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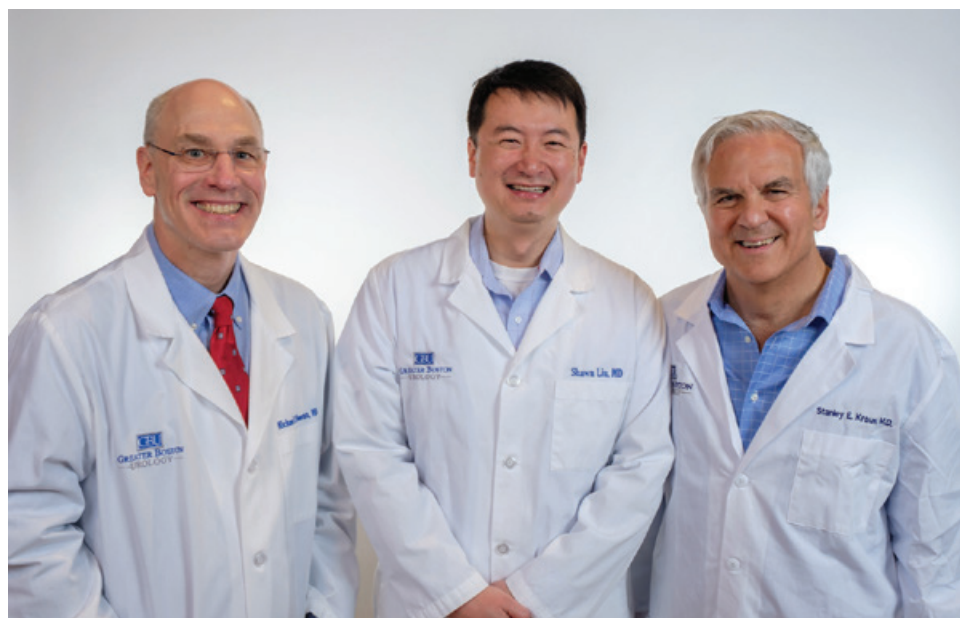
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Your Urologic Health Matters Book an Appointment in 2022!

Have you been putting off seeing a urologist because of the pandemic? Remember, your urologic health matters. Start the new year off right: Book an appointment with Greater Boston Urology.



Here are the urologists from our Framingham Care Center, pictured left to right: Dr. Michael P. Donovan, Dr. Shawn Liu, and Dr. Stanley E. Kraus.

GBU has nine convenient locations throughout the Commonwealth, including our headquarters in Dedham and our recently renovated space in Framingham.

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Medical Nutrition Therapy

Our Care Centers have remained open throughout the pandemic, and we carefully follow all CDC guidelines so that you can feel safe, confident, and comfortable every time you walk through our doors.



Book an appointment with our Framingham Care Center at (508) 370-7703 or our Dedham Care Center at (781) 762-0471. Or learn about our other Care Centers on our website: www.GreaterBostonUrology.com.

How exercise benefits your heart

Improved health is a primary motivator among people who routinely exercise. Exercise can help people feel better about

leading killer of both men and women in the United States. Exercise can be one of the most effective ways to reduce the risk

ventative, but also a healing balm of sorts for heart health.

Exercise can help the heart become more efficient and

be highly effective at improving heart health.

Harvard Medical School says exercise also promotes positive physiological changes, such as encouraging the heart's arteries to dilate more readily. Exercise also can help with the body's sympathetic nervous system (which controls heart rate and blood pressure) to be less reactive.

Ischemic preconditioning is another way that exercise can potentially benefit the heart. According to a 2017 article in JAMA Cardiology, heart disease patients who exercised found that exercise could trigger short periods of ischemia, or reduced blood flow to the heart. After resting for a few minutes, these people saw improved performance when they renewed exercise and got their heart rates up. It is believed that small doses of IPC can help the heart adapt more readily with ischemia and avoid a major response issue down the road. Those at the Cardiovascular Performance Program at

Harvard-affiliated Massachusetts General Hospital found that IPC could reduce damage from heart attack by as much as 50 percent.

Physical activity also allows better blood flow in the small blood vessels around the heart, potentially preventing clogs that can lead to heart attacks. Furthermore, there is some evidence that exercise can help the body grow more blood vessel branches so there are additional routes blood can take if a usual path is blocked by fatty deposits or narrow arteries.

