

LOWN NORTH STAR NEWSLETTER



December 2025

Greetings,

We spend a tremendous amount of time thinking about assets, accumulating wealth and often not enough time thinking about investing in health. (Only one letter separates the two, HEALTH and WEALTH).

We agree that without good health, wealth is generally less meaningful.

I make the point that health is your greatest asset. It is never too late to start investing, and certainly never too early...this investment shapes not only how you feel today, but how you will live your life in the future. As we approach the beginning of yet another year, with good intentions, it is always good to set a target, but... do not wait for the perfect moment -the perfect moment is now!

The challenge is how to sustain this long-term investment.

We know that prevention pays off. We can modify so many risk factors. There is a wealth of information, and much to support these preventive strategies.

We at the Lown Group are committed to evaluating and supporting our patients. Our practice is based on cutting edge science and exceptional experience.

Medical expense, in time, access, and cost, continue to increase.

Just like financial investments, health investments will compound over time. Small consistent changes create long-term benefit. Do not day-trade with your body.

We are privileged to participate in this journey with you, placing a precedence on healthy living, prolonging vigor and independence, and being accessible to our patients at a time when needs have never been greater

I hope you enjoy this addition of the Lown newsletter. It is an opportunity to introduce you to our new physicians and our growing practice. Maintaining our focus on quality care, caring, preventive strategies, and being available when things are not going so well.



Wishing you a healthy holiday season and a vibrant 2026,
Dr. Brian Bilchik, *on behalf of the staff and physicians of the Lown Group*

Do I Need to Worry About Hydrating in the Winter Months?

Dr. Dara Lee Lewis, Lown Cardiologist



Winter in New England brings all sorts of wonderful things: cozy fires, warm slippers, and walking in fluffy white snow. But there are risks as well. We know all too well the dangers of slipping on ice or shoveling snow. In today's article, I'd like to talk about a lesser-known winter risk: dehydration.

WHY DO WE TAKE IN LESS FLUID?

Often in colder weather, our sense of thirst is decreased and so we drink less. In addition, many people deliberately drink less fluid because it is inconvenient to peel off layers to go to the bathroom.

HOW DO WE LOSE MORE FLUID?

There is also a phenomenon called "cold-induced diuresis", which means that we tend to excrete more water and sodium in our urine when the temperature drops (we also experience this during immersion in cold water). This diuresis occurs because the cold weather causes vasoconstriction (narrowing of the blood vessels) in our extremities to conserve heat. This in turn can suppress secretion of a hormone called anti-diuretic hormone (ADH); as a result, our kidneys excrete more water and sodium via the urine when we are in a cold environment. In addition, many people are not aware that they sweat during cold weather. In fact, we do sweat, but it evaporates more quickly in cold dry weather, so it may be less obvious. Indoor dry heat further compounds fluid losses through our breath.

So: less fluid in and more fluid out (through urine, sweat, and exhaled air) can add up to dehydration. This can strain our kidneys and impair our ability to regulate our body temperature ("thermoregulation").

HOW CAN I TELL IF I AM DEHYDRATED?

Decreased urine output and darker urine color are clues to dehydration. Some people may feel thirsty, crave salty foods, feel fatigued, or experience dizziness / lightheadedness with standing up.

WHAT SHOULD I DO IF I AM DEHYDRATED?

In cases of severe dehydration (fainting, altered consciousness, inability to keep down fluids), you should go to the nearest hospital for intravenous fluids. Milder cases of dehydration can be treated safely at home with fluids and electrolytes (most importantly, sodium) by mouth. It is important to balance water intake with modest amounts of sodium. The American College of Cardiology recommends that most adults limit sodium consumption to 1500 mg of sodium per day (about 2/3 teaspoon of salt). While many people think they must restrict their sodium intake and increase their water intake, this is not entirely accurate - rather, we must think of sodium and water intake in terms of **balance**. Too much sodium is not good but **too little can also be dangerous**. Both water AND sodium are lost in our urine, stool, sweat, and respiration, and therefore we must replace BOTH. Our blood and every cell in our body is composed largely of salt water, and our kidneys maintain a precise sodium concentration.

HOW MUCH SODIUM SHOULD I HAVE?

If you follow a typical Western diet with processed foods and restaurant foods, you are probably ingesting plenty of sodium in your diet. However, if you are someone who mostly prepares food at home and avoids packaged foods, **you may need to add a bit of salt** to your diet to replace your daily losses. You can simply add salt to your food or choose salty foods such as pickles and olives, or drink tomato juice (about 600 mg of sodium, or 1/4 teaspoon of salt per glass). Some people like to use electrolyte drinks such as Nuun tablets, LMNT, or Pedialyte.

