

Health, Wellness & Beauty

Walking the Tightrope

Risky behaviors that can lead to chronic disease

Is Yoga for You?

The various health benefits of yoga

Prevention & the Pandemic

How to approach preventive care during the pandemic





Risky behaviors that can lead to chronic disease

Tobacco use

The CDC notes that tobacco is the leading cause of preventable disease, and not just among smokers. While 34 million adults in the United States smoke cigarettes, 58 million nonsmokers, including children, are exposed to secondhand smoke, which can cause chronic diseases like stroke, lung cancer and coronary heart disease. Children exposed to secondhand smoke are at increased risk of impaired lung function, acute respiratory infections, middle ear disease, and more frequent and severe asthma attacks.

fats and sugar to people's diets, increasing their risk for chronic disease as a result.

Lack of physical activity

The Department of Health and Human Services has issued physical activity guidelines designed to help people improve their overall health and reduce their risk for various diseases. But the CDC reports that just 25 percent of adults and 20 percent of adolescents meet the recommended physical activity guidelines. Low levels of physical activity can contribute to heart disease, type 2 diabetes, certain types of cancer, and obesity.

Excessive alcohol consumption

The CDC notes that excessive alcohol consumption can cause heart disease, irregular heartbeat, high blood pressure, and stroke. In addition, the CDC reports that the less alcohol a person drinks, the lower his or her risk of cancer becomes. Chronic diseases are a formidable opponent. But people of all ages can reduce their chances of developing such diseases by avoiding a handful of risky behaviors.

Poor nutrition

The value of fruits and vegetables is well-documented. In spite of that, the CDC reports that fewer than 10 percent of adults and adolescents eat enough fruits and vegetables. In addition, the CDC reports that 60 percent of young people between the ages of two and 19 and half of all adults consume a sugary drink on any given day. Such beverages, as well as processed foods, add unnecessary sodium, saturated

disability in the United States.

Chronic diseases are costly as well, as recent reports from the Rand Corp. and the Center for Medicare and Medicaid Services indicate that 90 percent of annual health care expenditures in the United States are for people with chronic and mental health conditions.

While there's no way to guarantee a person won't develop a chronic disease, avoiding certain risky behaviors can help adults greatly reduce their risk for various chronic diseases.

Chronic diseases pose a significant threat to the general public. It can be easy for adults in the prime of their lives to overlook the danger of chronic diseases, especially if they feel good and aren't exhibiting any symptoms to suggest their health is in jeopardy. But overlooking the potential dangers of chronic disease can prove deadly. **The Centers for Disease Control and Prevention notes that chronic diseases like heart disease, cancer and diabetes are the leading causes of death and**



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Preventive care and the pandemic

Procrastination is not typically considered a good thing. But as the world spent much of 2020 confronting the COVID-19 pandemic, putting certain things on hold became part of the new normal.

In an effort to reduce infection rates, public health officials with the Centers for Disease Control and Prevention and the World Health Organization urged people to limit their in person interactions with people outside of their own households. As a result, many of the things people do on a regular basis, including seeing their physicians for wellness visits, were rescheduled.

It's understandable that many people postponed preventive care and wellness visits during the pandemic, but it's also potentially dangerous. **For example, researchers with the Health Care Cost Institute found that childhood vaccinations declined by roughly 60 percent in mid-April 2020 compared with 2019.**

Other screenings and preventive exams, including mammograms, pap smears and colonoscopies, also declined by significant percentages during the pandemic compared to the previous year.

The National Center for Chronic Disease Prevention and Health Promotion notes the power of preventive care is undeniable. In fact, the NCCDPHP points out that, while chronic diseases are among the most common and costly of all health problems, they're also among the most preventable. Annual wellness visits and early detection efforts like routine screenings for at-risk populations can uncover problems before they escalate into something more serious. In addition, annual physicals, which are provided free of charge through many health insurance policies, provide great opportunities for doctors to advise patients on their overall health and how to improve it if exams and blood work turn up any red flags.

