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White Plains Hospital's dedication to the highest level of patient care and safety has earned it an "A" rating from The Leapfrog Group – making it the only hospital in Westchester County to earn this top rating.

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A MEMBER OF THE MONTEFIORE HEALTH SYSTEM

BROUGHT TO YOU BY WHITE PLAINS HOSPITAL

LET THE
SUN SHINE
on your
HEALTH THIS
SUMMER

+SUMMER
barbecue tips



Having fun and staying healthy **in the sun.**

White Plains Hospital experts have tips to keep you healthy and safe this summer. As you hit the beach, go on a trip, or simply enjoy the nice weather, keep these tips in mind – and see your physician for additional advice!

PASS THE SUNSCREEN



“As is the case with many serious medical conditions, early detection can be key to treating skin cancers and melanomas,” says Dr. Athena Kaporis, a board-certified dermatologist at WP Hospital Physician Associates. “Check your skin once a month for any new growths or unusual changes in the color and shape of your moles. And wear sunscreen with an SPF of at least 30 even on cloudy days if you’re going to be outdoors for long periods.”



THE BEST WAY TO CATCH SKIN CANCER EARLY IS TO GET A FULL BODY SCAN FROM A DERMATOLOGIST ONCE A YEAR.

FOOD FOR THOUGHT



“The key to a healthy weight is a balance between diet and exercise,” says WP Hospital Physician Associates Internist Dr. Jason Holdych. “Overindulging at a cookout may happen occasionally but be mindful of how many calories you are burning daily and try to consume less than that on average. Obesity can creep up on you and increases your risk of type 2 diabetes, heart disease, cancer, sleep apnea, and more,” he advises.



BEING OVERWEIGHT CAN AFFECT BLOOD PRESSURE. SCHEDULE AN ANNUAL CHECKUP TO STAY ON TOP OF YOUR HEALTH.

TIME TO BUG OFF!



Spring and summer are the height of tick season – those little nuisances are lurking on the tips of new grass, plants and shrubs looking for a host to latch on to. “Lyme Disease can take at least 36 hours to manifest itself, so careful body checks for ticks and bites are a good idea. Look out for a red rash with central clearing with the appearance of a bull’s-eye and if one appears - call your doctor,” offers Family Practitioner Dr. Christine Ashour from White Plains Hospital Physician Associates.



VISIT YOUR PHYSICIAN AFTER A TICK BITE. CERTAIN MEDICATIONS CAN HELP PREVENT INFECTION.

Prioritize your health and understand your risk factors. VISIT WPHOSPITAL.ORG/HEALTHMATTERS AND TAKE A HEALTH RISK ASSESSMENT



HEALTHY BARBECUES **is there such a thing?**

Dr. Michael R. Zuckman, Internal Medicine specialist at WP Hospital Physician Associates, advises: Barbecues by their very nature are meant to be fun - and if you’re only going to the occasional one, that’s where your focus should remain.



But if you’re like me, and you’re firing up the grill several times a week, there are a few things to keep in mind. As is usually advised, moderation is key; try to watch your intake of salt, fat and calories. Try not to add salt to food; too much can lead to high blood pressure and can be detrimental to those with heart disease. And fat can contribute to obesity and raise cholesterol levels that lead to clogged arteries.

You can still enjoy the cookout by choosing lean protein. Red meat is fine, and if you do go that route, try a cut that is low in fat, or consider a chicken or turkey burger. Eating your burger without a bun will help limit your carb intake, which might already be higher-than-usual depending on what side dishes are served.

Another option is to grill a nice piece of fish, which can make for a lighter meal during the hot months. (Be careful not to burn it, though!) You can also snack on vegetables and fruits; if they’re not likely to be present when visiting someone else, bring your own. You just might introduce others to a new family favorite!

My general rule of thumb – again, provided your barbecuing days are infrequent – is to try and not be too restrictive. I personally would rather see someone eat whatever they want and enjoy the meal being served than to be overly concerned with the health implications. However, it should be a celebration, not a habit!

My main takeaway? Enjoy getting together again with friends and family, following a long period of not being able to as often as we’d all like. Have a good time. And save room for a (small) dessert!

Visit wphospital.org/blog to read more healthy summer tips and recipes from our experts.

