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HEALTH & WELLNESS

Enjoying
winter
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Snow Much Fun: Winter Walks with Poles, Pals, and Pizzazz!

BY HEDY SCHNELLER
ILLUMIA PRODUCTS

While basking in nature's glory might be a no-brainer when the sun's rays are like warm hugs, there's a special magic to embracing the winter wonderland that stretches over five months in our neck of the woods. Let's delve into the serene, stark beauty of winter walks and why venturing beyond the store parking lot is worth it.

1. Walking for Exercise: Poles, Please!

Move over, Olympic skiers; we've got our secret weapon – walking poles! Who needs a treadmill when you can become a walking snow ninja? With poles in hand, you're not just strolling; you're conquering the frozen tundra. It's like joining a winter gym, minus the awkward sauna encounters.

Walking outdoors in the winter isn't just a stroll; it's a fantastic way to burn calories, stay healthy, and enjoy the crisp air. Whether it's a leisurely walk around the neighborhood or a brisk pace through a local park, outdoor walking engages various muscles and helps improve cardiovascular fitness. It's a low-impact exercise that is gentle on the joints, making it accessible for people of different fitness levels.

To enhance the calorie-burning benefits of your winter walk, consider using walking poles. These handy tools provide extra support, improve balance especially when navigating uneven surfaces, and engage your upper body muscles. Walking poles turn your walk into

a full-body workout, targeting arms, shoulders, and core muscles. Plus, they add an element of fun to your stroll, making exercise feel more like an adventure. So, lace up those sneakers, grab your walking poles, and let the great outdoors become your fitness playground.

2. Walking for Vitamin D and Mood Boosting: Snowflakes and Smiles

Winter walks aren't just about avoiding the winter blues; they're about creating your own snow globe of happiness. The sun might be playing hide-and-seek, but the snow is here to help. It's like a disco ball for sunlight, turning your walk into a vitamin D dance party. Say goodbye to grumpiness; embrace the snow-induced serotonin surge.

Winter walks offer a natural boost of Vitamin D, a crucial nutrient that our bodies produce when exposed to sunlight. In the snowy landscape, sunlight reflects off the white snow, enhancing its impact. This process stimulates the production of Vitamin D, which plays a key role in mood stabilization by regulating serotonin levels. Serotonin, known as the “feel-good” neurotransmitter, contributes to improved mood, reduced stress, and an overall sense of well-being.

Studies also highlight Vitamin D's impact on cognitive function, emphasizing the importance of maintaining adequate levels for optimal mental health.

Incorporating regular winter walks into your routine can be a simple yet effective way to reap the mood-boosting benefits of sunlight, especially during the colder months. So, bundle up, step outside, and let the snowy scenery become your natural source of winter wellness.

3. Walking for Companionship: Join the Frosty Squad

Why go solo when you can have a winter walking posse? Start or join a walking group, where every step is a chance to gossip, laugh, and share frosty stories. We started our own walking group here, and let me tell you, it's more entertaining than a sitcom. Winter walks are not just about burning calories; they're about building snowball-worthy friendships.

Walking outdoors in the winter becomes even more invigorating when you consider the benefits of joining or starting a walking group. The winter months often bring a sense of isolation, with colder weather discouraging outdoor activities. However, forming

or joining a walking group is an excellent way to combat this isolation and boost those feel-good hormones.

Winter walks with a group not only provide companionship but also create a supportive environment. Sharing laughs, stories, and the joy of exploring the winter wonderland with others enhances the overall experience. Social interaction triggers the release of endorphins, those delightful feel-good hormones that lift spirits and reduce stress. So, consider lacing up your boots, inviting friends or neighbors, and turning your winter walks into a social celebration that not only warms the heart but also elevates your winter wellness. And who knows, your winter walking group might become the highlight of the season, adding a touch of warmth to the frosty air.

