

VALLEY

health & life

FIVE WAYS TO
**PREVENT
A FALL**

SUMMER
**SKIN
SAFETY**



CARE FROM THE COMFORT OF HOME



DEAR FRIENDS,

Summer has arrived, and with it comes a lot of exciting news from Valley Health Systems and Holyoke Medical Center.

First and foremost, your community hospital received another "A" this spring for safety and quality by The Leapfrog Group. This score reflects the hard work of our doctors, nurses and staff to provide the safest care close to home. As I mentioned in the last issue, we have officially received our ISO 9001

certification. We are now proudly flying our ISO flag in front of the Hospital entrance as a symbol of our dedication to quality.

We continue to expand many of our services. Featured in this issue is our new Pulmonary Center. In Chicopee, our new primary care walk-in clinic featured in the last issue has grown to include an additional full-time provider. With the availability of X-ray, ultrasound and lab services, as well as specialties including orthopedics and cardiology, it is a full-featured clinic serving Chicopee, South Hadley and the surrounding area.

Our senior team has also grown to include a new position: a Chief Experience Officer. We have hired Jenny Fisher, an experienced organizational coach and process improvement expert to fill this role. Jenny, along with her team, will continue to drive our effort to make each and every patient experience at Valley Health Systems truly outstanding.

Lastly, I want to mention that we are offering a hot meal to the most needy in our community twice a month in our hospital cafeteria. The meals are served by volunteers, including members of the management team. It is another way for us to be involved with and give back to our community. Kathy Anderson, our Community Benefit Director, is coordinating this wonderful event.

In closing, I wish you a healthy and joyous summer.

Best Regards,

SPIROS HATIRAS

President and Chief Executive Officer,
Holyoke Medical Center & Valley Health
Systems, Inc.



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Roland Archambault with Holyoke VNA palliative care nurse Alison Childs, RN, BS, at his home in Chicopee.

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Valley Health Systems, Inc.

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HEALTHY HABITS

FOR YOU AND YOUR FAMILY



UP CARDIO, UP LIFESPAN

New research suggests that aerobic fitness is the key to living a long life. Researchers analyzed data from participants using a treadmill test. They found that folks who had the best aerobic fitness lived the longest. Of course, the study authors recommend continuing with a routine for strength training too.

—Journal of the American Medical Association

EAT YOUR PROTEIN

Chances are you'll be less likely to overindulge if you eat more protein. Researchers report that protein speeds the signal to the brain that you're full. Aim for around 25 grams at meals to get the, um, full result.

—The American Journal of Clinical Nutrition

1:5

The ratio of pounds of muscle to calories burned at rest. The more muscle you have, the more calories you burn, even when you're not exercising.

—American Council on Exercise



CAN YOU TOUCH YOUR TOES?

If you can reach your toes or at least your ankles without bending your knees, there's good news. People with flexible bodies likely have more flexible arteries, according to a recent research review.

—The Journal of Physical Fitness and Sports Medicine



GRAINS DO A HEART GOOD

Researchers have found that whole grains contain compounds that improve the way your body processes sugar, which can reduce the risk of type 2 diabetes and cardiovascular disease. Study participants were evaluated after 12 weeks, and those whose diets included whole grains had more betaine compounds in their blood, which improves cell function.

—University of Eastern Finland

WELLNESS EVENTS

DIABETES SELF-MANAGEMENT

July 10, 17 and 24 at 10 a.m. at the Southampton Council on Aging
OR August 7, 14 and 21 at 12:30 p.m. at the Chicopee Senior Center in Rivermills
The Diabetes Self-Management three-week series offers a team approach in a roundtable discussion format to empower patients, their families and caretakers to manage their diabetes. Topics will include an explanation of diabetes, medications, diet and exercise. For more information or to register, please call 413.535.4732.

FAMILY & FRIENDS CPR

Thursday, September 5

Family & Friends CPR is for people who want to learn CPR but don't need a course completion card in CPR for their job. This course is ideal for schools and students, new parents, grandparents, babysitters and others interested in learning how to save a life. Space is limited. To register, please call 413.534.2789 or visit HolyokeHealth.com/Events.

