

# **New York-Presbyterian** **Medical Group Hudson Valley**

Gastroenterology-Gastrointestinal Endoscopy  
Diseases of the Liver and Pancreas

## **RESOLUTIONS FOR DIGESTIVE HEALTH IN THE NEW YEAR!**

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The state of your digestive system can have a significant effect on your overall health. Since



many people make New Year's Resolutions this time of year, we're focusing on lifestyle changes that could have a major impact on your health. These are resolutions to keep in this New Year and beyond.

**Drink more water!** Staying hydrated is one of the best things you can do for your digestive health. Aim for 6 to 8 glasses of water each day and keep a water bottle with you when you're on the go.

**Eat more fiber.** Eat 5 servings of fruits and vegetables each day to keep your digestive system moving. Starting the day with a high fiber breakfast - such as oatmeal, fruits, nuts, and bran cereals - can go a long way toward regulating bowel movements (and controlling hunger!). If that seems impossible, ask your doctor about a fiber supplement.



**Slow down when eating.** Your digestion can be affected by how relaxed you are at meal times and how quickly you eat, just as much as what and you eat. Never rush at mealtime. Take the time to chew your food thoroughly.

**Get moving!** Regular exercise is good for your digestion, mood, and your overall health. Try to get some form of activity every day, even if it involves chores such as walking the dog. Signing up for an exercise or dance class is also a good idea and can be a great social activity also!



**Relax!**



Give yourself some "down time". It can be by meditation, or just taking some quiet time to breathe and clear our mind of all the day's hectic business. Stress can be a contributing factor to digestive issues.

**Stay on track with all of your necessary Health Screenings!** For example, you should have a colonoscopy if you're over 50; younger if personal or family history indicates, and your Health Care Provider can help you determine that. Colonoscopies have a high success rate in identifying colon cancer, which can save your life!

**So, what does this all mean to me?**



The bottom line is that by making a few changes, you can improve your digestion overall health. But chronic digestive

can be a sign of deeper health problems requiring attention. If you're experiencing frequent discomfort, pain, or bleeding, it's best to see your physician as soon as possible!

long-term  
and your  
issues

We want ALL our patients to have a Happy and Healthy New Year!

**[www.mydigestivehealthcenters.com](http://www.mydigestivehealthcenters.com)**

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