



# Summertime

SAFETY

The Pros' Advice on Staying Healthy  
in the Heat By Kate E. Stephenson



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**As soon as the thermostat hits 75 degrees, the shorts and flip-flops come out of storage. After winter's hibernation and the wash-out weather of spring, everyone is motivated to get moving when the sun comes out at last. But just as in every other season, summer comes with its own set of health hazards. Be prepared. Stay healthy during your warm weather travels with these tips from the Hudson Valley pros.**

**Q What are the key things everyone should keep in mind to stay safe during the summer?**

ANDREA ROSA, **ANDERSON CENTER FOR AUTISM** (4885 Rte. 9, P.O. Box 376, Staatsburg; 845-889-4034; [www.andersoncenterforautism.org](http://www.andersoncenterforautism.org)):

**A** Heat during summer months is dangerous for the elderly, young children, people with chronic medical conditions, and those who may be taking medications that can intensify the effects of extreme heat. Avoid beverages containing caffeine or a lot of sugar, and strenuous activity during the hottest part of the day. Wear loose, lightweight, light-colored clothing. Apply sunscreen with 30 SPF or higher half an hour prior to outdoor activities and reapply as needed.

**Q Summer is upon us, and it's a time when we all want to look our best for those vacation pictures. What advice do you have for achieving a camera-ready profile?**

DR. IRA STIER, **ARLINGTON DENTAL ASSOCIATES** (876 Dutchess Tpke., Poughkeepsie; 845-454-7023; [www.arldent.com](http://www.arldent.com)):

**A** If you are overweight or unhappy with your appearance and wish to look your best all summer long, there is still time to lose unwanted pounds safely and quickly. This can be easily done through Arlington Dental's TSFL weight loss program featuring the Medifast 5 & 1 Plan. With our personal brand of health coaching and nutritional counseling, you can lose between two and five pounds per week. Call us at 845-896-4977 and get started today.

**Q Driving long hours for a family vacation has proven to do damage to our bodies. What advice do you have for relieving stiff driver's legs/neck?**

DR. NIRAJ SHARMA, **CARDINAL SPINE & PAIN MEDICINE** (1323 Rte. 9, Ste. 206, Wappingers Falls; 845-297-2225; [www.cardinal-spine.com](http://www.cardinal-spine.com)):

**A** We can all look forward to a better experience on the road when we take a few precautions. A few things that are always a good idea:

- Have more than one driver available to take over the steering wheel.
- Take regular breaks to help improve blood flow in the legs.
- Remember to stay adequately hydrated. Keep a water bottle handy.

Be safe this summer while creating beautiful memories with your loved ones!

**Q What foods should we avoid to keep our teeth strong and healthy? Are there any foods that promote good dental hygiene?**

DR. MICHAEL KOUMAS (4 Hudson Valley Professional Plaza, Newburgh; 845-562-1108; [drkoumas@hvc.rr.com](mailto:drkoumas@hvc.rr.com)):

**A** A balanced diet is important for our entire bodies, especially a healthy, white smile. Starchy and sugary foods can erode tooth enamel, creating pits where cavities can form. To keep your mouth healthy and happy here are a few eating tips:

- Swap sugary beverages for water.
- Citrus fruits increase saliva flow which protects tooth enamel.
- Omega-3 rich foods have great anti-inflammatory nutrients.
- Dairy products contain protein and calcium that buffer tooth enamel from acids.

**Q Flu and cold season are associated with winter. Are there any ailments specific to summer that people should know about and take steps to prevent?**

MARY DECKER, GOOD SAMARITAN HOSPITAL (255 Lafayette Ave., Suffern; 845-368-5000; [www.bschs.bonsecours.com](http://www.bschs.bonsecours.com)):

Summer comes with warm weather fun. But these activities also pose a greater risk for sunburn, insect bites, and poisonous plant encounters. To lower your risks:

- Wear SPF 30 sunscreen, even on cloudy days, and avoid the sun at its hottest, between 10 a.m. and 4 p.m.
- Avoid high grass and brush, wear insect repellent, and leave off perfume.
- Know how to identify and avoid poison ivy, poison oak, or sumac. For severe reactions, seek medical assistance quickly.