HOLYOKE MEDICAL CENTER ANNUAL GALA

Saturday, November 23

Save the date for the Holyoke Medical Center Annual Gala to support Valley Health Systems. The event will take place at the Log Cabin and will feature the ACE Awards and Lifetime Achievement Awards. For more information, call 413.534.2579 or email development@holyokeyhealth.com.

QUIT SMOKING WORKSHOP

Our READY, SET, QUIT! Smoking Cessation Workshop is composed of four one-hour classes designed to give you the information and support you need to get through one of the most important changes of your life. Each week, the workshop will cover a different topic. Although the series begins the first Monday of the month, participants are encouraged to jump in when the urge to quit first appears.

Date: Mondays

Time: 4 to 5 p.m.

Cost: Free

To register and for location information, please call 413.534.2789 or email SmokeFree@holyokeyhealth.com.

6 TIPS FOR SUMMER SKIN SAFETY

TO REDUCE YOUR RISK
OF MELANOMA, KEEP
THE SUN'S HARMFUL
RAYS AT BAY.

AFTER SHIVERING through the winter and chilly, rainy spring, we all want to rush outdoors and enjoy summer's warmth. Before you do, though, remember to protect your body's largest organ: your skin. The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. "Any exposure to UV rays, whether from the sun or a tanning bed, puts you at increased risk for skin cancer," says John Mazzucco, MD, a surgeon at Holyoke Medical Center. "Getting just one sunburn can increase your risk." Fortunately, a few precautions can help you and your family enjoy summer days:

1 SLATHER ON THE SUNSCREEN. Sunscreen contains chemicals that reflect or scatter sunlight's UV rays. The product's effectiveness is rated by a number called a sun protection factor (SPF). "I recommend an SPF between 30 and 50," says Dr. Mazzucco. "Beyond that, the number doesn't make much difference." Also, look for a sunscreen labeled "broad spectrum," meaning it protects against both kinds of ultraviolet rays—UVA and UVB.



John Mazzucco, MD

For the best protection, "always apply sunscreen at least 30 minutes before you spend any time in the sun," says Dr. Mazzucco. In addition, reapply it frequently—at least every two hours—to make sure you stay protected. "If you're swimming or sweating a lot, you should reapply it even more frequently, as often as every 30 minutes," says Dr. Mazzucco.

2 COVER UP. Loose-fitting, long-sleeved shirts and long pants made from tightly woven fabric offer excellent protection from the sun. These days, some clothing is sold with information from the manufacturer on its "ultraviolet protection factor" (UPF).

Also, don't forget about your head and face. You'll get the most protection from a wide-brimmed hat made from a tightly woven fabric.

3 SHIELD YOUR EYES. Sunburned eyes increase your risk for cataracts, so wear sunglasses. They also protect the skin around your eyes. Wraparound sunglasses are a great choice because they prevent UV rays from sneaking in from the side.

4 SHUN THE BRIGHTEST SUN. "Avoid going outside when the sun is brightest—between the hours of 10 a.m. and 4 p.m.," advises Dr. Mazzucco. If you plan to be outdoors, seek the shade.

5 CHECK YOUR SKIN. If you find a new mole or one that has changed, report it to your primary care physician or dermatologist. And don't forget to inspect your scalp, especially if you're a man with thinning hair.

6 BE A ROLE MODEL. Most parents do a great job protecting their kids from the sun, but they tend to neglect their own skin. Set a good example by wearing sunscreen and covering up when you're outside.

*** To learn more or schedule an appointment with HMC General & Specialty Surgeons, please call 413.532.1411. The office is located at 11 Hospital Drive, 3rd Floor.**



A TIME OF CHALLENGES

PARENTS PLAY AN IMPORTANT ROLE IN KNOWING WHEN ADOLESCENTS MIGHT NEED HELP.

ADOLESCENCE IS A TIME when bodies and minds are changing rapidly. When you add the social challenges that come with school and peer groups, it can be a perfect storm of crisis for young people.

