Doctor’s Advice: October is here

The month of October brings warm days, cool nights, and changing leaves with Halloween around the corner. The world is a different place this October, especially with the COVID-19 pandemic. As has been said over and over again, we all need to remember to practice social distancing, continue proper hand washing, and wear a mask as part of our daily routine. Children from 3 years and up need to wear a mask by modeling their parent’s behavior. Keep active by safely going out for a walk or by exercising at home. Get enough sleep, stay hydrated and eat properly.

It is likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine is more important than ever. While getting a flu vaccination will not protect against COVID-19, there are many important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

There are many noteworthy health awareness topics in October. Here are some of them.

Breast cancer awareness is the perfect time to reflect on the ways women can play an active role in their breast health. With early detection, a woman’s survival rate goes up. Not counting some kinds of skin cancer, breast cancer in the United States is the most common
cancer in women, no matter your race or ethnicity. To learn more about breast cancer, talk to your health care provider.

Sudden infant death syndrome (SIDS) awareness highlights resources to help parents and health care professionals reduce the risk of SIDS which is the leading cause of death among infants between 1 month and 1 year of age. SIDS rates have declined considerably from 1990 to 2018. 

World Mental Health Day is observed on October 10th every year. The COVID-19 pandemic can be stressful for all of us. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Social distancing may make people feel isolated and lonely which may increase stress and anxiety. If you or someone you know is depressed, contact your doctor.

Trying to enjoy Autumn during the Covid-19 pandemic may make us feel a growing urge to return to the good old days since we have not previously experienced anything like this. We must remember that we are living in a totally different time when it comes to work and personal safety. We all need to remember that the decisions we make do not just affect us; they affect everyone. What we do now can directly impact what our lives will look like in the winter and spring. Let us use this time to make our future months as healthy and safe as possible.

Enjoy a Happy, Healthy and Safe Autumn.

*The natural healing force within each one of us is the greatest force in getting well.*

– Hippocrates

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