Johns Hopkins Medical Center says exercise also works like a beta-blocker medication that can slow the heart rate naturally to alleviate hypertension. It also can raise levels of HDL, the good cholesterol in the body, helping to improve overall cholesterol levels.

There are several reasons why exercise is important to heart health. It's never too late to get with a fitness regimen to prevent or reverse cardiac episodes.



themselves and their appearance, and it has considerable effects on various parts of the body, including the heart.

Cardiovascular disease is the

for cardiovascular issues like heart attack, high cholesterol and more. In fact, cardiologists at the New England Baptist Hospital say exercise is not only a risk pre-

more capable of pumping blood throughout the body, says the health experts behind Kaiser Permanente health plans. Even light to moderate exercise can

The benefits of organic foods

Modern grocery stores are unlike the ones many of today's adults encountered when they were children. Grocery stores are not only bigger today than they were years ago, but they're also stocked with items that weren't available until relatively recently.

One stroll through the produce section reveals just how different modern grocery stores are from those of yesteryear. Organic fruits and vegetables now take up ample real estate in grocery store produce sections. Many shoppers may wonder if they're better off choosing organic versus traditional products, and research suggests they are.

- Organic foods contain less pesticides and toxic materials. A 2014 meta-analysis published in the British Journal of Nutrition found that organically grown crops were less likely than conventionally grown crops to contain detectable levels of pesticides. The analysis also found that organically grown crops were 48 percent less likely to contain cadmium than conventionally grown crops. Cadmium is a toxic heavy metal

that can accumulate in the liver and kidneys, which the Global Healing Center says can affect blood pressure, induce bone damage and affect renal and dopaminergic systems in children.

- Organic crops contain more antioxidants than conventional crops. The same analysis also found that organic crops had significantly higher levels of antioxidants, which promote strong immune systems, than conventionally grown crops. Organic crops were found to contain 69 percent higher levels of flavanones and 51 percent higher levels of anthocyanins than their conventional counterparts. The extra antioxidants in organic foods is nothing to scoff at, as the National Cancer Institute notes that antioxidants neutralize free radicals, excess levels of which can potentially lead to the formation of various types of cancer and other diseases.
- Organic products cannot contain synthetic hormones. Conventionally raised ani-



mals are sometimes injected with synthetic growth hormones so they will gain weight more quickly and produce more milk. Residue from those substances, which cannot be used in the production of organic meat and dairy products, is believed to contribute to widespread antibiotic resistance, according to the Biodesign Center for Environmental Security at Arizona State University. In addition, some studies have

suggested a strong connection between the hormones given to cattle and cancer in humans.

- Organic dairy products can promote cardiovascular health. A 2013 study from researchers affiliated with the Center for Sustaining Agriculture and Natural Resources found that organic milk contained 25 percent less omega-6 fatty acids and 62 percent more omega-3 fatty acids than conventional

milk. The Organic Center notes that's a considerable benefit, as higher amounts of omega-3 and lower amounts of omega-6 fatty acids helps promote cardiovascular health and support the immune system.

When choosing organic products at the grocery store, consumers may be benefitting their overall health in various ways.

Food’s important role in overall health

Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pore over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts at Tufts Health Plan recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of “you are what you eat” still rings true.

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses and better overall

health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to 11 million deaths worldwide — roughly 22 percent of deaths among adults — and poor quality of life. Low intake of fruits and whole grains and high intake of sodium are the leading risk factors for illness in many countries. Common nutrition problems can arise when one favors convenience and routine over balanced meals that truly fuel the body.

Improving nutrition

Guidelines regarding how many servings of each food group

a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a “food pyramid” guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy. People should limit their intake of sodium, added sugars and satu-



rated fats. As a person ages he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

Those who are interested in preventing illness and significantly

reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.

Shake up a stale workout

Eating less and moving more are the hallmarks of many fitness regimens, especially those

designed for people who want to lose weight. Maintaining a healthy weight can help reduce

risk factors for many illnesses, making weight loss a worthy goal for those who can afford to shed a few pounds.