During this time, adolescents will move toward independence and may struggle with the mental, emotional and physical changes they are experiencing. Issues such as body image, gender identification and bullying (especially cyberbullying) have emerged on parents'

radar in recent years. These and other issues can lead to anxiety for teens. So it's important for parents to understand what is and isn't normal.

WHAT'S NORMAL

"It's not unusual for teens to act impulsively as they try to figure out who they are," says Megan O'Brien, FNP, who works with adolescents at River Valley Counseling Center's Teen Clinics. This is because the amygdala region of the



Megan O'Brien, FNP

brain, which is responsible for responding to threats in the environment, overwhelms the prefrontal cortex, the brain's rational, thinking part. This reaction can become even

more pronounced after the person experiences trauma. Adolescents can also occasionally:

- Engage in fights
- Misinterpret social cues and emotions
- Take part in risky behavior

WHAT'S NOT

"Parents play an important role in determining whether their child is struggling with mental health issues," said O'Brien. "Stay engaged with your teen and watch for potentially harmful changes in his or her behavior." Be on the alert for the following changes:

- Notable weight loss or weight gain
- Prolonged moodiness or irritability
- Withdrawal from activities your child once enjoyed
- Regular expressions of hostility, worries or fear, or crying
- Extended avoidance of parents
- Abandonment of longtime friendships for a different group of friends
- Regularly feeling "sick"
- Self-harm or expressions of suicidal thoughts

If your teen displays any of these warning signs, help is available. The American Academy of Child and Adolescent Psychiatry (www.aacap.org) has details on the emotional and cognitive development of children and adolescents. In addition, the Anxiety and Depression Association of America (www.adaa.org) has information for parents and caregivers on disorders and other challenges adolescents are facing.

✳ **River Valley Counseling Center has multiple outpatient office locations in Holyoke, Chicopee, Springfield and Easthampton. School-based behavioral health services are available throughout the Holyoke, Chicopee, Easthampton and Granby school systems, as well as select schools in Hadley, Hatfield and Springfield. To learn more or to schedule an appointment with a counselor at River Valley Counseling Center, please call 413.540.1234.**



INSPIRED TO GIVE

ONE PATIENT'S GRATEFUL DAUGHTER
LAUNCHED A CAMPAIGN TO COLLECT SOCKS
FOR PEOPLE WITH VASCULAR DISEASE.



TOP: Shanna Miller, RMA,
Sarah Kubick and Sandip
Maru, MD, with many of the
donated socks.

BOTTOM: Many friends
and family members
included messages with
their donations in memory
of Stephen.



Top, from left to right: At the end of his life, Stephen found great comfort spending time with his aunt, Janice Mildram, when she visited from Wells, ME, and his granddaughter, Rylee.

Bottom: Stephen's son's wedding in January 2017. From left to right: Sarah, Stephen, Jennifer (daughter-in-law), Eric (son) and Andrea Cook-Hewitt (mother of Sarah and Eric).



STEPHEN KUBIC of South Hadley was diagnosed with peripheral vascular disease (PVD) and became a patient of Sandip T. Maru, MD, Medical Director of the Holyoke Medical Center (HMC) Vascular Center, in 2016. PVD, which affects about 8.5 million Americans over age 40, occurs when cholesterol builds up inside arteries, causing them to narrow and limiting blood flow to the legs, stomach, arms and head. The lack of blood flow interferes with wound healing. In severe cases, the affected tissue dies, and amputation is necessary.

Stephen waged a brave battle against the disease. His right leg had to be amputated, and his left foot had to be partially amputated. He also battled numerous infections, as well as many wounds on his feet. Sadly, he passed away in December 2018 at age 66.

THE IMPORTANCE OF CLEAN SOCKS

When Stephen was battling PVD, his daughter, Sarah, accompanied him to his appointments at the HMC Vascular Center. She recalls his socks were often stained and wet with blood. "Wounds from PVD can cause blood and tissue fluid to leak," says Dr. Maru. "It's important for patients to keep their legs and wounds as clean as possible to avoid infection. Patients need to wear

clean socks so that their feet are protected at all times."