4. Walking to Get the Willies Out: Stir Crazy, Step Lively

Cabin fever knocking on your door? Time to show it the way out – with a winter walk! The fresh

air, the frosty wind – it's the ultimate cure for the willies. Don your comically oversized earmuffs and shake off the stir-craziness like a polar bear emerging from its den. Winter walks: where the only thing getting crazier is the weather.

Winter walks serve as the ultimate remedy for cabin fever, that feeling of restlessness and confinement that often accompanies the colder months. Instead of succumbing to the stir-craziness of indoor confinement, venture outside for a winter walk. The crisp air and the serene beauty of the snow-covered landscape act as a natural antidote, rejuvenating both body and mind.

5. Walking to Spot Animal Tracks, Bird Watching, and Fashion Face-offs

Turn your winter walk into a wild expedition! Decode the secret language of animal tracks, spy on our feathery friends, and, for added entertainment, marvel at the audacity of folks sporting shorts and tees in the winter. It's a triple-feature show: nature's whis-

pers, bird tweets, and a runway for winter fashion rebels. Who said winter can't be chic?

What makes winter walks even more appealing is their affordability. Unlike costly alternatives like a trip to the mall or store, walking doesn't require spending a penny. It's a budget-friendly escape from the confines of indoor spaces, offering a refreshing change of scenery without denting your wallet.

So, ditch the cabin fever, step outside, and let the winter wind blow away those stir-crazy woes. Your mental well-being will thank you, and your pocket will remain happily untouched.

Don't let the winter chill deter you; embrace the crisp air and snowy landscapes by dressing in multiple layers with moisture-wicking fabrics, insulated footwear, gloves, and a head cover as needed. Remember to hydrate!

Fear not the cold, but rather relish in the invigorating experience of outdoor walks. Don't forget the sunscreen to protect against winter sun exposure. Will I see you out there winter warriors?

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Garnet Health to host free Diabetes Prevention Program

Garnet Health is offering a free 12-month Diabetes Prevention Program (DPP) for qualified individuals. All classes are led by certified life coaches.

DPP is a scientifically proven and effective CDC-led lifestyle-enhancement program that can help prevent or delay Type 2 diabetes. It is designed to teach individuals how to make better food choices and increase physical activity.

It also provides helpful ways to stay motivated, manage stress and identify problems that can slow progress. Qualified participants will work together to achieve their goals, under the guidance of certified lifestyle coaches.

This in-person program will run for 16 sessions, beginning January 27. Sessions will be held from 3 to 4 p.m. at the Garnet Health Medical Center Outpatient Building, Conference Room 3B (707 East Main Street, Middletown, NY 10940.)

“The Diabetes Prevention Program at Garnet Health is research-based and proven to help prevent and delay the development of Type 2 diabetes. It effectively motivates and supports people with prediabetes to make practical, real-life changes, while reducing their risk of developing Type 2 diabetes by more than half.”

Shelly DeHaan
Director of Diabetes Counseling



Shelly DeHaan, MPA, RD, CDCES, CDN, CDTC, is the director of Garnet Health’s Diabetes and Nutrition Counseling Services.

“According to the Centers for Disease Control and Prevention, one out of three American adults has prediabetes — and most do not know it,” said Shelly DeHaan, MPA, RD, CDCES, CDN, CDTC, director of Garnet Health’s Diabetes and Nutrition Counseling Services. “The Diabetes Prevention Program at Garnet Health is research-based and proven to help prevent and delay the development of Type 2 diabetes. It effectively motivates and supports people with prediabetes to make practical, real-life changes, while reducing their risk of developing Type 2 diabetes by more than half.”

To be eligible for DPP, participants must:

- Be at least 18 years old.
- Be overweight (body mass index ≥ 25 ; ≥ 23 if Asian).

• Have no previous diagnosis of Type 1 or Type 2 diabetes.

Have either:

- A blood test result in the prediabetes range within the past year (hemoglobin A1C: 5.7%–6.4%);
- Fasting plasma glucose of 100–125 mg/dL;
- Two-hour plasma glucose (after a 75-gram glucose load) of 140–199 mg/dL; or
- A previous diagnosis of gestational diabetes or positive screening for prediabetes based on the CDC Prediabetes Screening Test.

