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 DR. MICHAEL CALDWELL
 TO YOUR HEALTH

Rail trails can build healthier lifestyle

Have you discovered the Dutchess Rail Trail yet?

Thousands of people have enjoyed this recreational gem, with the trail's popularity soaring since the opening of Phase III linking more than eight miles of trail through LaGrange and Wappinger and connecting to East Fishkill.

The Dutchess Rail Trail is a 12-mile linear park running through the middle of the county along the former Maybrook Rail corridor through the towns of Poughkeepsie, LaGrange, Wappinger and East Fishkill. When Phase IV is completed, including a massive bridge spanning over Route 55, the Wappinger Creek and Old Manchester Road, the Dutchess Rail Trail will extend without interruption from Morgan Lake in Poughkeepsie to the Hopewell Depot in East Fishkill. Construction for Phase IV is slated to begin in 2012.

Users have already enjoyed the completed phases of the Dutchess Rail Trail, taking advantage of the opportunity to walk, run, cycle, in-line-skate and more.

Did you know the American Heart Association has designated the Dutchess Rail Trail as one of its Start! Walking Paths?

The designation identifies safe outdoor environments where people can walk and begin developing a healthier lifestyle. The Dutchess Rail Trail is the perfect place to join friends and family and start walking toward a healthier body!

Not only is the Rail Trail a physical activity and therapeutic resource, but also an educational one, with 15 signs containing information about the water crossings along the trail, the towns the trail passes through, the Central Dutchess Water Transmission Line that runs beneath the trail, the wildlife and ecology commonly found along the trail, as well as history of the original Maybrook Railroad Line. So exercise your mind as well as your body while out on the Dutchess Rail Trail!

While the trail may seem to be a land all its own, a tranquil setting to get away from the busy world for a little while, you will never have to fret about being too far away from help.

In fact, you can enjoy the trail with confidence, knowing in the unlikely event of an emergency, Dutchess County 911 public safety dispatchers will be able to identify your location using the GPS technology in your cellphone. The entire trail was recently digitally mapped and loaded in the Computer Aided Dispatch software our

See CALDWELL, 2E

Right: Filomena Fanelli with her daughters Siena, 11 weeks, and Emilia, 5. Siena was born using natural childbirth after Filomena's experience with traditional childbirth during the birth of Emilia.

 DANIEL TIMOLDI/
 THE POUGHKEEPSIE
 JOURNAL

WHAT TO CONSIDER

When choosing a childbirth class and educator consider:

» What method of childbirth education is taught?

» Is the instructor certified?

» What topics are covered?

» Are relaxation and breathing techniques taught?

» What is the instructor's philosophy toward pregnancy and birth?

» Does the class help participants create their own birth plans?

» How big is the class? (Smaller classes, with fewer than 10 couples, are ideal.)

» Will the environment be welcoming and comfortable regardless of whether your childbirth partner is your spouse, partner, relative or friend?

» What is the class style: Lecture or participatory?

» Are the time, length and location convenient?

» How much does the class cost?

Source:
 International Childbirth Association of America,
 www.icea.org/
 content/choosing-educator-or-doula



DRUG-FREE CHILDBIRTH A NATURAL OPTION

'I left in awe of the process,' says mom who made choice

By Karen Maserjian Shan
 For the Poughkeepsie Journal

The birth of Filomena Fanelli's first daughter was quick and easy. "I never even felt a contraction," the Poughkeepsie resident said.

Even so, Fanelli's doctor had administered Pitocin to her during labor, a drug commonly used to intensify labor contractions. Her doctor then alleviated the resulting increase in pain by giving Fanelli an epidural anesthesia, a medication often used during labor to reduce pain. Twelve hours later, daughter,

INSIDE

The pros and cons of anesthesia; where to find childbirth classes, 4E

Emilia, now 5, was born without incident to a happy and satisfied Fanelli.

Because the experience went well, Fanelli didn't think much about altering her childbirth plan when she became pregnant again last year.

Then her friend, Stephanie DeRose of Wappingers Falls, asked

Fanelli why she accepted Pitocin and an epidural as she labored with Emilia's birth.

Fanelli explained she had followed her doctor's plan.