While people have good intentions when designing their exercise regimens, over time hitting the treadmill or doing a weight circuit can lose its appeal. When exercise routines become stale, people may be put off from doing something that is essential to their overall health. Routinely switching things up can keep workouts fresh and exciting.

Try a trendy workout

Experiment with a new fitness trend to see if you like it. Start by talking with a personal trainer or group exercise captain at your fitness center. Chances are they’ve already implemented novel workouts for their clients and they can walk you through some of the offerings. So whether it’s barre classes that make you feel like a prima ballerina or renegade rowing to emulate a crew team, new exercises can help to banish boredom.

Cut down on workout time

It’s easy to lose interest in a lengthy workout. High-intensity workouts can streamline exercise to 30 minutes or less and produce the same results as longer, less intense regimens. High intensity interval training, or HIIT, is a popular regimen that pairs bursts of maximum-output moves with short recoveries to streamline efforts.

Bring a friend along

A buddy to exercise alongside can make a regimen fun even if you’ve done the same things over and over. Plus, a healthy dose of lighthearted competition may motivate you to keep going.

Change small components

Apart from preventing boredom, changes to a routine also benefit your body. If exercise regimens are never altered, and you keep doing the same number of reps and sets, your body can adapt to these workouts and make it difficult to break plateaus. Lack of variation also may decrease focus, which can make it hard to achieve your fitness goals. A consultation with a personal trainer can help you adapt your routine or find an entirely new one.

Altering a workout regimen from time to time can help people overcome stale routines.

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Reap the benefits of physical therapy

Injuries have the potential to sideline people for weeks, months or permanently. Injury to the body can occur when participating in organized sports, fitness regimens or even after being in an accident.

Recovering from incidents that can impact mobility and range of motion takes time, but physical therapy can help the body acclimate to regular activity once more. Physical therapy also can help healthy people as well.

Those who have suffered a sprain or a broken bone or even spent a duration of time immobile in the hospital due to an illness are often prescribed physical therapy as part of their follow-up treatment. Physical therapy programs try to progressively increase strength, improve mobil-

ity and help the body return to a state where it can function as best as possible. In many cases, a person can regain his or her original capabilities.

cal therapists can educate a person on weaknesses in the body and can guide correction on poor body mechanics that cause pain. This way a person can make changes to prevent future pain and injury. Rather than being reactionary, healthy individuals can take a proactive approach to avoiding pain and injury.

When one opts for physical therapy, he or she may:

- undergo a physical exam and evaluation of pain, movement, flexibility, and performance
- receive a clinical diagnosis and plan of care
- establish long-term goals
- participate in physical therapy treatment, which may in-



clude stretching, movement and weight-bearing activities based on the therapist's guidance.

• be given at-home work to further progress in between sessions.

While physical therapy can be used for recovery from strokes or paralysis, injuries, trauma, and musculoskeletal conditions, it also benefits healthy people. For example, women can use physical therapy to learn exercises that may prevent pelvic floor dysfunction. In addition, physical therapy can teach people how to improve their balance and prevent falls.

When people hear about physical therapy, they tend to think it is for people with injuries. While physical therapists can help heal injured parts of the body, physical therapy continues to evolve to assist with overall wellness.

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GBU has nine convenient locations throughout the Commonwealth, including our headquarters in Dedham and our recently renovated space in Framingham.

Located in “The Meadows” building at 161 Worcester Road (RT 9 westbound near Walmart), our Framingham Care Center offers a relaxed waiting area, comfortable exams rooms, and an always-helpful and compassionate staff, including Dr. Michael P. Donovan, Dr. Stanley E. Kraus, and Dr. Xiaolong Shawn Liu. Note: Dr. Donovan is trained in acoustic shockwave therapy for the treatment of erectile dysfunction (ED).

Why fight Boston traffic when

the quality care you want is right in your own back yard? At GBU, we can treat whatever ails you urologically. Think acute conditions, like kidney stones and urinary tract infections (UTIs); complex diseases like prostate cancer and bladder cancer; and nagging conditions, like endless trips to the bathroom at night.

In Dedham, we have a wonderful board-certified urogynecologist—Dr. Angel Marie Johnson—directing our Women's Health Center. The Center offers innovative treatments for many common conditions that affect women, including Mona Lisa Touch for vaginal atrophy, Bulkamid for female stress urinary incontinence, bladder Botox, and Axonics and Medtronic for bladder and bowel dysfunction. In addition, we also offer pelvic floor physical therapy to women and men, which is often considered a first-line treatment.

