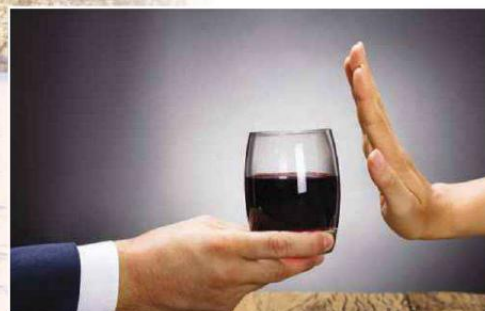


HealthLink

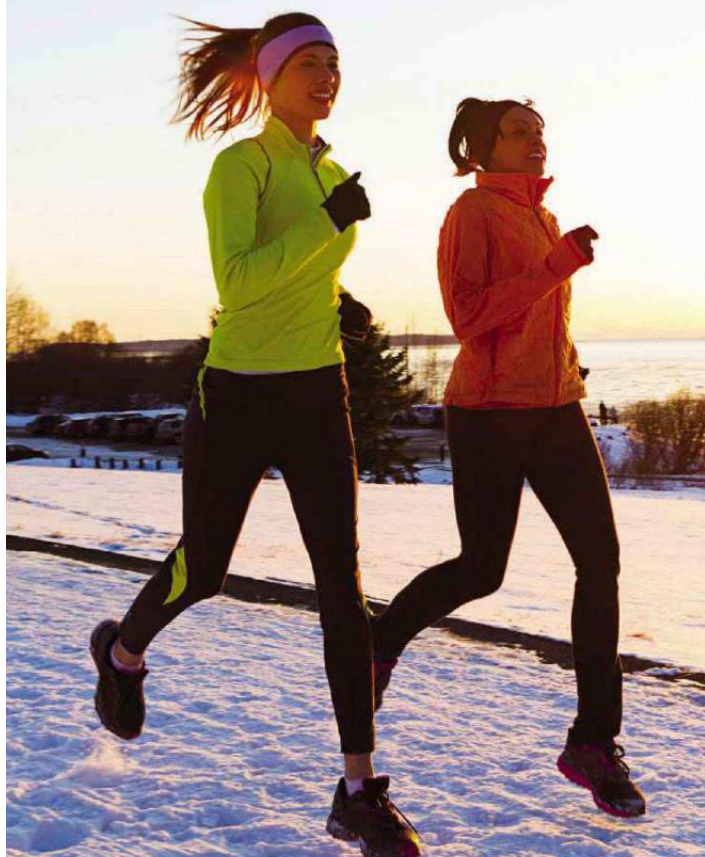
GOOD HEALTH

TIPS FOR THE NEW YEAR

N/O



Getty Images



INSIDE

• CERVICAL CANCER SCREENING • KNEE REPLACEMENTS Q&A •

GOOD HEALTH

TIPS FOR TAKING CARE OF YOURSELF IN THE NEW YEAR



Getty Images

“At Mount Sinai South Nassau, we believe that vaccination for COVID-19 and flu is essential to a healthy and well 2023. Analysis published in JAMA Network Open found that since December 2020 the U.S. COVID-19 vaccination program has prevented approximately 27 million COVID-19 infections in people 18 and older. Meanwhile a study of the flu vaccine published in June 2021 showed that among adults hospitalized with flu, vaccinated patients had a 31% lower risk of death from flu compared to the unvaccinated. Whether children, adults or individuals with underlying conditions, vaccination is the most effective way to prevent getting COVID-19 or flu.”

—Dr. Adhi Sharma, president at Mount Sinai South Nassau in Oceanside

“Focus on your health and well-being in the new year by understanding and striving for healthier alcohol consumption. Raising your consciousness around your own drinking habits is a good first step. It is particularly important to be mindful of drinking alcohol in moderation. For men, this means limiting yourself to two drinks or less per day and for women, one drink or less, per day. Excessive alcohol use (women: four-plus drinks per occasion or eight-plus drinks per week; men: five-plus drinks per occasion or 15-plus drinks per week) can lead to short-term and long-term serious health risks. It is essential to reach out for support if you or a loved one is misusing alcohol or other substances. The new year is a great time to make a commitment to change.”