"We learned how important it was for my dad to change his socks," says Sarah. "After he passed away, I learned from Shanna Miller, a Registered Medical Assistant at the HMC Vascular Center, that my dad was not alone. It would break my heart to know other patients with PVD at the hospital were replacing dirty, wet socks on their feet after appointments with Dr. Maru." To ensure that other PVD patients have clean, dry socks, Sarah decided to coordinate a sock collection in her father's memory.

A MISSION TO PREVENT INFECTION

Sarah told family and friends about her goal, and donations began to pour in through an Amazon Wish List she created. More than 150 pairs of socks were collected and provided to the HMC Vascular Center to give to PVD patients who are in need of a clean pair of socks. "It's absolutely heartwarming to see the way Sarah stepped in to help our community of patients," says Dr. Maru.

Sarah is grateful for the care Stephen received at HMC. "Dr. Maru was always there for my dad," she says. "I'm glad to be able to help other patients now. Everyone deserves to be safe and comfortable."

*** To learn how you can give back to Holyoke Medical Center, or to contribute toward the sock collection in memory of Stephen Kubic, please contact the HMC Development Office at 413.534.2579. To make an appointment at the HMC Vascular Center, please call 413.535.4785.**



SYMPTOMS OF PERIPHERAL VASCULAR DISEASE

If you experience any of the following symptoms, make an appointment with your physician.

- muscle cramps in your hips, thighs or calves while walking or exercising (they typically disappear when you stop moving)
- leg pain
- wounds on the feet or toes that don't heal or heal slowly
- poor toenail growth
- a decrease in the temperature of your lower leg or foot compared to the other leg or the rest of your body
- erectile dysfunction

ARE YOU AT RISK?

Aging and a personal or family history of peripheral vascular disease will increase your risk of developing the condition. However, you can control the following risk factors, according to the American Heart Association:

- diabetes
- smoking
- high cholesterol
- high blood pressure
- inactivity
- excess weight or obesity



breathe EASY

A NEW PULMONOLOGY
CENTER HELPS
PATIENTS COPE WITH
COMMON RESPIRATORY
CONDITIONS.

SUMMER IS THE SEASON for relaxing and making memories with your family. If you're having trouble breathing, your quality of life can suffer. Fortunately, there's help nearby: This summer, Holyoke Medical Center (HMC) opened a new Pulmonology Center. It's staffed by two physicians: M. Saleem Bajwa, MD, a pulmonologist who has been treating patients at HMC for 40 years, and Andrey Pavlov, MD, who recently joined HMC. A third provider will soon join the practice as well. "With three physicians, we are able to expand the services we provide," says Dr. Bajwa. "Our goal is to offer state-of-the-art, timely care for patients. We want to detect lung disease in patients quickly and intervene early to prevent progression."

Pulmonologists manage diseases involving the respiratory tract. Here are the most common conditions Drs. Bajwa and Pavlov treat:

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

• **What it is:** COPD refers to a variety of lung diseases that make breathing difficult, including chronic bronchitis and emphysema. Nearly 16 million Americans suffer from the disease, which is the third leading cause of death in the U.S., according to the Centers for Disease Control and Prevention (CDC). The leading cause of COPD is smoking, followed by exposure to air pollution.

Symptoms include coughing or wheezing, shortness of breath, the production of excess phlegm and difficulty taking a deep breath. The disease is diagnosed using a test that measures lung function. Early detection is important because it can help prevent the disease from progressing.



Andrey Pavlov, MD

• **How it's treated:** There's no cure for COPD, but medications called bronchodilators are often prescribed. They work by increasing the flow of oxygen to the lungs.

Lifestyle changes are also recommended. They include quitting smoking and participating in pulmonary rehabilitation, which teaches patients how to manage symptoms. Supplemental oxygen may also be prescribed to help improve breathing.

ASTHMA

• **What it is:** Asthma is a chronic condition that causes inflammation in the airways, leading to wheezing, chest tightness, coughing and shortness of breath. The severity of the condition varies from person to person. In 2017, 26 million Americans were diagnosed with asthma, according to the CDC. About 10 percent of Massachusetts residents have the condition.

