

# Health & Wellness



## Paving the Way for Health and Happiness in 2017

**W**hen we ring in a New Year, the majority of us reflect on the year prior – what we accomplished, what we didn't quite make time for, and what we hope to carry out in the year ahead. For many, January 1st often marks a new beginning – one that allows us to set goals, share our hopes, and embark on an exciting new adventure.

When we think of our goals for not only the year ahead, but for the duration of our lifetime, health is often at the top of our mind. Practicing good health is something that shows in every aspect of our lives – from relationships to mental and physical wellbeing. So, how do we ensure that our body and mind are functioning at their optimal level? We make a commitment to ourselves.

This year, with all of the lifestyle changes we're facing and will come to face, it's important to ensure that our resolutions last for a lifetime – and not just for 3 months. "One of the most significant aspects of a successful outcome is to find someone that you can count on as a quarterback for your health care – a Primary Care Provider (PCP)", said Dr. Bruce Ellsweig, Family Practice Physician at Crystal Run Healthcare. Entrusting a Primary Care Provider at the hub of coordinating our care will guarantee that our family, personal, and dietary history is discussed and that potential risk factors are identified. This not only allows us to be aware of health issues we may be vulnerable to throughout our lives, but enables us to learn about preventive screenings & vaccinations that are crucial to our overall health.

Colonoscopies, well-woman visits, and mammograms are just a few of the most important screenings available today. It is recommended that colonoscopies be conducted for both men and women beginning at the age of 50, well-woman visits begin between the ages of 13-15, occurring every 1-3 years, and mammograms

scheduled annually beginning at the age of 40. However, if there is a family history of cancer or other high risk factors, these screenings should be done earlier, or more frequently.

When it comes to vaccinations, there are a few specific ones to be aware of. The influenza vaccine is critically recommended for individuals of all ages above 6 months, and there are two pneumonia vaccines that Primary Care Providers highly advocate for. The first is given to individuals aged 65+, and the second is administered one year apart from the first. Not only does this vaccine help prevent against the most common types of bacterial pneumonia, but it adequately prevents against the more deadly types of pneumonia as well. With regard to cancer, there is currently one vaccine available today that helps prevent certain types – Gardasil. This specific vaccine is recommended for all young men and women, before the age of 26.

Along with the importance of screenings and vaccinations, there are other baseline things that we should all be focusing on this year, and every year thereafter. Eating well, exercising, and focusing on a holistic approach to wellness are what we call self-care. As with any commitment we make, especially during a time when we're living in a complex world that's full of stress, learning to do things in small steps is best. For instance, instead of going out and running a marathon, take a brisk walk. Instead of completely limiting your food intake, leave room to indulge every so often. And quit smoking! Not only will this decrease your risk factors for a multitude of diseases down the road, but it will lead to overall improved health, which is the ultimate goal. While it may be difficult to get started with your resolution(s) – whether it's finding a better way to deal with stress, quitting smoking, controlling your weight, or starting a new exercise routine, use techniques in concert with your PCP, look for ways to make life as

least complicated as possible, and find ways to be at peace in the New Year.

One other critical aspect of self-care is taking advantage of preventive care and wellness opportunities that your insurance plan may offer. Several health plans cover annual wellness exams in full without out-of-pocket expenses. In general, it is important to understand your health care coverage and ensure you're taking advantage of opportunities to help keep you healthy.

With the New Year in full swing, it's

the perfect time to make an appointment for your annual exam and to include your PCP in your health goals for the year. In partnership with your PCP, you can set small, attainable goals that can be sustained throughout the year - that will lead to long-term success and better health.

For more information on Crystal Run Healthcare or to begin your journey to better health with a Primary Care Physician in Newburgh or a location near you, visit [CrystalRunHealthcare.com](http://CrystalRunHealthcare.com) or call 845-725-0100.



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Regular dental visits can do more than keep your smile bright and beautiful, they can also tell your dentist a lot about your overall health. Since most people have regular oral examinations, their dentist could be the first health care provider to diagnose a health problem in its early stages.

New research suggests that the health of your mouth mirrors the condition of your body as a whole. Research also shows that good oral health may actually prevent certain diseases from occurring.

According to the Academy of General Dentistry, there is a relationship between gum (periodontal) disease and health complications such as a stroke and heart disease. Women with gum disease also show higher incidences of pre-term and low birth-weight babies.

Other research shows that more than 90% of all systemic diseases, which are diseases involving many organs or the whole body, have oral manifestations. Symptoms can include swollen gums, mouth ulcers and dry mouth.

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## Gardiner Library hosts winter wellness series

The Gardiner Library will be hosting a Winter Wellness Series for four Sundays from 1:00 to 2:30 p.m. The cost is \$15 per class or \$50 for the series of four. Pre-registration is required at least one day before each event. "Health Within: Clearing a Path to Winter Wellness" will kick off the series on Sunday January 29. Understanding the theory behind traditional treatments for colds and flu can

help reveal lots of possibilities for natural prevention and treatment in daily life. How do exercise, meditation, hot baths, acupressure, herbal teas and extracts, essential oils, massage, acupuncture, cupping, and gua sha work? What foods can you seek out and what is better for you to avoid during cold and flu season? What basic equipment do you need to have at home to reduce suffering from

colds and flu quickly and effectively, and with fewer side effects than over the counter medications? How can you help prevent secondary infections from happening? MaryJo Johnson is a licensed acupuncturist and massage therapist with a Master's degree in Traditional Oriental Medicine. She practices in Manhattan and New Paltz, working with a wide variety of clients. In addition to addressing pain,

stress, and various acute and chronic injuries, illnesses and imbalances with acupuncture and massage treatments, she provides guidance and encouragement for clients who want better health through improved nutrition, sleep, exercise and a calmer mind

The series continues on Sunday February 5 with "Kitchen Herbal Wisdom

*Continued on page 4*




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# Gardiner Library hosts winter wellness series

*Continued from page 4*

for Winter Health.” Learn how to prevent colds and flus this winter by viewing your kitchen as a healing apothecary. Ashley Sapir Lathrop has been studying and teaching about herbal medicine for over fifteen years. Ashley founded Dreamkeeper Botanicals to help others learn to use local herbs in the traditional ways. You can find out more about Ashley and her work at <http://www.dreamkeeperbotanicals.com>.

Sunday February 12 will feature “Breathing the Body” with Anneliese Mordhorst. During the cold and dry



climate of winter, breathing can become compromised, shallow and restricted. Breathing has an impact on our whole body and all of our systems. In this workshop you will increase the knowledge of your own anatomy and physiology with hands-on and movement learning tools. Anneliese Mordhorst is a movement professional based in New Paltz. She teaches Pilates, Fitness and Embodied Movement to people of all ages and abilities.

The series wraps up with “Preparing Real Food and Why it Matters” on Sunday February 19 led by Becky Fullam, who is a farmer, foodie, and mother of two. She runs Old Ford Farm in Gardiner with her husband Joe, where they produce raw milk, eggs, chicken, turkey, pork, and vegetables. This workshop will go over the principles of a traditional, whole-foods-based diet: the critical foundation to your well-being. The class will focus on overcoming the

challenge of putting this kind of diet into practice while balancing the many other demands in your busy schedule.

To pre-register, call the library at 255-1255 or stop by 133 Farmer’s Turnpike in Gardiner, NY. All classes in the series, presented by Apricot Forest Community Wellness Cooperative, will take place in the library community room. The community room is equipped with T-coil technology for those with compatible hearing aids and cochlear implants. For directions or further information call 255-1255 or visit [gardinerlibrary.org](http://gardinerlibrary.org) or the library’s Facebook page.

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