

BDS Newsletter

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Eating During The Holidays

Amidst the excitement of traveling and meeting with family and friends, don't put off your medical appointments. Also, make sure to refill all of your medications. Enjoy time spent with family and friends, but make sure you don't get so busy that you skip medications.

Link:

<https://www.nch.org/news/keep-your-blood-pressure-in-check-during-the-holidays/#:~:text=If%20you%20have%20hypertension%2C%20avoid,eating%20anything%20that%20tastes%20salty.&text=If%20you%20can%20spice%20it%20up.>



Lower Cholesterol During Holidays

Do you You may be adding annual celebrations to your calendar this time of the year, and many of those gatherings include delicious foods. Holiday encourage events tend to encourage people to overindulge in holiday goodies that often are high in calories and fat. This is because some foods are only served during the holidays, and you want to experience the tastes and memories associated with holiday favorites. However, what you eat and drink affects your health. This includes your cholesterol and triglyceride levels. Link:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/follow-a-cholesterol-lowering-diet-during-the-holidays>

YOUR HOLIDAY GIFT



A study in the New England Journal of Medicine shows that the average American gains slightly under 1 pound during the holiday season. That might not sound like a lot, but studies also show that this weight is usually not lost once spring and summer roll around. Add that to the so-called “Quarantine 15” (the weight people say they have gained during the coronavirus pandemic) and this year the pounds could really add up.

Holiday Weight Gain

“Many people who generally manage their weight year-round may feel a lack of control over the holidays, especially after such a trying year,” says Jayne A. Lieb, MD, assistant professor of surgery at Columbia University Vagelos College of Physicians and Surgeons and a bariatric (weight-loss) surgeon at NewYork-Presbyterian Hudson Valley Hospital.

Link:

<https://www.cuimc.columbia.edu/news/8-tips-avoid-holiday-weight-gain>



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