To learn more about Garnet Health’s Diabetes Prevention Program, to register, or to see if you qualify, please call (845) 333-2705 or visit garnethealth.org/diabetesprevention.



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YOUR CARE. YOUR WAY.

Veterans need to prioritize self-care

BY MATT KLEMEN
Coordinator and Veteran
Peer Advocate of the
Joseph P. Dwyer Program for
Vet 2 Vet of Sullivan County

After having served their country, Veterans often face unique challenges that can significantly impact their mental and physical health. Transitioning from military to civilian life can be a daunting process, marked by the need to adapt to new norms, deal with the aftermath of service-related experiences, and navigate the complexities of everyday life. Amidst these challenges, the importance of self-care emerges as a crucial aspect of maintaining overall well-being.

Self-care encompasses a range of activities and practices that promote health and wellness. For Mindfulness, for instance, al-

lows Veterans to stay grounded in the present moment, reducing the overwhelming feelings associated with past traumas. Seeking therapy or support groups can also create a safe space for Veterans to share their experiences, fostering a sense of community and understanding.

Physical health is another critical component of self-care. Veterans often face physical ailments related to their service, including chronic pain, injuries or conditions exacerbated by the stresses of military life. Prioritizing physical self-care through regular exercise, a balanced diet, and adequate sleep can significantly improve overall health. Activities such as walking, swimming or participating in sports not only enhance physical fitness but also boost mood and energy levels. Moreover, engaging in social activities or group sports



METRO CREATIVE SERVICES PHOTO

Whether returning with or without physical injuries, most veterans need the benefits of self-care.

can help rebuild the camaraderie often felt during service, reinforcing connections that are vital for emotional support.

Self-care also involves establishing a routine that promotes stability and a sense of purpose.

Veterans may struggle with the transition to civilian life, feeling a loss of identity and direction. Developing a daily routine that includes time for self-reflection, hobbies and personal goals can help restore a sense of control.



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Whether it's pursuing education, volunteering or engaging in creative outlets, having goals fosters motivation and enhances self-worth.

Furthermore, self-care encourages Veterans to prioritize their needs without guilt. In military culture, the emphasis is often on duty and sacrifice, which can lead to neglecting personal well-being. Understanding that self-care is not selfish but rather a vital aspect of sustaining one's ability to support others is essential. By taking care of themselves, Veterans are better equipped to handle life's challenges and, in turn, support their families and communities.

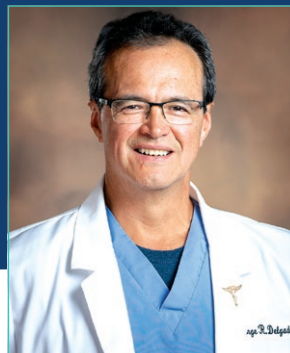
To assist Veterans with maintaining self-care, the Joseph P. Dwyer Vet 2 Vet of Sullivan County Program, along with Action Toward Independence, are offering the Living Well in the Community (LWC) program.

LWC is a program designed to support individuals with disabilities, chronic illnesses, or other

challenges to live independently and engage actively in their communities. This program often focuses on promoting health, wellness and social connections through various services and resources. Programs like this aim to empower individuals by fostering their independence and improving their quality of life within their communities.

For more information regarding our Living Well in the Community program, please visit us at www.atitoday.org. You may also email or call Matt Kleman, Coordinator and Veteran Peer Advocate of the Joseph P. Dwyer Program, at mkleman@atitoday.org or 845-794-4228.

By prioritizing self-care, Veterans can cultivate resilience, maintain their well-being, and ultimately lead fulfilling lives. As society continues to recognize the sacrifices made by Veterans, it is crucial to support and promote self-care initiatives that empower them to thrive beyond their service.