Visiting a doctor during the pandemic.

As vital as preventive care can be, it's understandable if people are hesitant to visit their doctors during the pandemic. But patients can take certain steps to calm their nerves about booking preventive care appointments during the pandemic.

Schedule telemedicine appointments. The number of telemedicine appointments has skyrocketed during



the pandemic. While the transition from predominantly in-person appointments to telemedicine might have been a reluctant and rocky one at the start of the pandemic, many doctors' offices have since firmly established their telemedicine protocols. The Mayo Clinic advises patients who have not yet tried telemedicine to contact their doctors' offices to arrange an appointment.

Inquire about office procedures.

Doctors try to keep patients healthy, not get them sick. Various medical organizations, including the American Academy of Family Physicians, have provided thorough checklists to help

physicians prepare their offices to welcome patients during the pandemic. Patients can ease their concerns by contacting their doctors' offices and asking them about their pandemic-related protocols.

Don't hesitate to make requests.

There's no such thing as being too safe from COVID-19, so patients can work with their doctors to calm their fears even further. Ask to pay copays over the phone and request that the front desk call you when the doctor is ready so you don't have to sit in the waiting room. Preventive care is an important component of health care, even during a pandemic.

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Town to host exercise classes for seniors

North Hempstead has announced that Project Independence, the town's aging-in-place initiative, will be offering a slate of live, at-home exercise classes for seniors to be held over Zoom. The classes are being offered to senior residents free of charge.

"Throughout the pandemic, our remote exercise classes have been extremely popular among our residents," said North Hempstead Town Supervisor Judi Bosworth. "These classes provide our seniors with an opportunity to stay fit and active while remaining safe at home. These new live classes will add an interactive component which we hope our residents will enjoy."

The upcoming live Zoom class schedule includes:

Dance Fitness — Mondays, February 1 to June 14 at 2 p.m. with Margaret Gatzonis (no class 2/15, 3/29 and 5/31)

Fitness — Wednesdays, February 3 to June 16 at 10 a.m. with Mike Mancini (no class 2/17 and 3/31) Yoga — Thursdays, February 4 to June 17 at 11 a.m. with Suzanne Scalcione (even dates) and Rebecca Miller (odd dates) (no class 2/18 and 4/1)

In addition to the live classes, the Town is also broadcasting remote exercise classes on the Town's public access television station, North Hempstead TV (NHTV). Residents can watch these programs on channel 18 or 63 on Cablevision and channel 46 on Verizon FIOS. These programs can also be found online on-demand. For a complete schedule visit: mynhtv.com.

Registration is required, and spots are limited for the LIVE Zoom classes. Upon confirmation of registered participants will be sent a Zoom link. For more information or to register, please call 311.

The various health benefits of yoga

Health-conscious individuals can do many things to improve their overall health. As medical researchers continue to uncover new things about how to achieve optimal health, one practice dating back to ancient times remains a highly effective way to take care of the human body. Though there's no written records regarding the origins and invention of yoga, the practice is believed to date back to ancient India. The earliest written record of yoga is "The Yoga Sutra of Pantañjali," a collection of aphorisms that historians believe was compiled sometime between 500 BCE and 400 BCE.

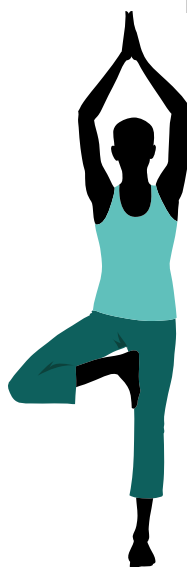
Despite its age, yoga has not been studied extensively by medical researchers.

According to the National Center for Complementary and Integrative Health and Integrative Health, many studies looking into the health effects of yoga have included only small numbers of people and have not been of high quality. As a result, the NCCIH can only say that yoga shows promise in regard to helping people manage or overcome certain health issues, but not that it has been proven to do so.