DeRose, a childbirth educator in The Bradley Method of natural childbirth, told Fanelli she had other options, including experiencing childbirth without the use of drugs.

DeRose's words stirred Fanelli. "Even though I had a pain-free first birth, I felt like I missed a rite of passage," she said. This time,

See BIRTH, 4E

Get more from your farmers market visit

Going to a farmers market is romantic and inspirational, especially if you're a foodie, but even if you're not, it still has many pluses. Here are a few tips to get more from your next farmers market shopping spree.

Find a farmers market: Are you looking for a market? The U.S. Department of Agriculture has a fantastic search engine with


 CHARLES STUART PLATKIN
 THE DIET DETECTIVE

more than 4,000 listings. Go to <http://search.ams.usda.gov/farmersmarkets/>

The site allows you to search anywhere in the country for farmers markets in your area. It also lets you search by specifics, such as products (baked goods, cheese, fish, fresh fruit, nuts, plants, honeys, jams, soaps, etc.), and even by payment methods accepted. You can also check out LocalHarvest.org.

Eat fresh and local: Buying at

a farmers market ensures that you are eating the freshest foods, and that you are choosing locally grown. To find out what fruits and vegetables are in season, check www.fruitsandveggiesmoreoften.org/?page_id=674.

When you're deciding what to prepare for dinner look online and find recipes that use the fruits and vegetables in season. Here are some websites with recipes.

» Allrecipes.com, a Reader's Digest Association (RDA) brand.

» Myrecipes.com: Has recipes from magazines and cookbooks you love and trust, including Cooking Light, Southern Living, Sunset, Coastal Living, Real Simple and Health.

» Food Network (www.foodnetwork.com): Click on the Healthy Eating tab on the top navigation bar.

» EatingWell (www.eatingwell.com): A Vermont-based website and magazine.

» Epicurious.com: Go to the Recipes & Menus tab and select Healthy.

Look for phone apps for these sites as well. If you're at the market and see a veggie you would like to try in a recipe, just plug it into the app on the spot and come up with recipes.

Go early: Get the pick of the crop. The best and freshest foods go first — so get an early start.

Talk it up: Get to know the farmers. Ask them what is the best of the seasonal produce that week and how to prepare it. Farmers are foodies and many will have great recipes and tips, says Kath-

See PLATKIN, 2E



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PLATKIN: Make best choices at market

Continued from 1E

leen Hiraga, president and founder of Organics Rx (www.organicsrx.com).

Find out who grew it: The idea of going to a farmers market is to buy locally grown, fresh-picked produce. However, Calvin Finch, Ph.D., a master gardener and the project director of regional initiatives and special projects for the San Antonio Water System, suggests that some vendors may have purchased the produce they're selling from a wholesaler rather than growing it themselves. According to Tim Lymberopoulos, owner and founder of Fooducopia.com, some vendors bring produce grown in

neighboring states and/or countries. Locally grown produce is fresher, tastes better and can contain more flavor and nutrition because it is ripened on the plant. Do a little due diligence by asking where the produce was grown and what's in season.

Fresh picked: "Some fruits and vegetables, like sweet corn and peas, quickly begin to lose their sugars within a day or two of harvest," Finch says. Be sure to ask the farmer when the produce he's selling was actually harvested.

Bring cash: Not all farmers take credit cards. Make sure to visit an ATM or call and find out ahead of time.

Go for quality, not beauty: According to Terra

Wellington, author of "The Mom's Guide to Growing Your Family Green" (St. Martin's Press), you need to go for quality, not necessarily beauty, at the farmers market.

If the product looks decent and comes from an organic farm that consistently gives you great product and taste, that is the grower you should support.

We have been trained by vegetable and fruit associations to think that the perfect tomato looks a certain way. But if you've ever tried an ugly heirloom tomato, you know that it will be the best tomato you've eaten in years.

Be community-minded: Talk to the person standing

next to you. You'll be surprised at what you can learn simply by asking a question, making a comment or offering a smile.

"Farmers markets create a great opportunity for community mindedness. You can learn a lot by striking up a conversation with a person nearby, such as new recipes, ideas, shopping tips, new fruits and vegetables to sample. The list is endless," says Michael Hurwitz, director of the Greenmarket Program in New York City (www.grownyc.org/greenmarket).

