

The RAMble Report - October 2021



Cardiologist Hem Bhardwaj, M.D., was the invited speaker for the October **RAMble Walk for Wellness**. With a light breeze and beautiful sunshine, Dr. Bhardwaj's five minute talk focused on atypical symptoms of heart disease. Sometimes symptoms can vary, she warned and while all of us may occasionally be more tired than usual or short of breath, a big clue is recognizing a decrease in your functional capacity. Step back, she said, and if you do experience those symptoms, ask yourself if your ability to do what you normally do has decreased. Dr. Bhardwaj also stated "knowledge is power" so don't be afraid to "know your number," meaning your lab values.

Maintain a heart healthy lifestyle, she challenged, and partner with your doctor. At the conclusion of her talk, Dr. Bhardwaj answered questions from participants then joined in the 1.5 mile walk. This was her second RAMble presentation and she assured us she'll look forward to another invitation!

Immediately after the RAMble, Stony Point nutritionist Chelsea Smyth, M.P.H., R.D., and dietetic intern Kirbie Whitaker invited members of the Diabetes Refresh program and other interested RAMble walkers to join them as they presented a discussion about carbohydrates – good and not so good! Smyth's program is not just for those diagnosed with diabetes or pre-diabetes. Anyone is invited to attend and learn more about nutritional practices and strategies that help promote a healthy lifestyle.

You are invited to join us each month for these fun group walks*. Meanwhile, visit the RAMble webpage, found at masseyintegrativehealth.org – click on "RAMble" and view the photo gallery from previous walks or watch the videos of a few of the previous 5 minute talks. We'll be adding more over the coming months. We meet at the Panera entrance to the Fashion Park, around the corner from Dick's Sporting Goods (now closed) and just past the Dog Park. Oh – you are welcome to bring your dog!

*To participate, you must be fully vaccinated and wear a mask. As the positivity rate declines we will revisit the mask mandate, but for now, we want to keep everyone safe and healthy.

Next RAMble: Saturday, November 20, 2021, 8:30 am