



Carolina's HealthCare System



## MANAGE YOUR HEALTH

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Your pediatrician is here to help you. So, please, feel free to ask questions during your well visits!

To make an appointment with Dr. Puri or another pediatrician, call 704-512-5185.



Reema Puri, MD  
Indian Trail Pediatrics

### ASK THE DOCTOR

## Get the Most from Newborn Visits

WHAT ARE THE TOP THREE THINGS YOU WANT BRAND-NEW PARENTS TO TAKE AWAY FROM THEIR FIRST FEW VISITS WITH THE PEDIATRICIAN?

Arming yourself with the right questions at your

baby's newborn appointments with the pediatrician is more challenging than you might think. New-parent fatigue alone can interfere with your ability to think fast during those all-too-important first visits. Let's go straight to the source for tips on

making your newborn visits count.

#### 1. SLEEP

Newborn babies should sleep two to three hours at a time. For their safety, they should lie on their backs in a crib or bassinet.

#### 2. FEEDING

Newborn babies should eat every two to three hours.

Breastfeeding is best. In cases where breastfeeding is not possible, formula is an excellent nutritional option.

#### 3. VOIDING/STOOLING

Newborn babies should void and stool multiple times a day. If they are not doing so, this can be an indication of inadequate nutrition.



Ben Horton, MD  
Union OB/GYN

### WOMEN'S HEALTH

## Managing Your Wellness in Mid-Life

At about the same time you begin looking for reading

glasses to see the menu at your favorite restaurant, it occurs to you that you may be creeping up on the life stage that used to be referred to as "middle aged." If you prefer to believe 60 is the new 40 – and why shouldn't you? – then you're not hung up on the labels of aging. But the reality for women in their mid-40s and beyond is this: there are health and wellness issues best met eyes wide open. Reading glasses and all.

#### HEART SMART

While cancer is the leading cause of death for women from 35 to 60, once women reach 65, heart disease takes over as the lead killer. Like the other muscles in your body, working your heart regularly

through exercise is paramount to keeping it in top form.

#### JOINT EFFORT

Those faint popping noises you hear as you hustle up the steps come with the territory of aging. But, the more active you are, the less likely those slight pops and creaks will turn into aches and pains.

Regular exercise will keep you feeling good and help you avoid muscle and joint aches. Exercise has been shown to increase energy, improve the quality of sleep and, of course, help maintain a healthy weight. A good target is 150 minutes of moderate aerobic activity a week, like brisk walking. It is also important to do strength training exercises at least twice a week. Consult your doctor

before beginning any new type of exercise program.

#### PELVIC

There are several pelvic conditions that are of concern for women as they age, including:

- **Abnormally heavy menstrual periods** (also called menorrhagia).
- **Uterine fibroids** (benign tumors made of muscle and connective tissue in the uterus).
- **Stress urinary incontinence** (urine leakage during physical acts, such as coughing or sneezing).
- **Pelvic organ prolapse** (the drooping of pelvic floor organs, including the bladder, uterus, vagina, small bowel and rectum).

Many times, women don't report these conditions to their doctor or seek treatment because they may be embarrassed. But, there are ways to manage

many of these conditions, so it's important to discuss any concerns with your doctor.

"Quite often, I have seen patients suffer in silence with conditions that are easily treated with either a simple procedure or a non-surgical option," says Ben Horton, MD, with Union OB/GYN, part of Carolina's HealthCare System. "I always specifically question my patients about these frequently unreported symptoms during routine health maintenance visits. My patients are pleasantly surprised with the options that we offer for treatment and grateful at the improvement in quality of life seen after successful treatment."

To make an appointment with Dr. Horton or another OB/GYN or primary care physician, call 704-512-5185.