a house of worship, decorate the altar with large numbers of pillars in different heights then include those same pillars in your wedding portraits. Candles are also a great choice if you are planning favors for your guests because you can customize them and are actually enjoyed by most guests.

These suggestions are a beautiful way to make your guests feel bonded to you on your wedding day.

- Practice safety when burning

candles, never leave them unattended and keep away from children and pets. Never burn a candle for more than 4 hours, 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 including wedding ceremony and reception 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 and was selected as an artist to participate in Dutchess Homemade for Arts Mid-Hudson. 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 including wax melts. You may e-mail her at sonya@yeoldecandlehousegiftshoppe.com

Gifts to elevate dad's morning routine this Father's Day

(StatePoint) Here are three fun Father's Day gift ideas to consider, all of which would also make great gifts for the newly-graduated:

1. The perfect cup of coffee: Most people think they are satisfied with their morning cup of coffee, that is, until they try Nextmug, a smart, self-heating mug that keeps beverages warm (130 degrees F), hot (140 degrees F) or piping hot, (150 degrees F) depending on the setting selected. Lab testing has shown that liquid in a standard ceramic mug loses 52 percent of its heat over a two-hour period.

Nextmug loses no heat over that same time frame, making it

possible to savor coffee or tea for as long as it takes to drink it. If Dad has ever resorted to microwaving a forgotten morning brew, which can turn even the best drink bitter, or has simply slugged it down tepid, he will appreciate this sleek, ergonomic, easy-to-use mug. Plus, its optional spill-resistant lid means that Dad can take his cup of joe throughout his home or office, on the back deck, or wherever he would most enjoy it. Perfect for a dorm or first apartment, this makes a useful high school or college graduation gift as well. For more information, visit <https://nextmug.com/>.

2. A closer shave: Help Dad say

goodbye to nicks and patchy facial hair. Offering a close shave, even on a dense beard, Braun's Series 9 Pro Electric Shaver features sensors that adjust power to beard density, and a precision switch to capture tricky hair. Because its built-in sonic technology yields a more efficient shave, and its docking station automatically charges and cleans the razor, you'll be giving Dad the gift of more time for himself in the morning.

3. Music and podcasts on-the-go: Add entertainment and motivation to Dad's morning workouts with comfortable, durable headphones. Just be sure to consider his needs

when selecting the right pair. Whereas bone conduction headphones offer the safety of being able to hear surrounding sounds, which is great for morning jogs and commutes, air conduction offers the best shock-free comfort. Finally in-ear style headphones can isolate outside noise when it's desired, such as at the gym. The X9-pro, allows users to switch between these three modes. It's also completely waterproof and Bluetooth-connected, so Dad can listen to his favorite jams and podcasts, even when swimming laps at the pool. And thanks to its 32G storage, he won't get bored with his listening options.

Women's health check-ups continued from page 1

The screening involves visual inspection of your skin and may take at least 10 minutes. The doctor checks for signs of cancer that may be present long before symptoms begin to occur. This may be a full-body screening where the doctor checks for birthmarks, moles or areas of the skin that look abnormal in shape, texture, color or size. The doctor may perform a biopsy should he or she spot an abnormality in the skin. If an area on the skin looks abnormal, the doctor may remove a small portion of the skin for testing. This procedure is called a biopsy.

Bone density test

As women (and men) age, bones become more brittle; cartilage can also begin to wear, leading to inflammation and pain in the joints. Women, particularly older women who have gone through menopause, are at higher

risk for developing osteoporosis – the disease that results in bones becoming more brittle.

A bone density test is used to measure the strength of your bones. Doctors recommend that women over the age of 65 get a bone density test. Women who are at high risk for osteoporosis may need to get the test earlier.

Blood tests

Blood tests often occur as part of routine medical exams or annual wellness physicals. These tests can provide a comprehensive view of an individual's overall health through the identification of cholesterol levels, thyroid function, and blood sugar levels.

Your doctor may recommend the appropriate blood tests based on aspects of your health that the doctors need to verify. The types of blood tests that will be

recommended can be influenced by factors that include your age, medical history, and your level of risk for developing certain conditions.

Support Preventive Care with Healthy Habits

In addition to performing general check-ups and screenings, your doctor may recommend certain lifestyle changes to help you maintain your health and reduce your risk of developing certain conditions. These changes may include the following:

- Eating a healthy diet that's low in saturated fats and high in fruits, vegetables, and whole grains.

- Getting regular exercise, such as brisk walking, swimming, or cycling.

- Not smoking or using tobacco products.

- Limiting alcohol consumption.

Managing stress through relaxation techniques, such as deep breathing or meditation.

Do self-checks regularly for your breast and skin to help you spot abnormalities or concerns that you can then share with your doctor.

Be sure to discuss your healthcare needs with your primary care doctor and follow their recommendations for screenings and preventive care. Establishing a trusting relationship with a primary care physician is key when looking for consistent and efficient care.

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



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