Seasonal Affective Disorder (SAD)

November 2026

WHAT IS SAD?

As the season shift, many people notice changes. These are changes in their energy, motivation and mood. Shorter Days, reduced sunlight and colder weather can influence emotional well-being in ways that are difficult to control. For some these are mild and temporary. For others, they many signal a more significant condition known as Seasonal Affective Disorder (SAD).

Why seasonal changes affect the brain

Sunlight plays a crucial role in regulating several biological systems that influence:

- Serotonin Levels-affects mood stability
- Melatonin-impacts sleep cycles
- Ciracadian –body's internal clock.

When daylight hours decrease serotonin levels drop and melatonin production may increase. This shift may lead to fatigue, low motivation and increased sleep.

Common Symptoms of Seasonal Mood disorder

- Nutritional stability
- Persistent low mood
- Loss of interest in activities
- Increased sleep or difficulty waking
- Cravings for carbohydrates
- Weight fluctuations
- Difficulty concentrating
- Heightened anxiety

The above symptoms can be mild or acute and often reoccur each fall. Some individuals also experience seasonal anxiety particularly around holidays such as Christmas.

Helpful suggestions to alleviate symptoms

- Maintaining consistent routines
- Light exposure; outdoors or light therapy
- Physical activity- increase or maintain your routine

Please check with your medical professional for the most current information and treatment modalities. These articles are for general information only.

- Sleep consistency
- Social engagement
- Nutritional stability

Seasonal depression is treatable and early intervention often leads to better outcomes. Speak to your doctor about treatment modalities

Fall Prevention Tips

September 2026

Effective fall prevention for older adults includes reviewing medications, doing strength and balance exercises like tai chi, improving home safety with grab bars and good lighting, and have regular vision checks. These measures reduce fall risk and help maintain independence.

Key strategies for fall prevention

1.Review medications

- Have a doctor or pharmacist review all prescriptions and over the counter medications.
- Sedatives, antihistamines, and some antidepressants may increase fall risk.

2. Strength and balance exercises

- Activities such as walking, strength training, water workouts and tai chi improve flexibility, and coordination.
- Tai chi is specially recommended by the CDC.

3. Vision and health checks

- Get annual eye exams
- Discuss dizziness, joint pain, numbness or gait issues with a health care provider.

4. Home safety improvements

- Remove tripping hazard (loose rugs, clutter).
- Install grabs in bathrooms and railings on stairs.
- Increase lighting throughout the house

5. Footwear

- Wear well -fitting, nonslip shoes, avoid high heel and loose slippers.

6. Screen for osteoporosis

- Get screened for and treated as needed
- Include home safety check lists, medication risk guides and balance exercises.

Why fall prevention matters

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- Falls are the leading cause of injury death for adults 65+
- In 2021, nearly 3 million E.R. visits were due to older adult falls

Tips For Summer Health and Safety

July 2026

Caring for your skin during the summer is a critical part of staying healthy when the weather beckons us outside.

Stay Hydrated:

The care of body and skin starts with making sure your body is well hydrated. Skin hydration can be measured by the "skin pinch test" where quickly recoiling indicated good hydration. As we age, the brain's thirst center declines so it is important to drink more because we do not desire fluids.

- Signs of dehydration include thirst, dry mouth, dizziness, fatigue and headache.
- Dehydration can result from excessive sun exposure, too much alcohol, sweating.
- Avoid caffeinated drinks and alcohol when exposed to extreme sun or heat conditions.
- Heat exhaustion occurs when you have heavy sweating, dizziness, nausea, headache and muscle cramps.

Sun Burn:

Sooth post sun damage by washing off salt water and sweat immediately. If your skin burns, calm with Aloe Vera or a cooling moisturizer.

- Signs of sunburn include inflamed skin, tenderness, nausea, headache or chills
- Sun poisoning is extreme sunburn that affects the entire body including flu-like systems.
- Sunstroke occurs when your body temperature is above 104 degrees. Loss of consciousness is possible. Get immediate medical attention.

Light Clothing:

Summer skin care recommended by dermatologists is all about wearing light weight textured clothing, heavy duty skin protection and consistent hydration.

Skin Protection:

Sun screen is nonnegotiable. Apply a broad spectrum STF 30 or higher every morning. Reapply every two hours if you are doing outdoor gardening, swimming, golfing or sweating. And don't forget a hat.

Vitamin C:

Boast your glow with antioxidants, apply vitamin C in the morning to protect against environment free radical damage.

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