For many urologic conditions, making lifestyle changes, particu-

larly with one's diet, can help alleviate symptoms, which is why we also have a registered dietitian on staff. Elle Wittneben is known for her kind, non-judgmental demeanor and her “all foods fit” mentality.

Bottom line: At GBU, we believe in a comprehensive approach to treating and managing your urologic health. So if you've been putting off being seen the last couple of years due to COVID-19, resolve to get back on track in 2022. Our Care Centers have remained open throughout the pandemic, and we carefully follow all CDC guidelines so that you can feel safe, confident, and comfortable every time you walk through our doors.

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Gluten-free is more than a trend for people with Celiac disease

Walk the aisles of a neighborhood grocery store examining nutrition labels and packaging and you're bound to find information that was not there a decade ago. On August 2, 2013, the U.S. Food and Drug Administration issued a ruling that defined "gluten-free" for food labeling.

adhere to the advice of allergists and other doctors. While avoiding gluten is a choice for many people, it's a necessity for the estimated three million people in the United States with celiac disease.

The Celiac Disease Foundation says celiac disease is an autoimmune disease that occurs in

lead to the development of other autoimmune disorders like type 1 diabetes and multiple sclerosis, according to the CDF.

The intestinal damage from eating gluten often causes diarrhea, fatigue, weight loss, bloating, and anemia, and can lead to serious complications, advises the Mayo Clinic. Therefore, the only way to avoid damage and distress is to stop consuming gluten entirely. Following a strict gluten-free diet can help manage symptoms and promote intestinal healing.

Perhaps thanks to the popularity of gluten-free diets, more companies are producing gluten-free foods and stores are carrying them in greater numbers. There may be entire aisles devoted to gluten-free products — from burger buns to waffles to pastas. In addition, there are a number of new baking flours available that provide alternatives to traditional wheat-based formulas. People with celiac disease or gluten intolerances can use these specially designed flours to make homemade items. Certain flours also may be billed as one-to-one alternatives, meaning they can be substituted for traditional flour in recipes without adjusting the measurements.

Celiac disease requires people to follow strict gluten-free diets to manage symptoms and prevent intestinal damage.



Rice is a staple of gluten-free diets. It also can be the main ingredient in gluten-free flours.

Since then, items labeled gluten-free must meet a defined standard for gluten content.

Chances are people who grew up in the 1990s or earlier probably never heard of the word gluten or discussed it as part of their diets. Today it is something even young children may be aware of as more people embrace alternative eating plans to alleviate various health concerns. Individuals avoid gluten for all sorts of reasons, including to lose weight or to reduce inflammation or to

genetically predisposed people. The ingestion of gluten leads to damage in the small intestine. It is estimated to affect one in 100 people worldwide. When someone with celiac disease eats gluten, which can be found in wheat, rye and barley, the body mounts an immune system response that attacks the villi, which are small fingerlike projections that line the small intestine. The villi, when damaged, cannot properly absorb nutrients from food. Untreated celiac disease also may

Dental hygiene is about more than just your teeth

Individuals tend to learn about dental hygiene at an early age. On the recommendation of their children's pediatricians, parents may begin brushing their youngsters' teeth the moment the first tooth breaks through the gums. While proper dental hygiene is vital to oral health, it also can have a profound effect on the rest of the body.

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe yet preventable gum infection that can lead to tooth loss if left untreated. But the threat of periodontitis doesn't end in the mouth. The American Academy of Periodontology notes there's a connection between periodontitis and several other diseases. While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.

Diabetes

The AAP notes that people with diabetes are at increased risk for periodontal disease, speculating that diabetes patients' risk is higher because people with diabetes are more vulnerable to infections than those without di-



abetes. While that suggests periodontal disease is a byproduct of diabetes, the AAP notes that research points to the relationship being a two-way street. Periodontal disease may make it more difficult for people with diabetes to control their blood sugar, making dental hygiene an especially vital component of routine healthcare for people with diabetes.

Heart disease

The AAP notes that research indicates periodontal disease increases a person's risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and periodontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion that the two are connected.