• **How it's treated:** Medications taken on a regular basis help prevent asthma attacks. Corticosteroids, which prevent and reduce airway swelling, are commonly prescribed. They are inhaled or given in pill or liquid form. When an asthma attack occurs, short-acting beta agonists, which are inhaled, relax the muscles around the airways and relieve symptoms quickly. Other medications can help reduce the body's response to allergens, which play a role in asthma attacks. If an attack is severe, emergency treatment may be required.

INTERSTITIAL LUNG DISEASE

• **What it is:** This is a term that refers to disorders that can cause scarring in the lungs, such as idiopathic pulmonary fibrosis, hypersensitivity pneumonitis, sarcoidosis and asbestosis. Scarring causes the lungs to become stiff, making breathing difficult.

Doctors don't usually know what causes these diseases, but in some cases they are linked to exposure to hazardous materials like asbestos. In the case of hypersensitivity pneumonitis, an allergy to inhaled dust, fungus, molds or chemicals causes lung inflammation. Symptoms include shortness of breath or cough and chest X-ray abnormalities.

• **How it's treated:** Treatment includes medications that reduce inflammation, such as steroids. Anti-fibrotic medications may also be prescribed to slow scarring in the lungs. Unfortunately, the only cure is a lung transplant.

BRONCHIECTASIS

• **What it is:** Bronchiectasis is a condition in which the airways become damaged, usually from infection, and are unable to clear mucus. When the airways can't clear mucus, recurrent lung infections may occur. The condition can also be caused by cystic fibrosis.

The disease is more common than was once thought: A 2013 study estimates that between 340,000 and 522,000 Americans have bronchiectasis. Symptoms include coughing up yellow or green mucus daily, shortness of breath, fatigue, wheezing or whistling while breathing, and fevers and/or chills.


• **How it's treated:** Treatment involves antibiotics (occasionally given intravenously) and mucus-thinning medications.



"Our goal is to offer state-of-the-art, timely care for patients. We want to detect lung disease in patients quickly and intervene early to prevent progression."

M. Saleem Bajwa, MD

✱ To schedule an appointment with the HMC Pulmonology Center, please call **413.534.2582**. The Pulmonology Center is conveniently located on the first floor of Holyoke Medical Center at 575 Beech Street.



Roland Archambault with
Holyoke VNA palliative
care nurse Alison Childs,
RN, BS, at his home in
Chicopee.

FIGHTING ILLNESS FROM THE COMFORT OF HOME

PATIENTS CAN GET THE MEDICAL AND EMOTIONAL SUPPORT THEY NEED THROUGH PALLIATIVE CARE.

ROLAND ARCHAMBAULT, 86, is a survivor and a fighter. A stage IV lung cancer patient of Renuka Dulala, MD, at Holyoke Medical Center, Roland is receiving palliative care through the Holyoke VNA Hospice Life Care Program. A palliative care nurse, social worker and physical therapist visit him at home, which is a great convenience. "I have a strong healthcare team," he says. "I appreciate the fact that they keep me fully aware of my health. They check my vitals and give me the treatment and information I need."

Palliative care is beneficial to patients who have been diagnosed with a serious illness. "It's a way of providing home care for patients who are receiving traditional treatments, such as chemotherapy and surgery," says Maureen Groden, RN, MS, CHPN, Hospice Director at Holyoke VNA Hospice Life Care. "Healthcare professionals can help ensure their medical needs are met and can provide emotional support."

Groden explains how palliative care works—and which patients are appropriate for the program.

HOW DO PATIENTS BENEFIT FROM PALLIATIVE CARE?

Patients with serious illnesses often have



Maureen Groden, RN, MS, CHPN

numerous medical appointments, tests, treatments and frequent changes in their medications and plan of care. With palliative care, the patients and their

families receive additional guidance and coordination from their palliative care team: physicians, nurses, social worker and physical and/or occupational therapist. We assess their vital signs and overall status, monitor symptoms, provide exercises and emotional support, and report changes or concerns to their doctor. Often, patients need assistance with medical tasks, such as dressing changes, drainage tubes and medications. We ask patients what their goals are—what would help them have "good days." For one person, it might be relief from pain or fatigue; for another, it might be being able to walk to the mailbox or drive again.

