

Newsletter



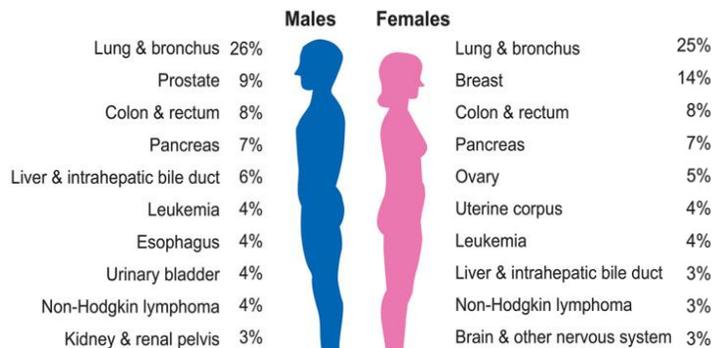
1. Leading Causes of Death

By: *Dr. Jorge Duchicela*

According to the Centers for Disease Control and Prevention (CDC), in 2018, the overall life expectancy in United States was 78.7 years.

Heart disease is consistently the leading cause of death in United States, causing roughly 647,000 deaths per year.

The most common types of cancer causing deaths are:



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Among the unintentional injuries, car accidents are the most common cause of death.

Chronic bronchitis and COPD, both smoking-induced diseases, are the cause of chronic lower respiratory diseases.

In United States, 34.2 million people have Diabetes Mellitus (DM), which represents 10.5% of the population. By itself DM is not a cause of death, instead, it affects vital organs (heart, kidneys, nerves, vessels), which will lead to death.

The following list accounts for approximately **73.8% of all deaths** in United States:

1. Heart disease
2. Cancer
3. Unintentional injuries
4. Chronic lower respiratory diseases
5. Stroke
6. Alzheimer disease
7. Diabetes
8. Influenza and pneumonia
9. Kidney disease
10. Suicide

“Let us not be part of these statistics, let’s work together to enjoy a healthier and longer life.”

2. The Truth About Turmeric

By: Dr. Jorge Duchicela

Turmeric has 2 major effects in our body:

- Anti-inflammatory
- Anti-oxidant

In order to increase its absorption in our body, various Turmeric supplements are often mixed with other compounds that can considerably increase or decrease the effects of many therapeutic drugs.

- In the U.S. the number of people taking more than one medicine is considerably high, therefore, Turmeric use would have to be evaluated individually for every patient.



3. Coronavirus Prevention

By: Dr. Jorge Duchicela

The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

How to prevent:

1. Wash your hands frequently with regular soap.
2. Avoid touching your face, eyes, nose or lips without washing your hands first.
3. Avoid contact with ill people. No hand shaking.

*** QUICK FACT ABOUT SOAP!**

Plain old soap and water is still a good way to clean your hands. Washing hands with soap and water for 30 seconds (about the time it takes to sing "Happy Birthday to You" two times) reduces bacteria and viruses counts by 99.9%.

Coronavirus symptoms

1. Fever
2. Cough
3. Shortness of breath



"If you think you have been exposed to the Coronavirus or if you have any symptoms, please contact the clinic."