Dr. Jorge R. Delgado

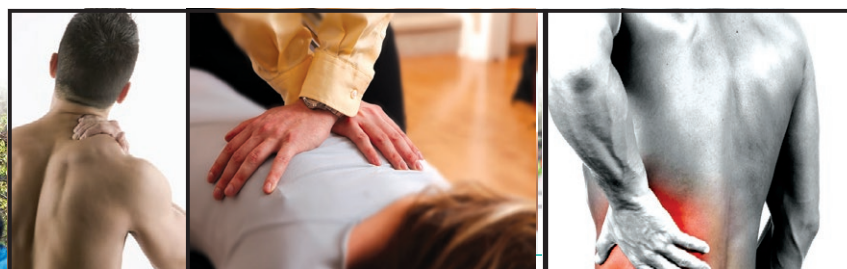
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Red Cross: Help prevent blood shortages in 2025 by giving blood or platelets now

The American Red Cross urges donors to make an appointment to give lifesaving blood or platelets in the new year to help keep the blood supply strong this winter. Type O negative blood donors and those giving platelets are especially urged to give now to keep critical blood products on the shelves for patients in need.

The start of the new year is one of the most challenging times to collect blood products as the threat of severe winter weather builds and can often lead to widespread blood drive cancellations. Additionally, an active cold and flu season may prevent people from keeping donation appointments as they rest and recover from illness. During National Blood Donor Month, the Red Cross celebrates those who generously roll up a sleeve to help save lives and urges those who are feeling well to make



METRO CREATIVE SERVICES PHOTO

and keep donation appointments to help the blood supply stay on track throughout the winter.

Don't sit on the sidelines – kick off 2025 with a blood or platelets donation. To book a time to give, visit RedCrossBlood.org, download the Red Cross Blood Donor App, or call 1-800-RED CROSS.

For the sixth year, the Red Cross and the National Football League (NFL) are partnering in January for National Blood Donor Month to invite football fans and blood donors to join our lifesaving team and score big for patients in need. As a special thank-you to donors for helping address the need for blood during the critical post-holiday time, those who come to give Jan. 1-26, 2025, will be automatically entered for a chance to win an exciting Super Bowl LIX giveaway. The trip includes access to day-of in-stadium pre-game activities, tickets to the

official Super Bowl Experience, round-trip airfare, three-night hotel accommodations (Feb. 7-10, 2025), plus a \$1,000 gift card for expenses. For full details, visit RedCrossBlood.org/SuperBowl.

Upcoming blood donation opportunities Jan. 10-26:

Lake Huntington

January 23: 1 p.m. - 6 p.m., Cochection Volunteer Ambulance, 70 County Road 116, Lake Huntington

Livingston Manor

January 16: 1 p.m. - 6 p.m., Livingston Manor Fire House, 93 Main Street, Livingston Manor

Rock Hill

January 23: 1 p.m. - 5:30 p.m., Rock Hill Firehouse, 61 Glen Wild Rd. Rock Hill



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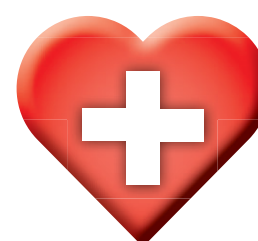
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Sullivan 180 announces 2025 grants

The 2025 Sullivan 180 grant programs are open, and the following applications are available: Beautification, School Beautification, Municipal Partnership and Community Development. Application deadlines, amounts and eligibility vary.

Beautification Grants support the creation and care of gardens and public spaces with an emphasis on youth engagement.

School Beautification Grants offer funding to transform school campuses into welcoming natural environments. This initiative supports projects that improve school grounds and entrances with gardens and trees and create or maintain outdoor gathering spaces, fostering a more inviting and inspiring atmosphere for students and staff.

Municipal Partnership Grants assist local governments with care of public spaces, support youth initiatives, and/or environmental

stewardship.

Community Development Grants support projects such as public art, community events, trail stewardship, pocket parks and other initiatives that implement placemaking tools and build healthy communities.

