



YOUR RESOURCE FOR A HEALTHY LIFESTYLE

NEWSLETTER



**SHOW YOUR BODY
SOME LOVE**

INSIDE:

- How To Improve Your Immune System
- Upcoming Workshops
- Check It! Challenge



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NEWSLETTER

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HOW TO IMPROVE YOUR IMMUNE SYSTEM

Are you interested in doing what you can to improve your immune system and overall health? Do you wonder why everyone seems to recommend diet and exercise for your well-being? At Trilogy Physical Therapy, our physical therapy team can help you implement strategies that not only help you heal better but protect you from future health issues!

Making healthy choices, such as eating right and staying active, will help you recover from injury and protect your body from illness.

If you're interested in strengthening your immune system, request an appointment at Trilogy Physical Therapy today. We will provide you with individualized exercise programs and relevant nutritional advice based on your specific needs.

HOW DOES THE IMMUNE SYSTEM WORK?

Our immune system defends against disease and foreign substances (i.e., germs, bacteria, and viruses). The immune system is our body's defense against infections and helps keep us healthy.

THE THREE PRIMARY FUNCTIONS OF THE IMMUNE SYSTEM INCLUDE:

1. Fighting disease-causing germs (pathogens) like bacteria, viruses, parasites, or fungi and removing them from the body.
2. Recognizing and neutralizing harmful substances from the environment.
3. Fight disease-causing changes in the body, such as cancer cells.

Our body depends on a combination of many lifestyle factors to fight off infection and disease. These factors include:

- Nutrition
- Exercise
- Sleep habits
- Stress levels
- Whether you smoke and/or drink alcohol



Call one of our 7 convenient locations TODAY to schedule your return appointment!

WHAT IS PROPER NUTRITION?

All the cells in your body require certain nutrients to function correctly. These nutrients are found in the foods we eat. The foods we eat contain the vitamins that improve immune health by working as antioxidants and protecting healthy cells to ward off diseases and illness.

Our physical therapists can help you craft a diet that is rich in vitamins and nutrients that supports your health. One of the most researched diets that support our immune system is the Mediterranean Diet.

The emphasis of the Mediterranean Diet is plant-based. Whole grains and lean meats are also important attributes of this diet, and fish are rich in Omega-3 fatty acids. Healthy fats like olive oils and nuts are also emphasized. We recommend avoiding foods that interfere with your health, like processed foods, sugary food, and fried foods. These types of foods can result in chronic inflammation and take an overwhelming toll on your immune system and its ability to function correctly.

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain while improving your immune system function.

HOW DOES EXERCISING HELP THE IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to care for your immune system proactively. Your entire body, including your immune system, functions better when supported with regular physical activity/exercise.

Anti-inflammatory cells are released during and after physical exercise, and cell recruitment to defend the body is activated. This results in a lower incidence and intensity of symptoms for infections. It also leads to improved response and repair of damaged tissues.

Physical activity is vital for lifelong health and immune system function. It is increasingly clear that combining nutrition and physical activity has significant positive health consequences and boosts the immune system. Our team can help guide you through rehabilitation and improve overall health and well-being.

REQUEST AN APPOINTMENT AT TRILOGY PT TODAY!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387071/> • <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.593903/full> • <https://www.sciencedirect.com/science/article/pii/S2095254618301005> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6072551/> • <https://www.frontiersin.org/articles/10.3389/fpsyg.2021.751374/full>

CHECK IT! CHALLENGE

Have you heard about the Check it! Challenge? This is modeled after Check, Change, and Control: A four month long evidence based program that couples health lessons with bi-monthly blood pressure readings. It runs from February through May, coinciding with World Hypertension Day on May 17th. The goal is to lower systolic (top number) blood pressure by an average of 10mmHg among all participants with high blood pressure.

Did you know: 1 in 3 New Yorkers are diagnosed with high blood pressure and even more are unaware? Please consider taking part in our Check it! Challenge at our Trilogy sites. A staff member will give you a log sheet to have your blood pressure checked weekly

There will also be monthly themes and health topics. Some examples include: cooking demos, heart healthy recipe swaps, heart walks, meditation demos, stress management, CPR educational sessions, etc. Individuals can register at www.heart.org/checkitNY to be able to get support, monthly content, view webinars, etc. It is never too late to live a happy and healthy life. Let's do this together!



BOOK YOUR APPOINTMENT

Are you in need of one of our physical therapy services? Scan the QR code now to book your appointment at the location closest to you!



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World Lymphedema Day[®] March 6



The Peace Bridge will be lit up on March 6th in honor of World Lymphedema Day, be sure to check it out!

In 2016, the Lymphatic Education & Research Network (LE&RN) petitioned the U.S. Senate and governments around the world for recognition of lymphedema and lymphatic diseases. In response, the U.S. Senate passed a bill establishing March 6 as World Lymphedema Day. The goal is to make lymphedema and lymphatic diseases a global priority, to engage governments and researchers to dedicate themselves to finding advanced treatments and cures, and to address the incredible psycho-social burden of those with lymphedema and lymphatic diseases.

Lymphedema is a chronic lymphatic disease that results in disfiguring swelling in one or more parts of the body. It is an abnormal build up of fluid in the tissues under the skin. It can be hereditary (Primary Lymphedema) or it can occur after a surgical procedure, infection, radiation or other physical trauma (Secondary Lymphedema). Currently there is no cure. But the golden standard of care is Complete Decongestive Therapy which involves manual lymphatic drainage, exercise, skin care and compression. Self management such as keeping a healthy weight, educating oneself about the condition, reaching out to other patients, knowing the signs and symptoms of an infection and being proactive can help with living with a chronic condition.

If you or someone you know is suffering from Lymphedema or would like more information, contact our Certified Lymphedema Therapist, Dr. Donna Gulick, PT, DPT, CLT at Donna@orthosportspt.com.

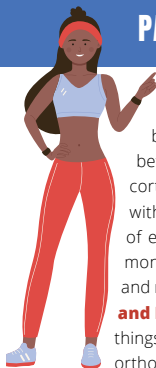
WE NEED YOUR HELP!

Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story.

Your 5-star review helps us to change more people's lives! THANK YOU for your support!



PATIENT SUCCESS SPOTLIGHT



"My wrist had been bothering me for some time, and so I went to an orthopedic doctor who put it in a brace. The brace was on much too long and my wrist was worse, not better. The only other option that the doctor gave me was a corticosteroid injection (in my wrist? - No thanks!) I struggled with the pain, being my right wrist it was difficult because of everything you do with your hands. After struggling for months, I finally talked to a co-worker who had gone to Craig and raved about him. **Within 6 weeks the pain was gone and I have full range-of-motion.** I cannot say enough nice things about him. Would recommend to anyone to try BEFORE orthopedic doctor!" — C.W.

UPCOMING WORKSHOPS

AT OUR CLARENCE CLINIC

KNEE PAIN

Monday, Feb. 13th, @ 6:00 PM

SHOULDER PAIN

Thursday, Mar. 16th @ 6:00 PM

Call 716.503.2320 to reserve your spot now! Hurry there is a limited number of spots for these workshops available.



mytrilogy.org