



ORTHOPEDIC ASSOCIATES
OF LONG ISLAND

Exceptional *Care*, Close To *Home*

Tel: 631.689.6698 • 8 Long Island Locations • oali.com

Main Office: 6 Technology Dr, Ste 100
East Setauket, NY 11733



Welcome

**DR.
HARGOVIND
DEWAL**

.....

Specialty:
Spine Care



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Orthopedic Associates of Long Island is thrilled to announce the addition of Dr. Hargovind DeWal to our team. **Dr. DeWal** brings a wealth of expertise as a distinguished spine specialist, boasting dual training in orthopedics and neurosurgery. He is highly regarded for his adeptness in employing minimally invasive and endoscopic spine techniques, providing patients with cutting-edge treatment options. Dr. DeWal's dedication to excellence and personalized care has earned him recognition as a leader in the field of spine surgery. His affiliations with prestigious organizations like the American Academy of Orthopaedic Surgery and the North American Spine Society underscore his commitment to advancing spine care. We are confident that Dr. DeWal's arrival will further enhance our ability to deliver exceptional orthopedic care to our patients.

Dr. DeWal sees patients at OALI's **East Setauket and Patchogue** office locations.



As Women's Health Month is celebrated, attention turns to a critical aspect of wellness: bone health. Osteoporosis, a condition affecting bone strength and density, poses a significant concern for women, particularly as they age.

Understanding Osteoporosis: Osteoporosis weakens bones, rendering them fragile and more prone to fractures. Factors such as hormonal changes, poor nutrition, and sedentary lifestyles can accelerate bone loss, increasing women's susceptibility.

Prioritizing Prevention: To fortify bones, nutrition, and physical activity are essential. It is crucial to ensure the diet includes calcium-rich foods like dairy, leafy greens, and fortified products. Additionally, vitamin D is vital for calcium absorption, so aiming for sunlight exposure and considering supplements if needed is important. Engaging in weight-bearing exercises such as walking, dancing, or strength training promotes bone growth and density.

Proactive Screening: Regular screenings for osteoporosis, particularly for postmenopausal women, are crucial. Early detection facilitates proactive interventions, reducing fracture risks and maintaining overall quality of life.

Together, let's embrace your health journey! Contact Orthopedic Associates of Long Island to provide guidance and support on your bone health journey today.



Orthopedic Associates of Long Island specializes in providing advanced spine fusion treatments, utilizing cutting-edge surgical techniques and personalized care plans tailored to each patient's unique needs. With a multidisciplinary team of spine specialists, OALI ensures comprehensive evaluation, precise surgical intervention, and dedicated post-operative support for optimal recovery and long-term spinal health.

How Did We Do?

We strive to offer the best care to each and every patient. Our success depends on the quality of patient care, and the only way to be sure of this is to hear from **YOU**, our patient.

"The staff is always friendly and accommodating.."

-Michael C. (Google Reviews)



Visit Our Google Profile To Leave A Review At Your OALI Location!

Are You Utilizing Our Patient Portal?

PATIENT PORTAL
Welcome to Orthopedic Associates of Long Island Physicians and Medical Group, PLLC

USERNAME
Username

PASSWORD
Password

LOGIN

Did you know you can access your OALI visit notes, request appointments, and contact your provider and their team through our **OALI Patient Portal**? Please click below or contact our office to register or restore your access to your OALI Patient Portal at **info@oali.com**.

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