

INFLUENZA SEASON IS HERE

It's Time To Get Vaccinated

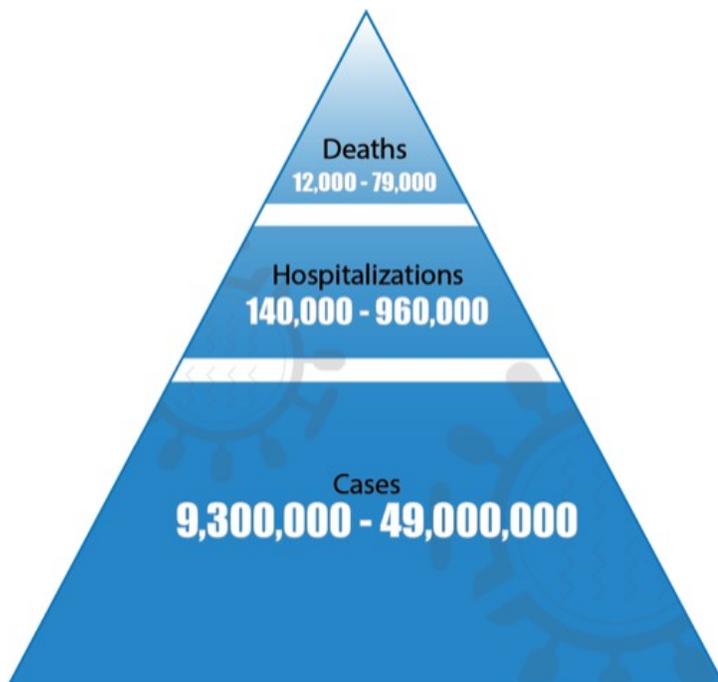
I am in the highlands of Ecuador eleven thousand feet above sea level. By me is a Stanford University doctor who specializes in infectious diseases around the world. Talking about what's coming in my neck of the woods, she asked me how I was preparing my patients for the flu season. I told her we have our flu vaccines ordered and delivered to our clinic already.

Tens of thousands of people die from the flu in the United States each year. We can prevent this yearly killer. Get your flu vaccine. It is not too early. Let's get vaccinated by the end of October. You can also do some simple daily activities to help prevent the spread of the influenza virus:



1. Wash your hands regularly with soap and warm water.
2. Cover your mouth and nose with your elbow crease when coughing and sneezing.
3. Avoid touching your face with your hands.

On another note; please make sure you are up to date on your pneumonia vaccine. You will need a series of two vaccines. Each year almost half a million people get hospitalized because of this specific type of lung infection.



The CDC estimates that influenza has resulted in between 9.3 million – 49.0 million illnesses, between 140,000 – 960,000 hospitalizations and between 12,000 – 79,000 deaths annually since 2010.

Magnesium Supplements; Do You Need to Take Them?

Adequate magnesium intake has been linked to a reduced risk of heart disease, type 2 diabetes, and other conditions. A diet high in magnesium includes healthy whole foods like whole grains, nuts, seeds, and legumes. Though it's possible to get the daily recommended amount of the mineral — 400–420 mg for men and 320–360 mg for women — through diet alone, most modern diets are low in magnesium-rich foods.



Taking a supplement can help you meet your daily needs if you don't get enough of this important nutrient from food alone. Side effects are unlikely at doses below 350 mg per day. All one needs is a multivitamin per day.

Lastly don't forget October is Breast Cancer awareness month.

Breast cancer is the most commonly diagnosed cancer in women worldwide. Of those diagnosed, half are over age 60. Breast cancer incidence keeps going up until about age 80, then levels off, and begins to decline after age 85.



"Always bring your medicine bottles."

If your address, phone number, or insurance has changed, please let our office know.