Though yoga may need to be studied more closely and extensively, many people who include it in their regular health care routines report feeling better both physically and mentally for having done so, and that may not be a coincidence. A 2004 comprehensive review of yoga's use as a therapeutic intervention published in the Journal of Physiology and Pharmacology indicated that yoga targets unmanaged stress, which has been linked to chronic disorders like anxiety, depression, obesity, diabetes, and insomnia. In addition to that review, the NCCIH notes that research has suggested yoga can:

- Relieve low-back pain and neck pain
- Relieve menopause symptoms
- Help people manage anxiety or depressive symptoms associated with difficult life situations
- Help people quit smoking
- Help people who are overweight or obese lose weight
- Help people with chronic diseases manage their symptoms and improve their quality of life.

It's important that anyone considering making yoga part of their health care routines recognize that there are various forms of yoga, some of which are more physically demanding than others. So it's best if individuals speak with their physicians before trying yoga so they can find the type that aligns best with their current levels of fitness.



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The importance of rest

Regular exercise has been linked to a host of health benefits. People who exercise regularly can lower their risk for chronic diseases like heart disease and diabetes, and routine exercise can improve mood and potentially delay the onset of cognitive decline.

As vital as physical activity is to a healthy lifestyle, there is such a thing as too much exercise. According to the U.S. National Library of Medicine, rest is an important part of training. Without ample rest, the body does not have time to recover before the next workout. That lack of rest not only adversely affects performance, but also increases a person's risk for health problems, including injuries that can sideline athletes for lengthy periods of time. Committed athletes may have a hard time recognizing when they are pushing themselves too hard, and the line between perseverance and

overdoing it can be thin. Many athletes credit their ability to push themselves mentally and physically with helping them achieve their fitness goals and thrive as competitors. But it's vital that athletes learn to recognize the signs that suggest they're exercising too much. The USNLM notes that the following are some signs of overdoing it with an exercise routine.

- An inability to perform at your established level
- Requiring longer periods of rest between workout sessions
- Feeling tired
- Feeling depressed
- Experiencing mood swings or irritability
- Difficulty sleeping
- Feeling sore muscles or heavy limbs
- Suffering overuse injuries such as runner's knee, achilles tendinitis, shin splints, and plantar fasciitis



- Loss of motivation
 - Getting more colds
 - Unintended weight loss
 - Feelings of anxiety
- The USNLM urges anyone experiencing these symptoms to rest completely for between one and two weeks. After that period of rest, the body should be fully recovered. However, if any of these issues linger after two weeks, seek the advice of a health care provider. A

health care provider may recommend additional rest and/or conduct a series of tests to determine if an underlying issue is causing any of the aforementioned symptoms. Rest is as vital to an effective exercise regimen as proper technique, ensuring the body has ample time to recover and reducing the risk of overuse injuries.

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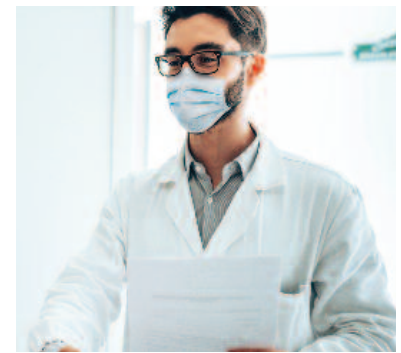
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The guidelines for various cancer screenings



Screenings are vital components of preventive health care.

Much like healthy diets and routine exercise can reduce a person's risk for various diseases, early screenings can reduce the likelihood that diseases like cancer will prove fatal.

The COVID-19 pandemic has affected nearly every aspect of life, including preventive care. Data from the medical records vendor Epic revealed that, between March 2020, when COVID-19 was first declared a pandemic, and early fall 2020 screenings for cancers of the breast, cervix and colon had declined by 86 to 94 percent.