—Dr. Edmond Hakimi, medical director of Wellbridge, Addiction Treatment and Research Center in Calverton

“When focusing on improving your health in 2023, it’s important to remember that oral health is a key component of overall health. This year, recommit yourself to a consistent flossing routine. Flossing cleans where your toothbrush is unable to reach, preventing bacteria from sitting between your teeth and eventually causing cavities, gingivitis or periodontitis. Use whatever form of floss you prefer and gently slide the floss between each tooth in a zigzag motion and under the gumline. Use a clean section of floss for each tooth as you move from tooth to tooth. Be sure not to snap or force the floss into place, as this may cut or bruise sensitive areas around the gum line.”

—Dr. Martha Miqueo, associate chief dental officer at ProHEALTH Dental, which has Long Island locations in Garden City, Lake Success, New Hyde Park, Oceanside, Bay Shore and Huntington

“The feet are the foundation to your body and it is important to take good care of them. Foot health is essential for children, adults and especially the elderly. Here are some foot health tips to ensure you start out 2023 on the right foot. Be sure to clean your feet daily and wear clean, dry, comfortable socks. Inspect your feet regularly and check for corns, calluses, cracking skin, blisters or any red spots. Always wear comfortable, well-fitting shoes. When purchasing shoes, try to go toward the middle or the end of the day when your feet are a little bit more swollen. Trim your nails appropriately and be sure to prevent any sharp edges that can cause ingrown toenails. Keep your weight under control. The heavier you are, the more pressure there is on your foot bones, ligaments, tendons and capsules. There are 52 small bones in your feet, and they take up a lot of pressure. If you have diabetes or poor circulation, be sure to check in with a podiatrist every two to three months. Alternate your shoes each day to prevent too much moisture in your shoes. If you do sweat a lot, consider keeping your shoes next to an air vent or use a hairdryer to dry them out. Wet shoes can lead to warts and fungus. Be sure to see a podiatrist if you have any concerns with your feet.”



Getty Images

—Dr. Pedram Hendizadeh, podiatrist in the Manhasset and Huntington offices of Advanced Podiatry