Can periodontal disease be prevented?

Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals.

Dental hygiene can do more for individuals than produce a mouthful of pearly white teeth. In fact, people who prioritize dental hygiene may lower their risks for various diseases.

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The rise of telehealth services

Getting sick once meant traveling to a physician's office only to sit in a waiting room with fellow under-the-weather individuals. Few if any people like leaving home when they're feeling ill, and thanks to technology, many no longer need to do so.

Telehealth services, which the Massachusetts Medical Society defines as the delivery and facilitation of health and health-related services including medical care, provider and patient education, health information services, and

self-care via telecommunications and digital communication technologies, are revolutionizing the healthcare industry. In many instances, patients need not leave the comfort of their beds or sofas to be diagnosed and treated. The Office of the National Coordinator for Health Information Technology says telehealth, which is a broader scope of remote healthcare services than telemedicine, can utilize everything from videoconferencing, the internet, store-and-forward imaging, streaming media,

and terrestrial and wireless phone communications.

Many providers and insurance companies now offer some method of telehealth services. Consider some of these statistics.

- The American Telemedicine Association says more than one-half of all hospitals in the United States have a telehealth program.

- Forty-eight states require payers to cover telehealth, says the Center for Connected Health Policy.

- BBC Research indicates that telehealth makes up roughly one-quarter of the healthcare-related technology market.

- The American Medical Association says nearly 75 percent of all doctor, urgent care and emergency room visits could be handled safely and effectively over the phone or via video.

- Beckers Hospital Review says 82 percent of millennial patients surveyed would rather have a telemedicine visit than an in-person consultation.

- Around seven million people use telehealth services across the globe, according to eVisit.

Telehealth can connect rural



Sick? Telehealth services enable patients to connect with providers to get the care they need without leaving home.

3 strategies to protect mental health

Improving one's overall health and maintaining that health over the long haul can have a profound impact on quality of life. For example, the Harvard Medical School notes that regular exercise can slow the natural decline in physical performance that occurs as people age. That means routine exercise can serve as something like a fountain of youth that allows people to keep their cardiovascular fitness, metabolism and muscle function on par with their younger counterparts.

When attempting to improve long-term health, it's important that people emphasize mental health as much as they do their physical health. The Anxiety & Depression Association of America notes the importance and effectiveness of preventive efforts in relation to depression and anxiety. In regard to mental health, prevention efforts can function in much the same way that exercise serves physical health. Routine exercise helps people to maintain healthy weights, reducing their risk for various conditions and diseases. Preventive efforts designed to improve mental health can significantly reduce a person's risk for anxiety and depression.

Various techniques and strategies can be utilized to promote mental health, and these three are simple and highly effective.

1. Get enough sleep.

According to the Primary Care Collaborative, a not-for-profit member organization dedicated to advancing an effective and efficient health system, sleep and mental health are intimately related. Sleep loss can contribute to emotional instability. The amygdala is the part of the brain responsible for humans' emotional responses. When

an individual does not get enough sleep, his or her amygdala goes into overdrive, leading to more intense emotional reactions. The prefrontal cortex is another part of the brain that needs sufficient sleep to function properly. Without it, the prefrontal cortex, which is integral to impulse control, cannot function properly. Adults can speak with their physicians about how much sleep they should be getting each night. Those needs change as individuals age.

2. Eat a balanced diet.

A balanced, healthy diet doesn't just benefit the waistline. According to the ADA, a balanced diet that includes protein, healthy non-saturated fats, fiber, and some simple carbohydrates can reduce the likelihood that mental health issues like fatigue, difficulty concentrating and irritability will arise during the day.

3. Volunteer in your community.

A 2020 study published in the Journal of Happiness Studies found that people who volunteered in the past were more satisfied with their lives and rated their overall health as much better than people who didn't volunteer. Perhaps the most noteworthy finding in the study was that people who began volunteering with lower levels of well-being tended to get the biggest boost from volunteering. Volunteering provides opportunities to socialize, which can help ward off the loneliness that can sometimes contribute to anxiety and depression.

Mental health is important, and protecting it should be part of everyone's health care regimen.

Need Assistance Choosing a Healthcare Provider?