HOW DOES PALLIATIVE CARE DIFFER FROM HOSPICE?

Hospice care is intended for people in the final months of their life. Their care focuses on comfort and supportive measures, not curative treatments. Palliative care, on the other hand, is meant for patients who have a serious disease and are still receiving treatments for illnesses such as cancer, heart disease and lung disease.

WHO IS ELIGIBLE FOR PALLIATIVE CARE?

Our palliative care program is for patients who are eligible for home care through the Holyoke VNA. Patients who receive home care spend most of their time at home recuperating, and they require some assistance in getting out. They also need "skilled services," meaning their level of medical care requires professionals, such as nurses and physical therapists. If a patient who is referred to the Holyoke VNA has cancer or another serious illness, he or she is assigned to the palliative care team. Home care services, including palliative care, are covered by Medicare, Mass Health and other insurances.

DOES PALLIATIVE CARE HAVE AN EFFECT ON A PATIENT'S QUALITY OF LIFE?

When patients can get relief from distressing symptoms such as



REDUCING THE STRESS OF A SERIOUS DISEASE

Palliative care can help relieve the symptoms and stress associated with a wide variety of serious illnesses, including the following:

- cancer
- heart failure
- chronic obstructive pulmonary disease (COPD)
- dementia
- Parkinson's disease
- kidney disease

pain, difficulty breathing, fatigue and constipation, they are able to do the things they enjoy, such as spending time with family. Rehab therapists help patients become stronger and do more. The social worker helps the patient and family cope with the illness and other needs, such as finances and caregiving.

"I am so happy about all the ways that our Holyoke VNA Palliative Care program has helped patients like Roland and many, many others," said palliative care nurse Alison Childs, RN, BS. "I'm so proud to be part of this new program serving the needs of Holyoke and the surrounding communities."

The palliative care team strives to provide high-quality, seamless care to patients and families in the comfort of their own homes. This can be a great boost to their spirits—and health. As Roland says, "Am I sick? Yes. But I'm focused on the positive things my palliative care team gives me. Their help makes a great difference for me."

*** To learn more about the palliative care services provided by Holyoke VNA Hospice Life Care, please call 413.534.5691.**



PREVENT A FALL

FIVE SIMPLE WAYS TO STAY STEADY ON YOUR FEET.

FALLS ARE THE NO. 1 CAUSE of injury among adults ages 65 and older. Slipping on the bathroom floor or stumbling over a loose area rug can, unfortunately, lead to disabling or potentially deadly injuries. About 3 million people ages 65 and older are treated in emergency departments for fall-related injuries every year, and more than 800,000 wind up hospitalized, usually from a head injury or hip fracture, according to the Centers for Disease Control and Prevention (CDC). Fall death rates have increased by 30 percent over the past decade. "A fall-related injury can reduce a person's mobility and independence, which can have a big impact on his or her quality of life," says Melissa Moriarty, a physical therapist at CORE Physical Therapy at Holyoke Medical Center.

As you get older, muscle strength, flexibility and vision decline, and you're more likely to have trouble with balance. Side effects from medications, such as antidepressants and sedatives, can also affect balance and increase your risk of falling. Other risk factors include lower body weakness, vitamin D deficiency and foot pain, according to the CDC.

Last year, the U.S. Preventive Services Task Force published updated recommendations for preventing falls. The Task Force concluded that exercise is the best way to prevent falls and fall-related injuries. "Exercise helps to maintain stability and balance," says Moriarty. "We typically focus on the lower body, the core and reducing stiffness in the ankles and hips. For people with balance problems, we can also do vestibular rehabilitation therapy."

In addition to exercise, here are five other things you can do to avoid fall-related injuries:

1 PURCHASE SHOES WITH GOOD SUPPORT. The type of shoes you wear can help you stay sure-footed. Look for high-quality shoes that are not only comfortable but also have a high back, low heel and non-slip soles. "Avoid flip-flops and shoes that your feet slide into because they don't give you the proper support," says Moriarty. "Feet are the base of the body's support, so a shoe with good arch and ankle support will improve your stability."