Patients' hesitation to schedule screenings during the pandemic is understandable. However, medical professionals continue to urge men and women, particularly those who are vulnerable to certain cancers, to schedule screenings. Doctors' offices and hospitals have adjusted their

protocols during the pandemic in an effort to keep patients safe, so adults should not hesitate to schedule screenings.

The following guidelines can help patients determine if the time is right for them to be screened for various cancers.

Breast: Hackensack Meridian Health notes that mammograms have reduced breast cancer mortality in the United States by 40 percent since 1990. The National Comprehensive Cancer Network, Society of Breast Imaging, American Society of Breast Surgeons, and American College of Radiology recommend that women begin receiving annual mammograms at age 40.

Lung: Low-dose computed tomography, often referred to as low-dose CT scans, are noninvasive, simple tests that have helped increase lung cancer survival rates considerably. Hackensack Meridian

Health notes that only 15 percent of lung cancers are diagnosed early, so it's imperative that vulnerable adults prioritize screening (nonsmokers and people who have never smoked are typically not referred for screening). Annual screening is recommended for current smokers or anyone who has smoked in the past 15 years, though doctors may recommend less frequent testing depending on the results of past screenings.

Cervical: Cervical cancer screenings, whether it's a Pap test or an HPV test, can be conducted during women's health screenings. Death rates for cervical cancer have dropped considerably thanks to increased screening, so it's important that women discuss their risk with their physicians. The American College of Obstetricians and Gynecologists recommends average-risk women between the ages of 21 and 29 have a Pap test every three years, while those between the ages

of 30 and 65 have a Pap test and an HPV test every five years.

Skin: Skin cancer screenings typically involve doctors examining patients' skin from head to toe. If the doctor notices any abnormalities, a biopsy may be taken. People at increased risk of skin cancer, which includes those with fair complexions, a significant history of sun exposure and sunburns and a family history of skin cancer and melanoma should receive full-body screening exams every year. People also can conduct self-examinations and report any abnormalities they find to their physicians immediately. Cancer screenings are vital components of preventive health care and should remain so even during the pandemic.



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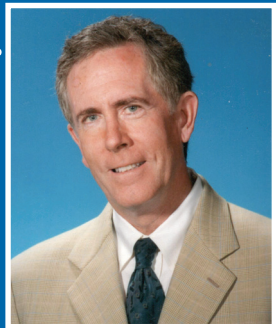


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The role different vitamins play



A nutritious diet is a vital component of a healthy lifestyle. When it's part of a health regimen that includes routine exercise, a healthy diet that's rich in fruits and vegetables can help people reduce their risk for various illnesses, including chronic diseases like heart disease, cancer and diabetes. Many adults have known about the value of fruits and vegetables since they were youngsters and their parents repeatedly told them how important it was to eat healthy foods. Despite those early lessons, the Centers for Disease Control and Prevention reports that less than 10 percent of adults and adolescents eat enough fruits and vegetables. That's unfortunate, as fruits and vegetables are loaded with vitamins that benefit the body in myriad ways. The U.S. National Library of Medicine notes that vitamin deficiency occurs when people do not get enough of certain vitamins. Recognizing the many functions vitamins serve may compel adults and adolescents to include more fruits and vegetables in their diets.

Vitamin A: The USNLM notes that vitamin A helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin. According to the World Health Organization, vitamin A deficiency is the leading cause of preventable blindness in children and increases the risk of disease and death from severe infections.

Vitamin B6: Vitamin B6 helps form red blood cells and maintain brain

function. Though the National Institutes of Health notes that isolated vitamin B6 deficiency is uncommon, a deficiency has been associated with various conditions, including a weakened immune system and dermatitis cheilitis, a condition marked by scaling on the lips and cracks at the corners of the mouth.

