

# MARCH '16 WELLNESS LETTER



Dear Patients and Friends,

I recently had a conversation with one of my close friends and former classmates who practices in Boston. He was reminiscing about the “good old days” when things were much simpler. [I’m sounding like my parents now!]. He reminded me of how you could come into your office in the morning, turn on the lights and heat and start to see patients. Now we have computers in every room that have to be turned on, logged into and linked through the cloud, patients have to fill out outcome assessments, and a whole slew of other things that need to be done just to care for people.

This got me thinking really just how much health care has changed in the 28 years since I started practicing. Today we have extensive testing performed as part of our physicals. This includes blood tests, EKG, chest x-rays, mammograms, pap smears, colonoscopies and prostate exams just to provide a small list. I am so thankful we have these tests as they save lives and help determine the best course of treatment when something is wrong. However, if you stop and think of it, being healthy is really simple. Most of the health issues today are lifestyle related conditions. You’ve heard me say this before but it is so true. Being healthy can be simple if you focus on the basics.

Here we are in March and everyone is looking to get outdoors. Do yourself a favor and make a pact with yourself to get outside and get moving once spring arrives. Start gradually and build to your tolerance. This could be walking, biking, running or simply doing yardwork. Plan to go to the Farmer’s Market and start eating more vegetables that are locally and organically grown. Drink more water and less coffee. In general you should be outdoors more to get adequate Vitamin D. Be sure to park farther from the store or mall to get more steps in. Get involved with some community projects that will get you outside and moving more.

The list provided above is quite simple. It doesn’t have to be fancy at all. Oswego County should not be at the bottom of the list as one of the unhealthiest counties in New York State. We are committed to keeping you educated and motivated to make “simple changes” on a daily basis that can lead to huge dividends for your health.

Make it a great day!

Dr. Ed

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