Whichever type of hydration you choose, make sure that you are aware of the importance of balancing fluid and electrolyte intake every day, not just in the summer months. Stay safe this winter!

Meet Our New Primary Care Providers

Arriving February 2026



**Nadaa Ali, MD,
M.Ed**

Dr. Ali graduated from Tulane University's School of Medicine in 2011. She completed her residency in Internal Medicine and Primary Care at Brigham and Women's Hospital. She was awarded the Karen Kaufman Memorial Book award for compassionate care and teamwork in primary care. She is Board Certified in Internal Medicine by the American Board of Internal Medicine. Dr. Ali completed a fellowship in Medical Education at Brigham and Women's Hospital. She has a Master's degree in Education from Harvard's Graduate School of Education and is an Instructor in Medicine at Harvard Medical School. Dr. Ali continues to teach both medical students and residents.

Prior to joining the Lown Group, Dr. Ali was working as a primary care physician at Atrius Health in Wellesley, Massachusetts, where she received the Patient Choice Award for high patient satisfaction ratings. Her clinical interests include preventive health care, weight management, diabetes, hypertension, stress management, and women's health.

Dr. Ali lives with her husband and two daughters. She enjoys walking and running outdoors, Bollywood dancing, and travel.



**Jennifer
Kaufman, MD**

Dr. Kaufman graduated from the University of Southern California (USC) School of Medicine in 1997 and completed her residency in Internal Medicine at New York Weill Cornell Medical Center. She is Board Certified in Internal Medicine and is an Instructor at Harvard Medical School. Since joining Brigham and Women's Hospital in 2004, Dr. Kaufman has developed a passion for women's health and has dedicated her career to providing comprehensive care for women and their families.

Dr. Kaufman is actively involved in medical education and has been recognized multiple times on the "Boston's Best Doctors" list.

Dr. Kaufman's professional interests include preventative care, chronic disease management, menopause, and mental health.

In her free time, she enjoys spending time with her husband and two daughters, going for walks with her poodle, and cheering on the Boston Celtics or the Michigan Wolverines.

Stretching: The Quiet Power Behind Everyday Wellness

In a world that celebrates high-intensity workouts and fast-paced routines, stretching often gets overlooked. Yet this simple, intentional practice offers profound benefits for both body and mind—especially when woven into daily life. Health benefits of stretching include:

- Improves flexibility and range of motion, helping joints move more freely and reducing stiffness over time.
- Enhances posture by lengthening tight muscles that pull the body out of alignment—especially in the neck, shoulders, and hips.
- Boosts circulation, increasing blood flow to muscles and tissues, which supports recovery and overall vitality.
- Reduces stress and tension, calming the nervous system and promoting a sense of ease and relaxation.
- Supports injury prevention by preparing muscles for movement and reducing the risk of strains or sprains.
- Improves athletic performance, allowing muscles to work more efficiently and respond better to physical demands.
- Encourages mindfulness, offering a moment to pause, breathe, and reconnect with the body.

Whether it's a gentle morning stretch or a restorative evening routine, these small movements can have a lasting impact. Stretching isn't just a warm-up—it's a wellness ritual that invites balance, resilience, and renewal

Warm Kale Salad with Roasted Squash

If you are looking for a sustaining meal, check out this warm kale salad with roasted squash, from our friends at [Pom Health](#).

Talk to your Lown physician at your next visit if you are interested in learning more about personalized, virtual nutrition support through PomHealth.

METHOD:

Preheat oven to 400.

Lay the squash out onto a lined baking tray and season generously with olive oil, salt and chilli flakes.

Roast for 30 to 40 minutes or until golden and caramelized.

In a frying pan, heat a drizzle of olive oil and gently wilt the kale down for about 5 minutes along with salt to taste and the juice of half to a whole lemon to taste.

In a large bowl, add the kale, roast squash, pecans, and pomegranate.

Dress with the tahini and mix well with tongs.

Plate into a bowl with a generous scatter of za'atar. Enjoy!

INGREDIENTS:

- 7 ounce Tuscan kale, roughly chopped and massaged
- Half a small squash sliced
- Chili flakes to taste
- Half a cup pecans, roasted in the oven on 375 for about 10 mins
- Quarter cup pomegranate seeds
- 1 lemon
- Olive oil for roasting
- Kosher salt to taste
- 2 tsp za'atar

For the tahini dressing:

- A quarter cup of tahini
- Juice of 1 to 2 lemons
- 1 splash of water
- Kosher salt to taste
- Stir well