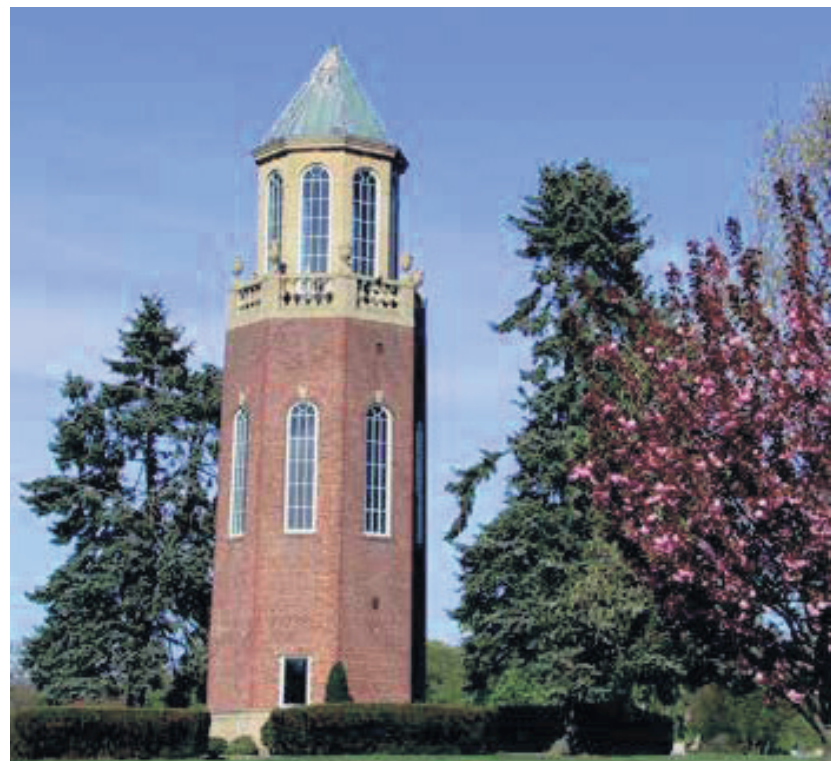
Vitamin C: Vitamin C is an antioxidant that promotes healthy teeth and gums, helps the body absorb iron and maintains healthy tissue. In addition, vitamin C plays an integral role in helping wounds heal. Vitamin C deficiency impairs bone function, and Merck notes that in children that impairment can cause bone lesions and contribute to poor bone growth.

Vitamin D: The USNLM notes that 10 to 15 minutes of sunshine three times per week is enough to produce the body's vitamin D requirement for people at most latitudes. It's hard to rely on food to supply ample vitamin D, which helps the body absorb calcium that is necessary for the development and maintenance of healthy teeth and bones.

Vitamin E: Vitamin E helps the body form red blood cells and utilize vitamin K. Green, leafy vegetables like spinach and broccoli are good sources of vitamin E. The Office of Dietary Supplements notes that a vitamin E deficiency can cause nerve and muscle damage, potentially leading to muscle weakness and vision problems.

Vitamin K: Vitamin K helps to make certain proteins that are needed for blood clotting and the building of bones. The T.H. Chan School of Public Health at Harvard notes that the main type of vitamin K is found in green leafy vegetables like collard greens, kale and spinach. Vitamin K deficiency is rare, but it can lead to bleeding, hemorrhaging or osteoporosis.

Vitamins are crucial to human beings' overall health. Eating ample amounts of fruits and vegetables is a great and delicious way to avoid vitamin deficiency.



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The basics of interval training



alternating between short bursts of intense exercise and brief periods of rest or less intense activity. The Mayo Clinic notes that periods of high-intensity exercise may be as brief as 30 seconds, while the less intense portions of the routine typically last between one to two minutes.

What are some benefits of interval training?

