

Happy New Year



Youens & Duchicela Clinic
FAMILY MEDICINE | BOARD CERTIFIED

New Decade, A Fresh Start

By Dr. Jorge Duchicela

Let's make this year a better year by keeping in mind what we learned last year.

- Aspirin is good for people that are at risk for cardiovascular disease. If you don't have risks, then don't take aspirin
- Eating too much sugar is associated with increased cancer
- The best diets to follow: Mediterranean and DASH
- Exercise continues to be the best medicine for longevity, depression, dementia, cancers, heart disease, strokes, diabetes, and happiness! All you need is thirty minutes a day of brisk walking
- Remember though, exercise will NOT get you far with your weight loss program. You would have to walk from Weimar to Sealy to lose one pound of fat



**"30 minutes a day of
brisk walking is the
best medicine!"**

Inside This Newsletter

Happy New Year – A Fresh Start 1

Aspirin, Diets, Exercise 2

Annual Check Ups 3

Our biggest challenge to our health 4

Come In For Your Annual Wellness Exam

BY DR. JORGE DUCHIELA

The January 2nd Weimar Mercury edition published a nice article about the need for “Annual Check Ups.”

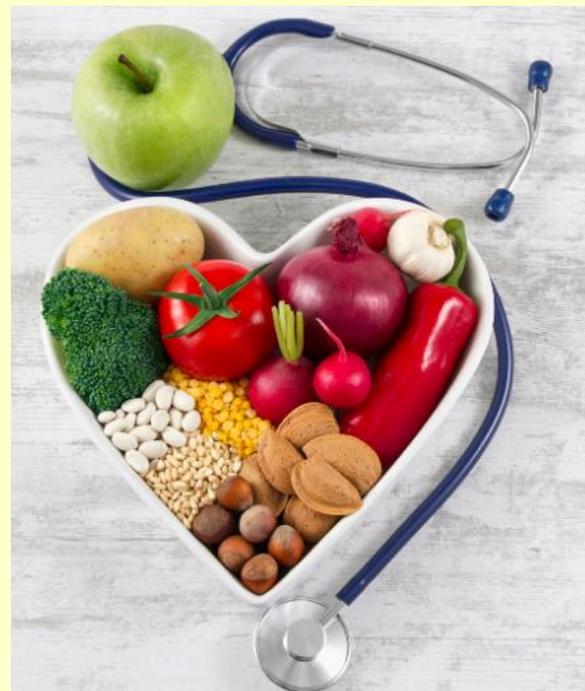
Insurance companies like Medicare, United Health, Humana, Cigna, Aetna, and others, finally realized what Primary Physicians (Family Physicians) have been promoting for decades had real value in health, convenience, and cost.

Please help me help you by allowing to be asked questions by my clinic medical assistants. This is usually done in person.

Modern medicine also has made dents into cancer mortality. Lung and skin cancer mortality rates continue to decrease. I guess all the massive public education on SMOKING and SUN exposure has helped.

Our biggest challenge today is our NUTRITION. Yes, we are “malnourished” but not in the sense that you and I thought about it fifty years ago. We are “MALNOURISHED” because we eat too much. It is so ironic because we have been so successful in producing food and of the highest quality. However, we have been inundated with competing food processes that we have lost our ways of what is good for us. Remember to be very suspicious of any processed food, and be very sensitive to the amount of SALT, SUGAR, and FAT/OIL found in the foods you buy.

For this year I encourage you to continue to eat well, walk more, keep up with your vaccines, and screening testing. With good health we can enjoy life better.



Please bring your medicine bottles, including all over the counter medicines, to every visit.

