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SPONSOR CONTENT | Health and Wellness




Doctor's Advice

How to stay healthy this winter from a sore throat to dry, itchy skin.

Sore throats are usually caused by viral infections. Wear a scarf to keep your face covered outside. If you do get a sore throat, gargling with salt water can help with relief.

Asthma can be triggered by cold air. Be cautious about going indoors on cold days. Cover your mouth with a scarf or inhalers close by.

Heart attacks can increase in winter because the cold can increase your blood pressure, putting strain on the heart. Indoors, keep your main rooms heated, use extra blankets or layers of clothing as needed, and dress warm when you go out.

Dry skin can get worse when it's cold. Moisturize more than usual, especially after taking a bath or shower. Wear gloves and scarves when outside to cover exposed skin.

Arthritis can feel worse during the winter, but there isn't evidence that cold weather makes arthritis worse. If you think your arthritis pain is worse, try increasing your physical activity levels. Immobility can make pain worse.

Colds and the flu are common. Wash your hands frequently, avoid touching your nose, mouth, and eyes, and avoid people who are already sick. Remember to get your flu shot also.

Staying Healthy This Winter

225 words

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Financial Advice

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➔ For more information, contact your *Rhode Island Monthly* marketing consultant or Kieran Keating, associate publisher/sales, at 401-649-4888 or kkeating@rimonthly.com