“Sullivan 180 focuses on engaging communities to address the social determinants of health, many which can be affected through our built and natural environments,” said Denise Frangipane, Sullivan 180 CEO. “Sullivan 180 grants provide resources for grassroots, volunteer and community driven efforts. These are the people and the places part of our mission to build a healthy community. All grants require that youth be engaged or impacted by the projects.”

For more information or to download applications, visit www.Sullivan180.org/grants-scholarships or call (845) 295-2680.

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Sullivan County Aktion Club continues to spread cheer

The Aktion Club of Sullivan County continues to remain active and spread cheer to many adults and children during the holiday season. They bought toys and games to present to the Sullivan County Sheriff's Department for distribution at the Calvary Church in Monticello to children in the area.

They also collected a large bag of gently used coats which will be delivered to the Federation for the Homeless. It's hard to determine who is more thrilled by these events - the Aktion Club members - or the recipients receiving them.


The Aktion Club is sponsored by the Monticello and Woodridge Kiwanis Clubs and is comprised of individuals with various degrees of disabilities who are affiliated with Arc the Greater Hudson Valley, New Hope Community and The Center for Discovery.



CONTRIBUTED PHOTO

Top: Toys and games at Calvary Church to be distributed to children by Mayah Romero, Pastor Marisol Romero and Sheriff's Sgt. Justin McFadden.

At left: Aktion Club members and advisors proudly displaying toys and games to be given to the Sheriff's Dept.



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Programs are supported by grants from the NYS Department of Health and the Center is a partnership between CCE Sullivan, Sullivan County Office for the Aging, and the Alzheimer's Association.

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'How to keep healthy this winter season'

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January 14, 2025 • Vol. CXXXV, No. 64

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Garnet Health announces recipients of 2024 Physician Awards



Dr. Glenn Green



Dr. Leslie Green



Dr. Yosh Patel



Dr. Joe Racanelli



Dr. Christian Spano



Dr. Khin Soe



Dr. Juan Goyzueta



Dr. Hal Teitelbaum

Garnet Health recently announced the recipients of their 2024 Physician Awards. Physicians were selected by the Medical Executive Committees of Garnet Health Medical Center and Garnet Health Medical Center – Catskills. Honorees were selected based on their commitment to their patients and community; each stood out in their respective fields as honorable physicians who go above and beyond for patient care.

“Garnet Health’s 2024 Physician Award honorees represent all that we stand for as a healthcare organization,” said Matthew Meigh, DO, President of Garnet Health’s Medical Staff. “On behalf of the Medical Executive Committees, we congratulate these eight honorees on their years of dedication, compassion and service to the communities we serve. We also thank all of our extremely talented physicians for consistently providing exceptional care to our patients.”

Here are the 2024 honorees:
Garnet Health Medical Center 2024 Lifetime Achievement Awards:
Glenn Green, MD, Ophthalmology

Dr. Glenn Green has been a cornerstone of retinal care in the region since 1985, preserving the vision of countless patients. Known for his expertise and thoughtfulness, he brings joy to his office team with daily coffee and treats. His lifetime of service is a true gift to the Hudson Valley.

Leslie Green, MD, Ophthalmology
 Since 1984, Dr. Leslie Green has

exemplified unwavering dedication to her patients, particularly in pediatric ophthalmology. Her constant availability and compassionate care embody the qualities of a lifelong provider devoted to improving lives.

Yoshvantria Patel, MD, Gastroenterology

Dr. Yoshvantria Patel has been the driving force behind Garnet Health’s endoscopy suite, with unmatched dedication. His commitment extends far beyond medicine, making a profound impact on the institution.

Garnet Health Medical Center 2024 Leadership Achievement Awards:
Joseph Racanelli, MD, Radiology

For three decades, Dr. Joseph Racanelli has been a pillar of Garnet Health’s radiology department. He has worked tirelessly to ensure comprehensive diagnostic imaging services and has expanded his expertise across multiple modalities, showcasing unparalleled dedication to the hospital and its patients.

Christian Spano, MD, Emergency Medicine

As Chair of Emergency Medicine and Director of the SIM Lab, Dr. Christian Spano has demonstrated extraordinary leadership and a passion for education. His calm and level-headed approach has earned the respect of staff and made him a guiding force in emergency care.