...continued on page 5

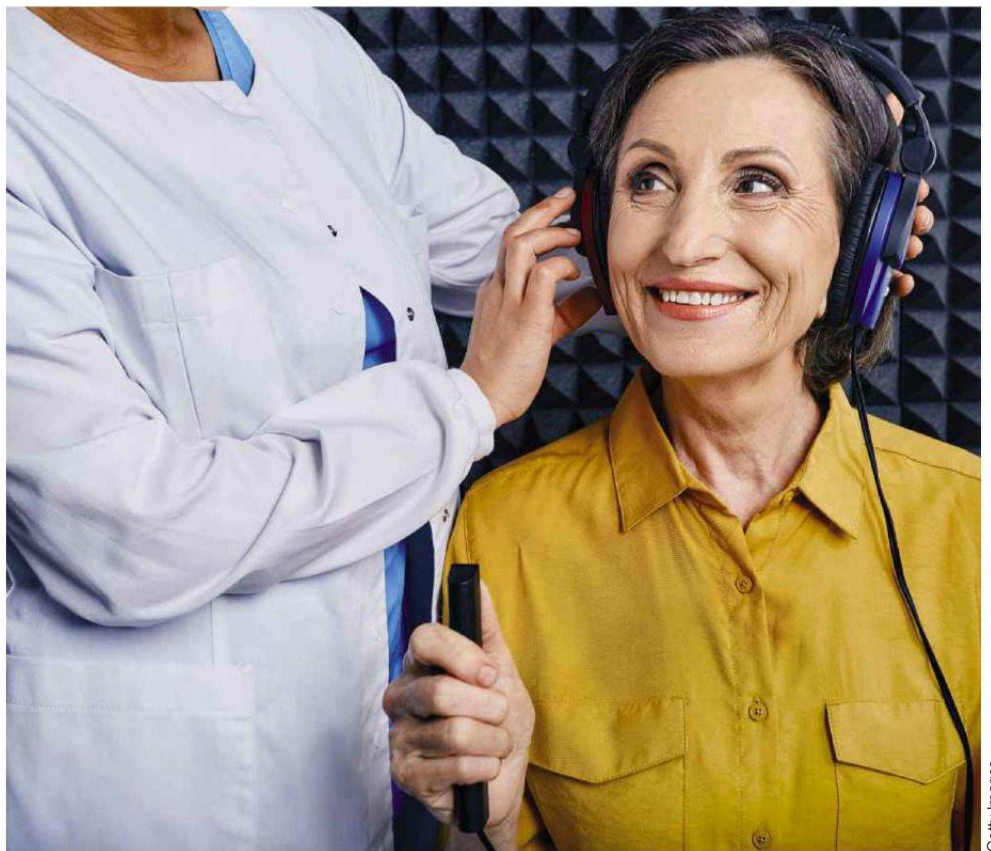
GOOD HEALTH

...continued from page 2

“Hearing loss can develop slowly over time and it may be difficult for the individual to notice those changes. Eliminate the doubt by getting a test so that you’ll fully understand the process, how to help it and furthermore enjoy the benefits of those most cherished moments in life. Too many people are in the dark on how simple yet important hearing health is to our daily lives. The average hearing test, explanation of, and prescriptive fitting of a hearing aid by a licensed specialist take 30 minutes. Not only does gradual hearing decline impact our physical health with links to Alzheimer’s, diabetes, heart conditions and more, it drastically takes away our ability to communicate. Don’t let something that can be helped so easily ruin your quality of life or health.”

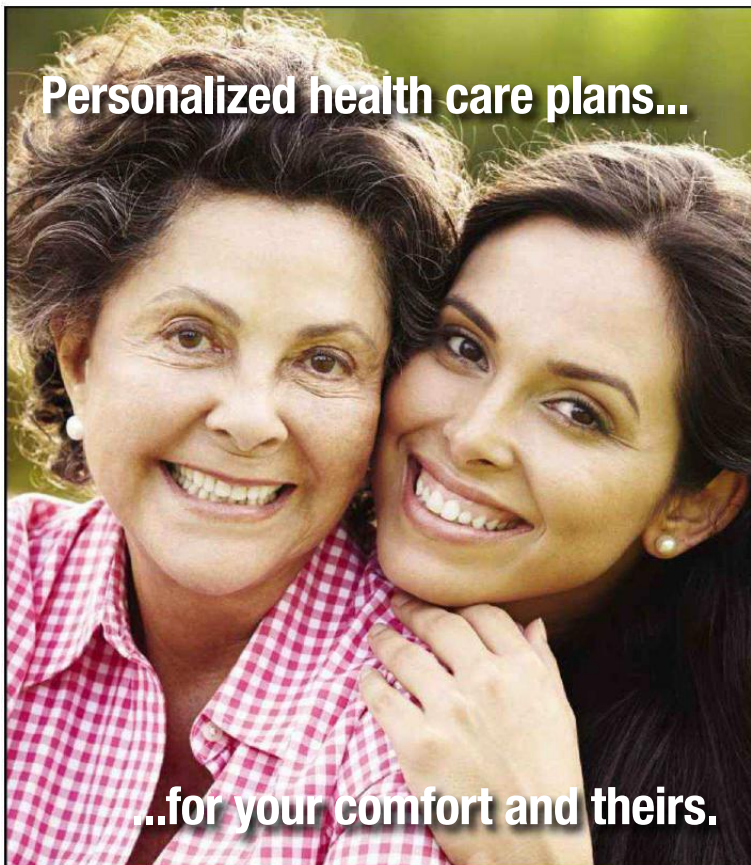
—Karl List, hearing instrument specialist at Miracle-Ear, which has Long Island locations in Bay Shore, Commack, East Patchogue, Garden City, Hicksville, Lake Grove, Lindenhurst and Riverhead

— Compiled by Valerie Kellogg



Getty Images

The news and editorial staff of Newsday had no role in the creation of this content.



Personalized health care plans...

...for your comfort and theirs.

What can you expect from AgeWell New York’s Medicare Advantage Prescription Drug Plans?



- ✓ \$0 monthly premium
- ✓ A large network of local doctors and clinics
- ✓ Personalized service from your dedicated care manager or wellness coach
- ✓ Extra benefits like: dental, vision, hearing, over-the counter (OTC) cards and more!

Call today for easy answers and expert enrollment help!

Toll Free 1-718-696-0216 • TTY/TDD 1-800-662-1220 • www.agewellnewyork.com

7 days a week from 8:00 am to 8:00 pm

You want them to age well. **We’re here to make it possible.**

AgeWell New York, LLC is an HMO/HMO D-SNP plan with Medicare and NY State Medicaid contracts. Enrollment in AgeWell New York, LLC depends on contract renewal. AgeWell New York complies with applicable Federal civil rights laws and does not discriminate on the basis of races, color, national origin, age, disability, or sex. AgeWell New York cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. H4922_23MAPDWBA_M Accepted 10102022