Try something new: "Farmers markets carry hundreds of varieties of fruits and vegetables that are not available in supermarkets, so don't be afraid to

ask. Farmers always have some new discovery or something interesting to discuss," Hurwitz says.

See the market manager: Go to the market manager's stand and ask questions.

"The market manager will more than likely have new recipe ideas, know the weekly deals, which fruits and vegetables are in season, which are the new farmers and/or new products, and will be able to tell you about cooking demonstrations taking place at the market. The manager's stand is a great place to interact and to get your market bearings," Hurwitz says.

Just wait: According to Greenmarket director Hurwitz, who is responsible for more than 53 markets in New York City, it's not always a good idea to buy new

fruits and veggies when they first arrive.

Instead, wait 10 days to two weeks into the season for the finest picks.

Is it organic? You can ask to see the farmer's certification, but it's important to note that it takes three years for a farm to become certified.

Many farms are in transition and aren't using pesticides, but they may not have their certifications yet. It's a matter of trust, looking the farmer in the eye and believing that he or she is telling you the truth.

Trusting your farmer is very important, says Ann Gentry, author of "Vegan Family Meals" (Andrews McMeel Publishing, 2011).

Charles Stuart Platkin is the founder of DietDetective.com

CALDWELL: Smooth riding on rail trails

Continued from 1E

Emergency Response public safety dispatchers use to respond to callers in need and coordinate with emergency first responders.

To learn more about the Dutchess Rail Trail — including convenient parking areas, amenities, history and more — visit our county website dutchessny.gov or visit dutchesscountytrails.com.

And don't forget: Dutchess County is home to not just one, but two great rail trails!

We are also blessed to have more than 10 miles of the Harlem Valley Rail Trail from the Village of Millerton to the Wassaic Train Station in Amenia. Spend some time exploring both of Dutchess County's great rail trails.

Our system of countywide trails is a reality in Dutchess County because of the continued vision and leadership of our County Executive Bill

Steinhaus. Thanks to his leadership, residents and visitors have a variety of footpaths, gravel trails and paved surface trails to explore and enjoy the beauty of Dutchess County.

We are grateful for the lasting legacy Steinhaus leaves to our community when he retires later this year after serving as our County Executive for 20 years.

The concept of rails to trails is happening all over our country. After you and your family enjoy our own rail trails here in Dutchess, you will undoubtedly be interested in learning about the rapidly growing network of expanding trails throughout the United States. Check out railstotrails.org. More and more people are planning their vacations around these trails, providing a healthy and invigorating getaway experience. This is surely a delight to me as your Commissioner of



A biker follows the Dutchess Rail Trail near Overocker Road. The trail currently runs for 12 miles, and is slated to be expanded in 2012. FILE PHOTO BY LEE FERRIS/POUGHKEEPSIE JOURNAL

their joys and sorrows, and we would take time to take walks in nearby parks.

I know my grandfather would have loved to walk with me on our new Dutchess Rail Trail. When I enjoy the rail trail, I feel closer to him. The rail trail is good medicine for your heart and your soul.

So please, do me a favor: Pack a couple of bottles of water, grab your sneakers, in-line skates or bicycle (and make sure to wear your helmets), or bring your baby carriage or take Grandma out in her wheelchair and make time to learn about and enjoy our rail trails in Dutchess. See for yourself how the Dutchess and Harlem Valley Rail Trails bring us closer together on a journey to a healthier and more beautiful life!

I will see you there soon! Visit the Commissioner's Corner at <http://bit.ly/commissionerscorner>.

Dr. Michael Caldwell is the Dutchess County commissioner of health. His column is published the second Sunday of each month. Send questions or comments via email to health-info@co.dutchess.ny.us.

HEALTH EVENTS

Rhinebeck Bradley Method of Natural Childbirth – Waddle n Swaddle, 41 E. Market St., Rhinebeck. 2-4 p.m. Sundays for women and their "coaches" to learn how to work together during labor and delivery without the use of drugs. Series is \$300. Contact Stephanie DeRose at mommyderose@gmail.com or 845-632-3398.