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How to make your favorite foods healthier



With a few easy tweaks, meals can be made much more healthy.

After the whirlwind of the holiday season, the season of resolutions takes over. Many people to resolve to live healthier, and they may not have to give up their favorite foods to do so.

Research from the National Institutes of Health suggests American adults between the ages of 18 and 49 gain an average of one to two pounds every year. Grazing and overeating tends to increase when the weather cools down. A 2005 study published in the New England Journal of Medicine found that, in the fall, people tend to consume more calories, total fat and saturated fat. In the spring, people seem to prefer more carbohydrates. In addition, less powerful sunshine in winter coupled with people bundling up translates into less vitamin D being absorbed by the body. Some researchers believe there is a link between vitamin D deficiency and weight gain as well.

To ensure that certain foods do not sabotage healthy eating plans, people can employ some easy modifications and make healthier versions of the foods they like to eat.

- Choose crunchy foods. Those who are prone to snacking can reach for noisy foods. These include crunchy items like apples, carrots and pretzels. Scientists say that when people listen to what they are chewing — called the “crunch effect” — they eat less of that item.
- Tone down the cream. Delicious dishes like fettuccine alfredo typically are made

with lots of butter and cream. Replace cream sauces with a healthier base made of low-fat milk thickened with flour. Increase the flavor with favorite spices.

- Fry with care. Use healthy oils like olive or coconut sparingly. Many foods that are traditionally fried also can be lightly coated with cooking spray and baked for a crunchy texture.
- Choose sodium-free seasonings. The USCA recommends limiting sodium to less than 1 teaspoon of salt per day. Try options like fresh herbs or lemon juice to add some sodium-free flavor.
- Increase fiber content. Fiber helps one feel fuller longer and can also be helpful for digestion and heart health. Choose the “brown” varieties of rice, pasta and breads.
- Replace meat with leaner forms of protein. Lean chicken, turkey and pork can replace red meats in many recipes. Some traditional meat dishes, such as burgers, also can be modified using vegetables or seafood. Lean meats dry out quickly, so keep foods moist by watching cooking times.
- Stock up on yogurt. Greek and other varieties of yogurt can replace sour cream and mayonnaise in many dishes.

Resolving to eat healthier can be easy by making some simple swaps when preparing your favorite foods.

9 signs your young child is having vision problems

As many a parent can attest, decoding a youngster’s needs can be challenging when that child is not yet able to fully communicate. Diagnosing health issues may require a little trial and error. So it’s no wonder many parents are not aware if their children are having issues with vision.

Routine wellness exams by your child’s physician can help to determine if a child is having problems with his or her vision. Doctors may detect subtleties that parents may not see, including signs that suggest kids are having trouble with their vision.

The American Optometric Association recommends vision exams at age six months, three years and before entering first grade, as well as every two years thereafter until age 18. Initial vision assessments typically take place in a pediatrician’s office. Parents can speak with their children’s pediatrician and ask if he or she can look for signs of vision trouble in their sons or daughters.



Some pediatricians may recommend children visit an optometrist or ophthalmologist.

In addition to speaking with their children’s pediatricians, parents can keep an eye out for the following warning signs children may exhibit when they’re experiencing vision disorders.

- Squinting, which can be a sign of compensating for poor vision.
- Sitting too close to the television or holding a tablet screen close to the face.
- Covering or shutting one eye.

- Rubbing eyes due to visual fatigue and not general fatigue.
- Pulling toys or other objects closer.
- Head tilting, which could be a signal that vision may be better in one eye than the other.
- Inability to make steady eye contact or track an object in an infant older than three months of age.
- Crossed or misaligned eyes after age four months.
- Children who are easily distracted in learning situations or have difficulty paying attention may be losing interest due to trouble with their vision.

A proactive approach to eye health by parents when children are young can help correct problems early on and ensure children can see and function successfully through the years. Early treatment can lead to major, long-term improvements in vision.

The Holistic Center at Bristol Square ... A Unique Approach

Celebrating over 30 years in practice, The Holistic Center at Bristol Square provides a very caring, nurturing and healing environment that assists you in your health goals and helps to bring you to your optimal function.