2 TAKE IT SLOW WHEN YOU STAND UP. Many people experience occasional light-headedness when they stand up. This occurs as a result of blood pressure changes, and it becomes more pronounced as you get older. Some medications exacerbate this dizziness. "When you first stand from sitting or lying down, pause for 30 to 45 seconds to make sure you have your bearings," says Moriarty. "Be sure any dizziness goes away before you start to walk."

3 USE A WIDE STANCE. Standing with your feet apart provides more stability than standing with them close together. "Stand and walk with your feet spread apart to give yourself a wider base of support," says Moriarty. "If you're standing for a prolonged period, bend your knees a little. This lowers your center of gravity and can help improve your stability."

4 CHECK YOUR HOUSE FOR HAZARDS. One of the most common causes of falls among older people is tripping or slipping at home. Some hazards may seem obvious, like shoes left in the middle of the floor, but others may be harder to spot. "Scatter rugs and thresholds are things people aren't usually concerned about," says Moriarty. "I recommend checking your house. Make sure pathways aren't cluttered and scatter rugs won't slip. Make sure that the areas where you walk, especially at night, are well lit." It's also a good idea to add grab bars in bathrooms and railings along stairways.

5 USE AN ASSISTIVE DEVICE. If you make all these changes and still feel unsteady on your feet, consider getting an assistive device like a cane or a walker to help you get around safely and independently. "A lot of people are hesitant about using an assistive device," says Moriarty. "But once we show them how, they usually feel more stable and confident when they're walking around."



"Exercise helps to maintain stability and balance. We typically focus on the lower body, the core and reducing stiffness in the ankles and hips. For people with balance problems, we can also do vestibular rehabilitation therapy."

Melissa Moriarty, PT

*** If you've fallen or are experiencing balance problems, call CORE Physical Therapy at [413.534.2555](tel:413.534.2555).**



EXERCISE FOR A HEALTHY PREGNANCY

STAYING ACTIVE WHILE YOU'RE EXPECTING WILL HELP KEEP YOU AND YOUR BABY HEALTHY AND PREPARE YOUR BODY FOR THE DEMANDS OF LABOR.

CONGRATULATIONS! You're pregnant! This is a time to pamper and take good care of yourself. Of course, that doesn't mean eating pints of ice cream and avoiding the gym. "Some women mistakenly believe that exercise may increase the risk of miscarriage, low birth weight or early delivery," says Yi-Lo Yu, MD, an Ob/Gyn at Holyoke Medical Group Women's Services. In fact, it's important to stay fit. Studies have shown that exercise during pregnancy has significant benefits for mother and baby, including a lower risk of pregnancy complications, such as gestational diabetes and preeclampsia.

Of course, it's important to consult your physician before you start any exercise regimen—even if you were active before your pregnancy. Some conditions can make exercise unsafe. Once your doctor gives the okay, you can stay active in almost any



Yi-Lo Yu, MD

way you like. Aerobics, light weight lifting, walking, non-contact sports (think tennis and golf), yoga, swimming and stretching are all appropriate for pregnant women. Swimming is particularly beneficial, since it relieves the growing pressure on your back and feet and allows you to get a great cardiovascular workout.

While almost any exercise is safe during pregnancy, it's best to avoid high-impact and high-intensity workouts like downhill skiing and hot yoga, which could lead to dehydration, overheating or abdominal trauma. "Falls and abdominal trauma can be life-threatening for both mother and fetus," says Dr. Yu.

To stay hydrated during workouts, drink lots of water and take frequent breaks. Also, be cautious when participating in activities that require balance because your center of gravity shifts during pregnancy. Avoid becoming out of breath, which can lead to dizziness and falls. A good test is whether you can carry on a light conversation while working out. If

5 WARNING SIGNS

If you experience any of these symptoms while exercising, stop immediately and contact your doctor:

1. Abdominal pain or contractions that don't go away when you stop and drink water
2. Bleeding or fluid leaking from your vagina
3. Sudden swelling in your legs or ankles
4. Muscle weakness or difficulty walking
5. Chest pain

you're breathless, slow down. Be sure to slow down or stop if something doesn't feel right. Contact your doctor if necessary.