**The intense summer sun can be very harmful to our health, so what precautions can we take to protect ourselves?**

STAFF AT THE HEALTHALLIANCE EMERGENCY DEPARTMENT IN KINGSTON (105 Mary's Ave., Kingston; 845-338-2500; [www.hahv.org](http://www.hahv.org)):

During the summer months, it is important to drink a lot of water — even if you're not thirsty. If it's especially hot, avoid strenuous activities between 11 a.m. and 4 p.m. Signs of heat exhaustion include dizziness, nausea, weakness and excessive sweating. In addition to the elderly, the very young are also more susceptible to dehydration. They cannot control their own environment or their fluid intake, so monitor them carefully.

**How often should I drink water when I exercise outside? Is there such a thing as drinking too much water?**

DR. HANG KYU PARK, HEALTH QUEST MEDICAL PRACTICE (1351 Rte. 55, Lagrangeville; 845-475-9500; [www.health-quest.org](http://www.health-quest.org)):

Hydrate well by drinking 16 ounces of water two hours before exercising. During exercise, drink small amounts frequently (eight to 10 ounces every 10 or 15 minutes) to replace fluid loss from sweating. It is important to have your water bottle readily available to prevent dehydration, muscle cramping, heat exhaustion, or stroke. And yes, drinking too much clear water may overwhelm the kidneys, causing electrolyte imbalance and low sodium levels. While this can pose significant problems, it's rare in healthy individuals.

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**Q Summer means sun. Are there specific things consumers should look for when purchasing sunscreen?**

VICTORIA HOCHMAN, HUDSON VALLEY HOSPITAL CENTER (40 S. Riverside Ave., Croton-on-Hudson; 914-737-9000; [www.hvhc.org](http://www.hvhc.org)):

**A** Sunblock is the best way to avoid skin cancer. Look for an SPF 15 or higher — both UVA and UVB protection — and active ingredient zinc oxide, titanium dioxide, Mexoryl SX, or avobenzone. Apply sunblock at least 15 minutes before going outside and reapply every time you sweat or get wet. If you have other concerns about skin cancer, call the Melanoma Center at Hudson Valley Hospital Center at 914-734-3175 for information or to schedule an appointment.

**Q Spring brings the onset of allergies that can last throughout the warm weather months. Are there precautions I can take to lessen the severity of the allergy season?**

DR. VIRGINIA E. FELDMAN, HUDSON VALLEY EAR, NOSE AND THROAT (75 Crystal Run Rd., Bldg. B, Suite 2207, Middletown; 1-888-350-1368; [www.hudsonvalleyent.com](http://www.hudsonvalleyent.com)):

**A** As allergy season strengthens into the summer months, there are a number of ways you can work to reduce symptoms. Immediately launder clothing that has been worn outdoors. Try different non-drowsy antihistamines to find out which ones work best. Keep in mind that they may take a few days to start working. When cleaning, wear a mask that protects against dust and pollen. Consider consulting an ENT for recommendations for a medication regimen to prevent and lessen symptoms.

**Q Summer provides the perfect outdoor-activity weather. How can we incorporate healthy foods into our summer fun?**

HOLLY SHELOWITZ, MOTHER EARTH'S STOREHOUSE (1955 South Rd., Poughkeepsie; 845-296-1069; [www.motherearthstorehouse.com](http://www.motherearthstorehouse.com)):

**A** There are so many ways to have a healthy and delicious summer. Start in our produce section. It's easy to include fruits and veggies when they are local and plentiful. Next, stop in our bulk section. Experiment with beans and grains for simple, tasty dishes — great for picnics, road trips, and beach time. Mother Earth's Storehouse offers a calendar of events focused on healthy eating, featuring cooking demonstrations and tastings. For ideas and recipes, check out the Web site.



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**The intense heat can easily drag people down. How can I remain focused on my fitness this summer?**

ROBIN WOOD, MVP HEALTH CARE (1 Summit Ct., Fishkill; 877-835-5687; [www.mvphealthcare.com](http://www.mvphealthcare.com)):

Stay motivated by taking a new fitness class or switching up your workout routine. This keeps you from getting into a workout rut; gives your body and mind new challenges; and creates the opportunity to meet new people. And your new friends can help you stay excited about the healthier you. Just make sure not to push too hard when trying something new. Be sure to consult your doctor if you have specific health concerns.

