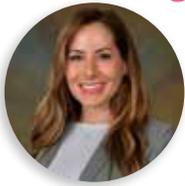


a healthy **NEW YEAR** *this fall*

summit strong

By Lauren Rosenblum, DO



For many people, especially those with kids, the New Year starts in September, not January. This time of year, I am reminded of the F. Scott Fitzgerald quote, “Life starts all over again when it gets crisp in the fall.”

Everyone is more lax in the summer, but September is a time to refocus. The kids are back in school and sports and activities have started up again. As you regroup this fall it is also the perfect time to recommit yourself to health and wellness. Here are some tips to get the family back on track.

Sleep Longer

More than 1 in every 3 adults does not get enough sleep. It is fine to push bedtime back in the summer, but make sure you clock back in at eight hours come fall. When you are sleep deprived you are more likely to get sick, be irritable, and have trouble concentrating at school or work.

Slow Down

September can be an overwhelming month. Children are often running from one activity to the next. Do not lose sight of family time. Growing up, we always had dinner together—it was our special time to take a deep breath and catch up.

Schedule Checkups

Your kids probably had a back-to-school physical already. But now that school and sports health forms are in it is time to shift the focus to mom and dad. Make an appointment for a routine checkup and schedule any overdue preventative screenings such as a skin check, colonoscopy, or mammogram.

Protect Yourself

Fall is the perfect time of year to take a family hike. My husband and I continue to lather up with sunscreen even when the

weather is cool. We also check regularly for ticks. Pay close attention to dark places including behind the ears, in the waistband, or near the hairline. If you find a tick in the skin, you can try to remove it by pulling upward with tweezers. Follow-up with your doctor if you cannot take out the entire tick or develop a rash.

Schedule a Flu Shot

It is recommended that everyone over 6 months of age receive the flu vaccine. The flu shot cannot give you the flu. However, it is possible to get the flu if you are exposed to a strain not covered by the vaccine. When this occurs, most cases are mild. See your doctor immediately if you develop flu-like symptoms, treatments are most effective within the first 72 hours.

Stay Ahead of Allergies

Most people with fall seasonal allergies start their medication over the summer before their symptoms begin. Keep up with your recommended treatment plan even if you are feeling better.

Family medicine specialist Lauren Rosenblum, DO, practices at Summit Medical Group's new primary care office at 47 Maple Street in Summit. As a family physician, she enjoys being able to treat both children and their parents. Her hobbies include traveling, hiking, and cooking with her husband.

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