Staying active will help relieve some common pregnancy aches and pains and prepare you for the hard work of labor. It also will help you bounce back to a healthy lifestyle after your baby is born.

*** Holyoke Medical Group Women's Services office locations:**
575 Beech Street, Suite 501, Holyoke
230 Maple Street, Suite 200, Holyoke
94 North Elm Street, Suite 102, Westfield
To make an appointment, please call **413.534.2826**.



{ POWER FOOD }

THE ALMIGHTY BLUEBERRY

THESE BERRIES MAY BE SMALL, BUT THEY'RE LOADED WITH NUTRIENTS.

POWER UP

Blueberries are packed with antioxidants, which protect against cell damage and may reduce the risk of cancer and heart disease. They're also rich in soluble fiber—a type of fiber that absorbs water—helping to reduce cholesterol levels and keeping blood sugar stable, making them an excellent choice for people with diabetes. These berries also help you feel full longer, promoting a healthy weight. Blueberries are a great source of vitamin C, which helps to ward off and fight infection; manganese, a mineral that may help control blood sugar and maintain bone; and potassium, a mineral that may reduce blood pressure and the risk of stroke. Studies have even linked blueberries with better memory. A one-cup serving packs just 80 calories and 0.2 grams of fat.

BUY/STORE/SERVE

Choose berries that are firm, plump and dark blue or purple with a “bloom,” a dusty or silvery coating. (This helps keep insects away and is a sign of freshness.) Reddish berries haven't ripened and tend to taste sour. Look for berries that are uniform in size and free

of stems and leaves. Blueberries can be kept in the refrigerator for up to 14 days, either in a plastic container or covered bowl. Wait to rinse until just before use; the bloom keeps them fresher longer.

Delicious on their own, blueberries can be added to sweet or savory dishes and pair especially well with lemon, banana, almond, mint and coconut. Add some to your breakfast smoothie or oatmeal; pack them with yogurt and granola for a snack; toss with cucumber and feta or spinach and pecans for a refreshing lunch; or make a blueberry relish or barbecue sauce to pour over pork for dinner. Blueberries are a tasty addition to salads, sandwiches and flatbreads, as well as sweet treats like muffins, crumbles and pies.

DID YOU KNOW?

You can purchase fresh blueberries year-round. North American blueberries are harvested between April and October, while South American berries are available from November through March. Blueberries are also available frozen. As long as you choose unsweetened berries, they can be just as nutritious as fresh ones.

1916

The first cultivated
crop of blueberries
was sold in the U.S.

4

Minutes it takes
blueberries
to freeze

1.5 billion

Pounds of North
American blueberries
produced annually

24

Percent Daily Value
(DV) of vitamin C in
one cup

Walk-in Care.

We Make it Easy

WALK-IN HOURS

Monday-Friday
8 a.m. to 7 p.m.

Saturday
9 a.m. to 3 p.m.

Walk-in for medical issues such as:

- Seasonal Allergies
- Insect Bites
- Cough
- Diarrhea
- Acute asthma attacks
- Back, knee or joint pain
- Ear infection
- Fever without a rash
- Headaches
- Nausea
- Pink eye, rash or skin irritation
- School physicals
- Sore throat
- Sports physicals
- Vomiting
- X-ray services
- Lab Draw Services
 - [M-F, 6:00 a.m. - 3:30 p.m.]
 - [Sat., 6:30 a.m. - 3:00 p.m.]



Ages 12 and over.

Most insurances are accepted. Patients do not need to be part of the Holyoke Medical Group to seek care at the walk-in clinic.

Seek care at the Emergency Department for symptoms such as:

- Any heart condition or severe chest pain
- Change in mental status
- Choking
- Coughing or vomiting blood
- Fever with a rash
- Head or spinal injury
- Loss of consciousness
- Major trauma or burn
- Seizures
- Slurred speech
- Stroke symptoms
- Sudden dizziness, weakness or change in vision

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Holyoke Medical Center

A member of Valley Health Systems

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