**What latest advancements in dentistry can help me feel great this summer?**

DR. ROHIT PATEL, PUTNAM BRIGHT SMILE DENTISTRY (2410 Rte. 6, Brewster; 845-279-7177; [www.putnambrightsmile.com](http://www.putnambrightsmile.com)):

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**Are there any foods that people should avoid this summer to encourage better dental health?**

FRANCINE CAPALBO, PUTNAM DENTAL ASSOCIATES (2435 Rte. 6, Brewster; 845-279-3720; [www.putnamdental.com](http://www.putnamdental.com)):

One piece of advice: Try to limit your intake of acidic and sugary foods. We know that the summer is filled with iced tea, lemonade, funnel cake, and fried Oreos. They are delicious! But they also have high sugar content and acidity that can cause tooth decay. Here's the trick: You can still indulge in the margaritas all summer long. Just drink plenty of water afterwards to dilute the sugar and acid on your teeth.

**Q** Iced drinks help to keep us cool during the hot weather season, but how can I prevent that sharp sensation when the ice hits my tooth?

**DR. BO PAUNOVIC, SMILES THAT DAZZLE** (1300 Rte. 52, Fishkill; 845-896-2725; [www.smilesthatdazzle.com](http://www.smilesthatdazzle.com)):

**A** As we get older, our gums can recede, exposing part of the tooth containing microscopic structures called dental tubules. These tubules can easily erode and cause sensitivity. The acid in drinks like orange juice or lemonade will cause tubules to burst open, allowing cold to penetrate, causing tooth sensitivity and pain. Over-the-counter products temporarily clog these tubules to prevent airflow. Your dentist can offer a longer-lasting option, an antibacterial coating that provides up to nine months of relief.

**Q** Bone health is important all the time, but especially with the high activity of summer. What raises your risk for osteoporosis?

**SHARON HOSPITAL** (50 Hospital Hill Rd., Sharon, CT; 860-364-4000; [www.sharonhospital.com](http://www.sharonhospital.com)):

**A** Gender, age, diet and health habits, certain health problems, and some medications can all contribute to risk of osteoporosis. The vast majority of people who develop osteoporosis are older women. Thus, the U.S. Preventative Services Task Force recommends that all women 65 or older be routinely screened for osteoporosis. If you have this condition, several effective treatment options are available that can help prevent further bone loss or even help rebuild bone.

**Q** Are there any added benefits of keeping up with our dental care in the summer?

**DR. MICHAEL TISCHLER, TISCHLER DENTAL** (121 Rte. 375, Woodstock; 845-679-3706; [www.tischlerdental.com](http://www.tischlerdental.com)):

**A** It is always important for patients to be seen by a dental professional for cleanings, X-rays, and exams to avoid problems in a preemptive manner. It becomes even more important to have maintained dental care during the summer time, as many people travel. Dental emergencies away from home are not only

Have you ever ordered 'a la carte' from a dentist?

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painful but can create stress on many levels. Prevention through regular dental visits is the best way to avoid these issues.

**Q Summer is filled with nonstop activities. How can you prevent exhaustion?**

**DR. JEFFREY P. BARASCH, THE VALLEY HOSPITAL** (223 Van Dien Ave., Ridgewood, NJ; 201-447-8000; [www.valleyhealth.com](http://www.valleyhealth.com)):

**A** Proper rest is always essential, but particularly in summer when outdoor activities can leave us drained from heat, humidity, and extra physical activity. Getting in the way of adequate sleep can be obstructive sleep apnea, a potentially life-threatening breathing disorder that affects an estimated 20 million Americans. Sleep apnea is a major obstacle to getting the quality rest we all need. If you suspect you may have sleep apnea, ask your doctor about a sleep evaluation.

**Q Anything in particular that patients should be careful to do during the hot summer months?**

**DR. STEVEN STERN, WINDSOR DENTAL** (375 Windsor Highway, New Windsor; 845-565-6677; [www.windsordentalpc.com](http://www.windsordentalpc.com)):

**A** In the summer, patients — especially children on break — tend to eat more soft, sticky snacks and cool down with power drinks and lemon-flavored iced beverages. All these things predispose their teeth to acid attacks. A better choice is water or diluting sugary drinks with water. It's also good to keep extra dental "tools" readily available around the house. Brushing after lunch, as well as in the morning and evening, can also be beneficial. ●