The time constraints of traditional workouts may compromise busy adults' ability to exercise regularly. But interval training sessions don't tend to take as long thanks to the periods of high-intensity exercise. According to the Harvard Medical School, an interval training session that lasts 15 to 20 minutes can produce the same cardiovascular results as a more traditional, moderate 30-minute exercise session. Interval training also can help people who are not constrained by time get better results. The Mayo Clinic notes that, as a person's body adjusts to more high-intensity exercise, his or her aerobic capacity will improve. That should enable them to exercise for longer periods of time at a higher intensity, producing better results over the long haul. Before increasing

the intensity of their workouts, adults can consult their physicians to ensure they're capable of doing so safely.

Interval training also can be beneficial to people without access to exercise equipment, a position many fitness enthusiasts found themselves in during the COVID-19 pandemic. Without access to weights due to gym closures, some people may have found their workouts lacked the intensity they had grown accustomed to. By interval training when running, cycling, walking, swimming, or using cardiovascular machines, adults can make their workouts more intense.

Can anyone utilize interval training?

Getting a physical prior to beginning an interval training regimen can help people determine just how much intensity they can handle. But alternating between intensity levels during a workout should be something most adults can handle, especially after they consult with their physicians about the level of intensity their bodies can handle. The Mayo Clinic also urges people to consider their risk for overuse injury. Muscle, tendon and bone injuries can occur if exercise regimens become too intense too quickly, so take things slowly at first and readjust intensity levels depending on how your body reacts.

Interval training can be a great way to get vigorous exercise even when time is limited.

Routine exercise is a key component of a healthy lifestyle. When attempting to incorporate exercise into their lives for the first time or after a long layoff, adults may go through a trial and error period as they attempt to find a routine they enjoy. Interval training is one approach to exercise that may be worth consideration.

What is interval training?

Sometimes referred to as high-intensity interval training, or HIIT, interval training involves

How many calories are burned during popular physical activities

Burning calories is often a focal point of weight loss efforts. People go to great lengths to burn more calories, but they might be surprised to learn how many they can burn performing relatively routine physical activities. Men and women also may be surprised to learn that they burn calories differently from one another. According to the Mayo Clinic, men usually have less body fat and more muscle than women of the same age and weight. As a result, men typically burn more calories than women, though body size and composition also affects how many calories a person will burn while performing a given activity. For example, a man who is larger and has more muscle than



another man his age will burn more calories, even if both men perform the same activity with the same level of intensity. The U.S. Department of Agriculture cites the following calorie-burning figures for a 154-pound, 5'10" man who performs certain physical activities. Women likely won't burn as many calories performing these activities, but each activity can still

be an effective way for men and women to burn more calories.

Walking (3.5 miles per hour): In 30 minutes, a man can expect to burn 140 calories. A man who walks 4.5 miles per hour will burn approximately 230 calories. The online health resource Healthline.com notes that a 125-pound person may burn roughly 150 calories walking for 30 minutes at 4.5 miles per hour.

Hiking: A man will burn roughly 185 calories in 30 minutes of moderate-intensity hiking. Women won't burn as many calories, but both moderate and vigorous hiking are great ways to burn calories regardless of a person's gender.

Light gardening/yard work: A man will burn approximately 165 calories in 30 minutes performing light gardening/yard work, while he will burn roughly 220 calories performing more physically taxing yard work like chopping wood. A 125-pound person will burn roughly 135 calories after 30 minutes of light gardening.

Cycling: Men can burn roughly 145 calories cycling at 10 miles per hour or less for 30 minutes. That figure jumps to 295 calories when men ride at 10 miles per hour or faster. Healthline notes that a 125-pound person can burn roughly 210 calories in 30 minutes when riding between 12 and 13.9 miles per hour.

Playing with children: Play sessions with the kids can help both moms and dads burn calories. Healthline notes that a 155-pound person may burn 149 calories in 30 minutes of playing with kids at moderate intensity, while a 125-pound person will burn roughly 120 calories in the same time.

No two individuals are the same, so it can be hard for men and women to pinpoint just how many calories they burn performing popular physical activities. But there's no denying that many of the activities adults engage in every day afford them ample opportunities to burn calories.