



MEDICALLY INFORMATIVE POSTS

MIP #1

CDC Flu Activity Report week ending Jan 2, 2016 (for tri-state area)

PA - Regional outbreaks

MD/DE - Widespread

NY - Sporadic

NJ - Local

Go to <http://1.usa.gov/1Pmn5DE> to find out more about preventing your chances of getting influenza

If you have any signs or symptoms, get to your doctor ASAP!

MIP #2

89% US adults and > 90% children eat more than the recommended amount of daily sodium

2015-2020 Dietary Guidelines for Americans states:

- Adults should consume < 2300 grams sodium/day
- Less for ages 3-13
- People with hypertension, diabetes, chronic kidney disease should consume < 1500 mg/day

This includes not only ADDED salt, but salt already IN the food.

Take the time to READ LABELS!

MIP #3

"Can chicken soup cure a cold?" There may be some medical relevance to our grandmothers' home remedies. See link below!

<http://mayocl.in/1ntxoiG>

MIP #4 Winter storm # Jonas' 16is here !!

Did you know, you lose 10% of your body heat through your head? Don't forget to dress appropriately to keep warm! Take a look at his great article by Rush University Medical Center with health facts and tips on how to take care of yourself in the winter!

<http://bit.ly/1JsxW2p>

MIP #5

The Zika Virus is now at a level of "high" concern by the World Health Organization (WHO). Take a look at this informational page on # ZikaVirus from the CDC and how to prevent!

<http://1.usa.gov/20eySeG>

MIP #5 1/2 (yes, we said 1/2!) Here are the ingredients of insect repellents that are acceptable and ages for use to prevent from # ZikaVirus posted by the CDC!

- Use EPA-registered insect repellents containing DEET, picaridin, oil of lemon eucalyptus (OLE), or IR3535. Always use as directed.
- Insect repellents containing DEET, picaridin, and IR3535 are safe for pregnant and nursing women and children older than 2 months when used according to the product label. Oil of lemon eucalyptus products should not be used on children under 3 years of age.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents).

<http://1.usa.gov/1UVV1em>

MIP #6

Did you know that consuming flavonoids are associated with maintaining a healthy weight? Harvard T.H. Chan School of Public Health and Norwich Medical School (UK) did a 24 year study on both men and women and found consistent results!

Take a look at this article posted in the [British Medical Journal](#) to learn what fruits and veggies consist of flavonoids! bit.ly/1QBcd7Z

MIP #7

This study done at the University of Pittsburgh shows rising cholesterol levels in postmenopausal women can increase risk for heart disease: <http://bit.ly/1L2azYO>

MIP #8:

Take a look at the [CDC](#) Weekly Influenza Update in US:

PA-Regional

MD-Regional

NJ-Regional

DE-Regional

NY-Widespread

<http://http://www.cdc.gov/flu/weekly/#S1>

MIP#9:

Did you know that it is a \$75.00 fine in PA if your child is not in the appropriate car seat?

Here's the latest law according to the [Pennsylvania DMV](#):

- Children under 4: use federally approved car seat, rear facing until age 1 and older if possible/until they outgrow height and weight limit of seat
- Ages 4-8: use a booster seat, or until your child reaches height and weight maximum (4ft. 9 in., or more than 80 pounds)
- Age 8+: properly seat belted at all times
- Children under age 13 should remain the back seat due to passenger-side air bag safety hazards. <http://bit.ly/1Q3jRWE>

MIP #10

We're going to tell you about what could potentially show up in your blood work tests and what they mean.

Non HDL Cholesterol: A stronger predictor of risk for heart disease or stroke than LDL Chol or Triglycerides!

ApoB (apolipoprotein B): Also a better tool to assess cardiovascular disease than LDL or HDL

Lipoprotein-a (lipoprotein(A):

"The heart attack cholesterol," per. [National Institutes of Health \(NIH\)](#) and the worst form of cholesterol

Are these things reported on your blood work? Get 30 min to talk to your doctor about these tests!

MIP #11

Did you know that March is #NationalKidneyMonth? The [National Kidney Foundation Inc](#) shared some GREAT insights on what can put you at risk and they are:

- Diabetes
- High Blood Pressure
- Ages 60+

If you have any of these risk factors, it's important to be proactive and get tested by your doctor with a urine or blood test!

<http://bit.ly/1UeZ1JP>

MIP #12

Spring is here and that means seasonal allergies are too! ! Stay prepared to protect- get your antihistamines and nasal steroids ready!!!

From The [American Academy of Allergy, Asthma, and Immunology](#): The National Allergy Bureau Pollen and Mold Report- March 17th :

For the Greater Philadelphia Area

Trees: Very High Concentration

Mold: High Concentration

Weeds: Absent

Grass: Absent

Call the office with any issues regarding signs or symptoms of seasonal allergies which includes sneezing, itchy watery eyes, post nasal drip, scratchy sore throat, nasal congestion, ear pressure, hoarseness, wheezing/ mild cough.