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Dr.’s Bien and Goldstein are married and have been in practice together since 1990 in Walpole. They have built their practice on referral and are proud to say that they take care of multiple generations of many families. Dr. Bien states “when a patient brings their child to you or sends in a family member, that is the highest compliment”. We are very honored and blessed to serve so many members of the same family.

Services we provide include: Chiropractic, Functional Neurology, Allergy Relief Work, Holistic Health Care through NIS, Homeopathy, Clinical Nutrition, NET, NRT and TBM. Our specialties have benefited people who suffer from Lyme Disease, Chronic Long Covid, Vertigo, Concussions, Chronic Fatigue, Digestive and Learning Disorders.

If you are experiencing certain health challenges and are looking for a new and Holistic approach then give The Holistic Center at Bristol Square a call at (508) 660-2722 and make an appointment with Dr. Bien or Dr. Goldstein today.



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Fall and winter skincare tips

As summer transitions to fall, many changes take place. In addition to changing landscapes, men and women may need to adapt their health and wellness habits to ensure that they stay healthy and happy. Part of that daily regimen includes how to care for skin as the seasons change.

Just as skin requires certain protection from the sun and heat in the summer, skin has special needs in the fall and winter. Fall and winter are often characterized by

cold, dry weather, which can make these times of year particularly challenging for people with dry or sensitive skin. These tips can help people maintain their skin's appearance and health.

- **Don't skip the sunscreen.** Sunscreen is not a summer-only requirement. UV rays can damage the skin any time of year, even if the rays are not as strong as during the summer. UV radiation accelerates and increases the risk of skin cancer. It also can lead to prema-

ture aging. Utilize a sunscreen with an SPF of 30 or higher every day.

- **Invest in a humidifier.** Dry, cold temperatures can rob the skin of essential moisture, even indoors. Dermatologists suggest using a humidifier at home to boost the amount of moisture in the air. This can make skin more comfortable and can have other health benefits as well.

- **Skip hot showers.** It can be tempting to sit under a hot stream of water to warm up. However,

hot water dries out the skin by depleting its stores of natural oils, says Glacier Med Spa. Take warm showers instead and don't stay in for longer than 15 minutes.

- **Limit exfoliation.** While exfoliation can remove dead skin, overdoing it can make already sensitive skin more raw. Increase the time between exfoliation treatments. Consult with a dermatologist for more advice about dealing with flaky skin.

- **Don't forget your lips.** Using

a thicker moisturizer on the body and face can help add and retain moisture. But pay attention to your lips and eyes as well. Something as simple as petroleum jelly on the lips can help prevent chapping. Invest in a quality eye cream to help the delicate skin around the eyes as well.

Modifications must be made to skincare routines in anticipation of seasonal weather changes.

Healthy resolutions that are easy to keep

The dawn of a new year is a great time to take stock of the year that just passed and set goals for the next 12 months. Resolutions focused on improving personal health are especially popular, and for good reason. Improving one's overall health can have positive implications for years to come.

Even with the best intentions, resolutions have historically proven hard to keep. Simplifying health-based resolutions can lead to a higher success rate and a healthier you.

- **Walk more.** It is easy to get preoccupied with the "10,000 steps per day" mantra that many people follow and that certain fitness trackers promote. Walking 10,000 steps daily, which equates to roughly five miles per day, is a healthy goal, but it may not be realistic for everyone. Take stock of how many steps you currently take each day, and then resolve to walk 2,000 more. As your body acclimates to walking more, add another 2,000 steps, continuing to do so until you reach 10,000 steps.

- **Learn something new about being healthy.** Informed health decisions require gaining a greater understanding of your body. Rely on a reputable source such as the Centers for Disease Control and Prevention to learn more about how to be healthy.

- **Spend less time on social media.** Staring at your phone or tablet for multiple hours browsing tweets or checking messages might not be the best thing for your physical and mental health. Browsing the internet may take up time that

could be better spent engaging in physical activity. According to Dr. Elia Abi-Jaoude, a staff psychiatrist at the Hospital for Sick Children and Toronto Western Hospital, various studies have shown how excessive social media usage can adversely affect relationships, sense of self, sleep, academic performance, and emotional well-being.

- **Eat more whole foods.** Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain various nutrients the body needs to function at peak capacity. These foods may help reduce the risk of many diseases and help people maintain healthy body weights. Start slowly by introducing a new whole food to your diet each day. A gradual approach is more manageable than going on a drastic diet.

