ASK DR. TOM WATTS

Choose the correct option to complete the advise column.

Brian, Chicago, 2:45 p.m.

I'm 42 and starting to notice changes in my circulation / posture. Sometimes, I can't stand up. straight. Any good advice for me?

Dr. Tom Watts

Do you have a chronic pain / sedentary lifestyle? I bet you do!You need to get rid of your traditional desk and invest in something better. Physical therapy can help, although many people get frustrated / complicated when they don't see immediate results. Be patient.
If you haven't had a general physical exam in a while, get one. As we get older, it's important to monitor things like immune system / cholesterol levels and weight and adjust our diet accordingly. Take care of yourself!

Celia, Santiago, 6:02 a.m.

I have high blood pressure / side effects. It's an inherited condition, but isn't there something I can be doing to reduce it? I'm really scared.

Dr. Tom Watts

Celia, let's get something straight / right - you can't cure this condition, but you absolutely can improve it with behavior changes.
First, try to build up / cut back on fatty foods as much as possible. You also need to reduce stress. Learning how to wind down / slip away in the evening so that you fall asleep faster is fundamental.
We're all busy, but it's so important to fit / break some exercise into your daily routine, even just walking.
Get a dog! That will force you to walk.

LIVEWORKSHEETS