

# Head to Toe Tips for a Healthier New Year

## EYES

You only have one pair of eyes, so be sure to protect them. Wear sunglasses. Take a break from computer or tablet screens, too. Be sure to get regular eye exams to monitor eye health and vision, especially if you have Diabetes. MedStar Eye Physicians in Charlotte Hall, Maryland, can help keep you seeing clearly. Call 301-290-5915.

## PULMONARY

Nothing like a breath of fresh air – unless you are having difficulty breathing. If you have COPD, take advantage of the special program offered at the Grace Anne Dorney Pulmonary & Cardiac Rehabilitation Center, or see one of our certified pulmonologists. We can help you breathe easy. Call 301-475-6065.

## SLEEP

It's hard to be at your best if you aren't getting enough sleep. The National Sleep Institute recommends seven to nine hours a night. Counting sheep not working? Get more ZZZZZs by spending a night with us in our Sleep Lab. Call 301-475-6399. *Physician referrals are required.*

## ORTHO

After sitting at a desk all week, you decide to catch up on your exercise with an intense weekend workout. Monday morning you find yourself limping into work. Exercising vigorously once a week or less increases your chance of injury. If you have an injury that is not improving, our orthopedic specialists can help. Call 240-434-7483.

## H2O

Since water makes up more than half of your body weight and helps you function properly, it's important to replenish throughout the day. Consider carrying around a water bottle while you're on the go, leaving one at your work station or in your purse. Choosing water over sugary drinks while eating out will save you a few calories and a few bucks!

## BRAIN HEALTH

Make use of today's tech savvy tools to challenge your brain with crossword puzzles or word games. The brain has 100 billion neurons so why not fire some up to learn a new language or to play a new instrument.

## BREAST HEALTH

Early detection can save your life. That's why self exams and routine mammograms are a must, especially for women older than 40 or who are at a high risk for developing breast cancer. For mammography, breast ultrasounds and many other diagnostic services, visit our imaging center designed exclusively for women. Call 240-434-7328.

## STRESS

Let's face it – who wouldn't want to remove the stress generated by a busy day? The playful "purr" or welcoming "ruff" of a pet companion may be the answer. Taking an extra long walk with your pet or simply stroking a cat or dog can release endorphins that calm the body and release tension. Don't have a pet? Get your fix at a pet store or by visiting a friend or family member who does.

## BONES

As we age, some bone loss is normal, but too much can lead to osteoporosis, especially for women who are at a higher risk for the disease. Let our Women's Health Specialty Physicians at St. Mary's provide you with bone density testing and orthopedic treatment. Stand tall against bone weakness and disease! Call 240-434-7483.

## FEET

Aim for 10,000 steps a day to keep healthy. Walking can relieve stress, lower blood pressure, protect your bones and much more. Looking for easy ways to add steps? Park further from an entrance, use the restroom on another floor and take the stairs to get there, or tour the mall's interior before stopping in a store. Just take it one step at a time.