Khin Maung Soe, MD, Psychiatry

For over 30 years, Dr. Khin Maung Soe has provided compassionate

psychiatric care, building deep connections with his patients. His expertise in this vital specialty has profoundly benefited the community, demonstrating unmatched dedication and excellence.

Garnet Health Medical Center – Catskills 2024 Leadership Achievement Award:

Juan Goyzueta, MD, Nephrology

As the sole nephrologist serving Sullivan County, Dr. Juan Goyzueta has led with relentless commitment to his vulnerable patient population. His availability and empathy have set a standard of excellence, providing critical acute care and steadfast support to both patients and staff.

Garnet Health Lifetime Achievement Award:

Hal Teitelbaum, MD, Oncology

Dr. Hal Teitelbaum’s remarkable career spans more than four decades, during which he transformed healthcare in the Hudson Valley. From humble beginnings in a dental office to leading one of the state’s fastest-growing multispecialty practices, Dr. Teitelbaum had a vision to revolutionize patient care. He founded a robust primary care network and expanded specialist coverage to unparalleled levels. Beyond medicine, Dr. Teitelbaum earned an MBA and a JD, becoming President and CEO of Crystal Run Healthcare. Now retired, he continues to excel—this time as an accomplished bread baker and cyclist. His contributions to the field and community are truly extraordinary.

To learn more about Garnet Health, visit garnethealth.org.

2025 Caregiver and senior workshops from the Caregiver Resource Center

Every program at CCE Sullivan, no matter its subject focus, strives to improve the quality of life for residents in Sullivan County through educational resources and opportunities. For 2025, the Caregiver Resource Center and Cornell Cooperative Extension Sullivan County (CCESC) are excited to announce the following ongoing programs and workshops geared to support seniors and caregivers through the year:

Monthly Virtual Support Groups

Third Wednesdays, January 15th – December 17th, 6:00 PM – 7:00 PM

Designed for informal caregivers who assist an aging, ill, or disabled adult relative or friend, this virtual program is intended to provide support and offer new educational resources on how to provide care. Participants will have the opportunity to share feelings, frustrations, and practical ways of coping as well as meet other

caregivers who are in similar situations and can offer practical advice. Facilitation and resources will be provided by CCESC Team Leader and Caregiver Resource Center (CRC) Coordinator Nancy McGraw.

Wellness Initiative for Senior Education (WISE)

Mondays, January 27th - March 3rd 11:00 AM - 1:00 PM

Seniors aged 60 and older are invited to bring a friend and join for an opportunity to learn how to stay healthy and meet new people! This new series will offer six different lessons on various topics including the aging process, how to make healthy lifestyle choices, the benefits of this stage of life, and more! These sessions will be facilitated by CCE Sullivan's Prevention staff Martin Colavito and Erin Doherty.

Caregiver Café

First Mondays, February 3rd – June 2nd, 10:00 AM - 11:00 AM

Who can say no to breakfast? We can't! Breakfast will be provided at

no cost to attendees who take the opportunity to share their concerns and tips on managing stress, learn about dementia and Alzheimer's, and be provided with community resources. Additionally, speakers will be invited on occasion to share their expertise. These sessions will be facilitated by Nancy McGraw.

Parkinson's Support Group

Second Wednesdays, April 9th – November 12th, 4:00 PM - 5:30 PM

While there's no cure for Parkinson's disease, certain medications and lifestyle changes can help manage symptoms and improve overall quality of life. The Parkinson's Support Group will offer a place to connect with others and find resources available through the Caregiver Resource Center and Alzheimer's Association. These sessions will be facilitated by Nancy McGraw and CRC Volunteer Sally Abrams.

Tai Chi Tuesdays

Tuesdays, March 18th – May 6th, 11:00 AM - 12:00 PM

Drop in for Tai Chi Tuesdays, an

evidence-based gentle exercise and wellness program designed to improve strength, flexibility, balance, overall health, and to help prevent falls! This is a 1-hour class that will take place once a week for 8 weeks, beginning March 18th and ending May 6th. These sessions will be facilitated by Nancy McGraw.