<http://bit.ly/1UeAghB>

MIP #13

Sometimes, a good nights sleeps can be tough to get. Here are some extremely popular sleep mistakes from @mindbodygreen that you could simply fix to get those ZzZz's you need!

<http://bit.ly/1S3hy8J>

MIP #14

Click the links below for the PAP Smear Guidelines as of 2012, recommended by [American Cancer Society](#), [United States Preventative Services Task Force](#) and [American College of Obstetricians and Gynecologists](#).

Hey gals! Although some of you prefer more frequent screening (which we can provide at huge discount through #DPC) we can discuss the risks/benefits in the office!

<http://bit.ly/1zSIQ7k>

<http://bit.ly/1QrDhIV>

MIP #15...."old-fashioned" style!

Have a hard time getting your child to swallow that nasty tasting medicine? Give him/her a frozen popsicle that is flavored beforehand. It will numb their mouth long enough to lessen that nasty taste when they have to swallow!!

MIP # 16

Recent study shows "...that unhealthy eating habits among adolescents were associated with an absence of ... parental rules."

It all starts at home! <http://bit.ly/1NAF66p>

MIP #17

As you head off for summer vacations, keep in mind MIP #17:

PA recently mandated rear-facing car seats for children under 2 years of age.

Take a look at the AAA recommendations for proper use of child safety seats: <http://bit.ly/1WNT3Bh>

MIP# 18

MIP #18 is here as we cruise through the #SummerTime! That means LOTS of fun activities going on, but it also means keeping an extra eye for #safety. Here are some tips from the [CDC](#) to keep in mind.

<http://bit.ly/29RdEiu>

MIP #19

MIP #19 is bringin' the heat!! Here are some extra reminders from the [CDC](#) on keeping cool during this strong heat wave we're having! <https://www.cdc.gov/extremeheat/>

MIP #20

Did you know that it is a \$75.00 fine in PA if your child is not in the appropriate car seat?

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- Ages 4-8: use a booster seat, or until your child reaches height & weight maximum (4ft. 9 in., or more than 80 pounds)
- Age 8+: properly seat belted at all times
- Children <13 should remain the back seat due to passenger-side air bag safety hazards.

For more info go to <http://bit.ly/1Q3jRWE>

Drive safely!

MIP #21: Cut out that salt!!

- "9/10 US adults and children consume too much sodium...
- Even modest reductions in sodium intake are associated substantial health benefits...
- Average sodium intake is 3400 mg/d WELL over the 2300 mg/d recommended...
- Estimates say decreasing sodium intake by as little as 400 mg/d could prevent 32,000 heart attacks and 20,000 strokes annually...
- Reducing sodium by 1200 mg/d may reduce the number of people with high blood pressure by nearly 11 million..."

<http://bit.ly/2c4tYO6>

MIP #22: Calcium may help with symptoms of PMS and Premenstrual Dysphoric Disorder

2 studies recently referenced in the journal American Family Physician (American Academy of Family Physicians) showed:

- Taking as little as 500 mg calcium carbonate twice daily or 1200 mg once daily can help to reduce these symptoms associated with PMS/PMDD: Depression, appetite, and fatigue
- AND it is good practice to take your calcium every day (if needed)!

<http://bit.ly/2c4y3Sw>

MIP #23:

[Pennsylvania Department of Health's](#) request to adjust school immunizations has been approved and will be published by March 2017 to be in effect for the 2017-2018 school year.

Read about the changes, here: <http://bit.ly/2eYuBy5> | <http://bit.ly/2epgHpG>

MIP #24:

Big news!!!

New cholesterol medication recommendations may result in the need for more patients to consider this treatment with proper consideration.

At GHDFC we can spend 30-60 minutes discussing the pros and cons of statin medications.

Here are the new guidelines from the US Preventative Service Task Force published in the Journal of the American Medical Association last week.

This is what was said:

"The USPSTF recommends that adults without a history of cardiovascular disease (CVD) (i.e., symptomatic coronary artery disease or thrombotic stroke) use a low- to moderate-dose statin for the prevention of CVD events when all of the following criteria are met:

1. They are ages 40 to 75 years
2. They have one or more CVD risk factors (i.e., dyslipidemia, diabetes, hypertension, or smoking)
3. They have a calculated 10-year risk of a cardiovascular event of 10% or greater

Here is a link to estimate your 10-year risk:

<http://tools.acc.org/ASCVD-Risk-Estimator/>

Take a look.....

MIP #25:

There are going to be changes to food labels coming soon!

Some of the changes will be:

- Removal of "trans fat" due to the near elimination of trans fat from the US food supply.
- Removal of "calories from fat" because evidence shows quantity of fat is not the issue, it is quality.
- Vitamin D and potassium will now be reported
- Vitamins A and C will be removed
- Addition of nutritional information for both 'per package' and "per serving"
- Addition of a line reporting "added sugar"

Please go to the link below for more information and detail explaining these changes AND a side-by-side picture showing the difference between the OLD and NEW labels! <http://bit.ly/2dtzyLm>