Hypnobabies – Waddle n Swaddle, 32 Raymond Ave., Poughkeepsie. 10 a.m. Sundays. Expectant mothers are taught skills to eliminate rather than just cope with challenges and discomforts present during pregnancy and childbirth. Six-week series. Contact Amanda 845-264-0392 or email hudsonvalleyhypnobabies@live.com. 845-473-5952.

Weight-loss surgery semi-

niars – Putnam Hospital Center, 670 Stoneleigh Ave., Carmel. 4:30 p.m. Aug. 16. Free seminars on weight-loss surgery presented by bariatric surgeons Dr. Thomas Cerabona, Dr. Ashutosh Kaul and Dr. Anthony Maffei. Call 845-279-5711, Ext. 5904, to reserve a seat.

Community acupuncture – Inner Light Health Spa, Route 9, Hyde Park. 4-6 p.m. Tuesdays; 9 a.m. to noon Thursdays; 9-11:30 a.m. Fridays. Acupuncture offered in a community setting with multiple patients receiving treatments at the same time for an affordable price. \$20-\$40 sliding scale. Registration required; call 845-229-9998. www.innerlighthealthspa.com

Stretch-n-Grow – Poughkeepsie Plaza, 2600 South Road (Route 9), Poughkeepsie. 3-4 p.m.

ON THE WEB

For a complete list of Health Events, visit www.poughkeepsiejournal.com.

Tuesdays, Classes for children 3-5 in fitness and nutrition. Lessons are focused on developing children's basic motor skills, balance and coordination. Lessons are also given in safety and hygiene, car and water safety. For more information, call Mary Ann at 845-483-0383 or visit www.sng-dutchess.com

Comfort measures class – Waddle n Swaddle, 32 Raymond Ave., Poughkeepsie. 6-9 p.m. Aug. 17. Class offers practical tools to help during labor and

birth. A variety of coping strategies will be discussed. Partners will learn valuable techniques for being supportive during labor and birth. Bring two pillows to class. \$65 per couple. Contact Mavis at mavis@gentlecare-doula.com or 845-616-1743.

Dutchess County Regional Chamber of Commerce Ribbon Cutting – Dr. Patricia A. Heaney, Chiropractor, 26 IBM Road, Suite 105, Poughkeepsie. 12:30-1:30 p.m. Aug. 18. Grand opening celebration for the new office and the doctor's return to practice after 15 years of retirement. Refreshments will be served. Includes complementary spinal examinations following the ribbon cutting. 845-454-1700.

Workshop on telemarketing

fraud for caregivers – Vassar Warner Home, 52 S. Hamilton St., Poughkeepsie. 5-6:30 p.m. Aug. 18. Workshop is part of series for caregivers by Saint Francis Home Care Services. Call 845-483-5560 to RSVP.

Illuminated baby – Jai Ma Yoga Center, 69 Main St., Suite 201, New Paltz. 11-11:45 a.m. Thursdays. Six-week series class designed to facilitate the growth and development of newborns through nine months — cognitively, socially and physically. For cost, information and registration, call Jessie at 518-965-2044. www.jmyoga.com

Hop-N-Healthy – Waddle n Swaddle, 32 Raymond Ave., Poughkeepsie. 11:30 a.m. to 12:30 p.m. Thursdays. Classes are 30 to 40 minutes of nonstop movement for children 18 months to 5 years. Children will

sing, dance, practice basic sports skills and have fun using colorful equipment. \$50 for six-week session. Contact Kara Bohack at kara@hopnhealthy.com or 845-702-1843.

Is it a senior moment or Alzheimer's? – Business Resource Center, 1 Development Court, Kingston. Aug. 19. Program by the Alzheimer's Association offered as part of the Ulster County Office for the Aging's Live Laugh and Learn Program. Program is free, but registration is required. Contact Christine Noble of the Office for the Aging at 845-471-2655. www.alz.org/hudsonvalley

Community yoga class – Tadasana Yoga Studio, 1562 Route 9, Wappingers Falls. 4-5 p.m. Saturdays. Community donation yoga class. 845-297-2774. www.tadasanany.com

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