

Living Our Healthiest Lives

Get to know some of the providers at CalvertHealth better with our new “Ask the Providers” series. We asked our providers to provide their top recommendations for just one thing to improve health.

ASK THE PROVIDERS

What Small Change Can Make a BIG IMPACT on Your Health?

Getting started is always the hardest part.

When it comes to improving our health, making small changes is a good way to build new habits – or get rid of unhealthy ones. Look for simple tweaks you can easily work into your daily lifestyle and build on your success.

Making too many changes at once can often leave us feeling overwhelmed. Taking things one step at a time is a good strategy for staying motivated and keeping us moving forward toward our goal of living our healthiest lives.





“ Drink more water.

The national average recommended daily intake (depending on source) is 80-120 ounces of water per day. Many patients admit to only drinking 30-50 ounces of water per day. Water has so many health benefits, including increasing satiety which aids in weight loss. Additionally, water aids in digestion, constipation, helps flush toxins from the bladder, and carries nutrients and oxygen to your cells. There are so many benefits to incorporating more water into daily life!

– **Kathleen Hyde, CRNP,**
CalvertHealth Primary Care



“ Stop drinking soda/ luxury drinks regularly.

Whether it is a regular or diet soda, a latte from Starbucks, an energy drink from Walmart, or a nightly cocktail or beer after work, these are extra, unnecessary calories that add up slowly (or sometimes quickly) over time. Make these drinks a “special treat” once or twice a month. By making this simple lifestyle change, not only will you save a significant amount of money, but you will feel better and probably lose a few pounds.

– **Dr. Ervind Bhogte,**
*CalvertHealth
General Surgery*



“ For smokers, the answer is easy: QUIT IMMEDIATELY.

Do whatever you have to do to be rid of tobacco. Quitting smoking is the single most important beneficial action anyone can take.

For nonsmokers, increase physical activity.

Supposedly, “sitting is the new smoking.” Modern American lifestyles are too sedentary. A simple daily walking program such as 30 to 45 minutes at a decent pace will do wonders for cardiovascular health, metabolism, weight control, and muscle tone and mass. And you’ll feel better.

– **Dr. Kenneth Abbott,**
*Medical Oncologist,
CalvertHealth Hematology
& Oncology*



“ Gradually replace drinks such as sodas, coffee, tea, and juice (especially any drinks containing sugar) with water.

This simple, small change can help in many areas of your health, especially your urologic health. Your bladder will thank you, and it is also a simple way to reduce the risk of diabetes and helps with weight loss. Several studies have shown that for every can of soda that you replace with water per day, you can expect to lose one pound every two to three weeks, or up to 15-20 pounds per year with one simple change.

– **Dr. John (Jack) Cooper,** *CalvertHealth Urology*



“ Get off the screens!

For kids, increased screen time has been associated with delayed language development, poor sleep, obesity, and behavior problems. Outside of screen time needed for school work, most kids should get less than two hours of screen time per day (this includes all screens - phone, TV, iPad, computer).

– **Dr. Monica Mehta,**
Mehta Pediatrics