- **Avoid sweetened beverages.** You are what you eat, but also what you drink. A report published in 2006 in the American Journal of Clinical Nutrition found consump-

tion of sugar-sweetened beverages, particularly carbonated soft drinks, may be a key contributor in the epidemic of overweight and obesity. Skip sweetened beverages (even fruit juices can be unhealthy if consumed in excess) and opt for more water or unsweetened teas.

- **Find a physical activity you like.** Rather than resolving to join the gym or signing up for a 5K because it's what everyone is doing, find a physical activity you truly enjoy and aim to do it a few times a week. Maybe it's a sport like tennis or recreational cycling with the family. But if the idea of a gym membership excites you, then by all means sign up.

Avoid restrictive health and wellness resolutions that can be unsustainable. By downsizing expectations and taking small steps en route to your goals, you may be more motivated to stay the course and realize your resolutions.

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New Year, New You!

As the calendar flips to a new year, it's common for people to make resolutions to get healthy and to become more active. Recommendations for those in the age 18-64 category are for 150 minutes a week of moderate activity, such as brisk walking, and at least two days a week for strength training.

But what if you have aches and pains that make that seem impossible? It may be the time to see a Physical Therapist.

According to the Department of Health and Human Services, more than 80% of American adults do not get enough physical activity. **Michelle Donohue**, Physical Therapist, and owner of **Move Well Physical Therapy** points out how the pandemic has not helped this issue. "We are seeing many people in the clinic who are having significant aches and pains indirectly related to the changes in lifestyle that have occurred due to the pandemic. Many older adults have been spending more time indoors and that lack of typical daily movements, such as going to stores or out with friends, has been detrimental to their health."

Multiple studies show how with aging we lose muscle mass and therefore strength. By age 75, approximately 50%

of a person's muscle may be gone but it's important to note that these losses start occurring as early as age 35. "The good news," states Donohue, "is that it's never too late to start strength training," further pointing out that there have been extensive scientific studies to support these facts.

"If exercise could be packed in a pill, it would be the single most widely prescribed and beneficial medicine in the nation." – Robert N. Butler, MD, former director of the National Institute on Aging.

It is now known that any amount of physical activity can have health benefits. There is new evidence from the National Institute on Aging to support the fact that physical activity :

- Can have immediate benefits: A single episode of physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.
- Helps manage even more health conditions: Physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression,

and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease.

- Helps prevent even more chronic conditions: Physical activity has long-term benefits such as improved brain health, reduced risk of 8 types of cancer, reduced risk for fall-related injuries in older adults, and reduced risk of excessive weight gain. These benefits are in addition to the other long-term benefits — like preventing conditions such as heart disease, type 2 diabetes, and breast and colon cancer.

These studies further point out that currently inactive individuals benefit the most from physical activity. And starting with small changes, perhaps 10 minutes a day of movement, may make you more likely to stick with it as you slowly build up your fitness and strength.

Aim for the recommended activity level but be as active as you are able.

Another population negatively affected by the pandemic is the working class. "We are finding people working from home are often working longer hours and not taking enough breaks" says Donohue. "In addition, many have inappropriate set up of

their home workstations leading to excess stress on their low backs and necks." A Physical Therapist can look at your work posture and desk set up and help you make changes that will put you in better alignment. Donohue points out, "With prolonged sitting there is a real tendency to start to slouch which is what starts to strain our bodies. I often tell my clients to use the 30/30 rule for sitting. Which means for every 30 minutes you sit, get up and move for 30 seconds. Think of it as a reset of your posture." This may mean setting an alarm on your phone as a reminder until it becomes habit. As the saying goes, the best move is your next move!

Still not sure where to start or how to safely get moving because of current aches and pains? Let the Physical Therapists at Move Well Physical Therapy help you on your path to a healthier you!

Move Well Physical Therapy is in the Rama Plaza at 898 Washington Street, Norwood. They can be reached at 781-269-5850.

Let us help you to Move Well in 2022!

Don't let aches and pains keep you from reaching your health goals. Let us help.



Georgia Kostopoulos,
DPT



Mary Coe, PT



Michelle Donohue,
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