Participation in these programs is free to all attendees! If interested in any of these opportunities, please visit <https://sullivanccce.org/events> to learn more and to register. Those with related questions can contact the CCESC office at (845) 292-6180 or sullivan@cornell.edu as well as the Caregiver Resource Center at (845) 292-6180 ext. 122 or sullivancrc@cornell.edu. Many more caregiver programs and events are to come, so stay tuned!

Cornell Cooperative Extension Sullivan County provides equal program and employment opportunities. The public can contact the office to request accommodations.

Marie K. Devore, D.M.D.




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Not just another resolution: This year, it's about real change

BY JANET KLEIN,
MS, RDN, CDN, CDCES, MBSCR,
GARNET HEALTH MEDICAL CENTER'S
BARIATRIC SURGERY AND OBESITY
MEDICINE PROGRAM DIRECTOR



Janet Klein

New Year's resolutions. For some, it can be the beginning of something exciting and new. A chance to start over or stop what doesn't bring joy. A time to take a chance and make necessary changes. Often, resolutions begin with the best of intentions—only to be left behind, forgotten or given up on before the calendar has flipped to February.

For many, the key to a successful resolution is to start small. When we decide "this is the year I am going to finally lose weight and get healthy," that promise can seem overwhelming, even daunting, especially if you are already dealing with health issues due to your added weight, such as prediabetes, Type 2 diabetes, chronic pain or high blood pressure.

So, how can you start small on your large journey to wellness? It takes one call to your healthcare provider. Losing weight is not easy, but when a team of healthcare professionals works with you, it can get a whole lot easier. For instance, the bariatric team at Garnet Health will partner with you to craft a personalized weight loss plan that can lead to long-term success. Garnet Health's experienced, compassionate bariatric surgeons and bariatric medicine providers in Orange and Sullivan counties offer evidence-based solutions that will help you reach your weight loss goals.

Being obese can impact your quality of life and lead to a variety of other health concerns. If left untreated, excess weight can contribute to chronic health conditions, such as:

- Arthritis and other joint issues
- Cancer
- Chronic pain and reduced mobility
- Type 2 diabetes
- Heart disease
- High blood pressure

- Mental illness or eating disorders
- Sleep apnea and other sleep disorders
- Stroke

Obesity can be caused by unhealthy habits, but genetics can lead to the disease as well. Understanding that there may be multiple causes for your excess weight is a key component to determining the most appropriate treatment for you—and just as important is knowing you are not alone. Having support, proper education and compassion ensures you will be on a successful path forward.

Receiving support from bariatric specialists does not automatically mean you need to have bariatric surgery. The term "bariatric" means "the medical treatment of obesity." Bariatric specialists will work with you to start at a pace that's realistic and healthy, depending on your body's specific needs. Bariatric weight management services at Garnet Health include:

- Bariatric surgeries, specializing in minimally invasive laparoscopic procedures such as gas-

- Bariatric surgery seminars and
- Bariatric banding, gastric bypass and sleeve gastrectomy

support groups

- A bariatric pre-operative education class
- The Weight Loss and Obesity Medicine Management (OMM) program at Garnet Health Medical Center, called A Healthy Weigh, which offers a multidisciplinary, collaborative approach to weight loss that involves non-surgical techniques (medical, behavioral, nutrition, exercise) to help you achieve a healthy body weight

- Individually designed dietary counseling, body-composition analysis and exercise programs

Let 2025 be the year you reach your health goals. Resolve to be kind to yourself. Be patient and take those small steps now that will lead to increased longevity as well as improvements in your well-being and overall quality of life.

Janet Klein, MS, RDN, CDN, CDCES, MBSCR, is the program director for Garnet Health Medical Center's Bariatric Surgery and Obesity Medicine Program. For more information about bariatrics at Garnet Health, call 845-333-2123.



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