Resetting after losing 60 pounds

Melissa Caveness, before and after.

6 things to know about COVID-19 vaccines for children under 5

(TheStatePoint) — COVID-19 vaccines are now available for children under 5 years old, and the American Medical Association urges parents to get their children vaccinated.

“Now is the moment for this moment has been exorcizing for parents who were ready on day one for their children to receive a vaccination to prevent severe COVID,” says Jack Resneck, Jr., M.D., president of the AMA. “While there is overwhelming scientific evidence showing the COVID-19 vaccines are safe and effective, we know many parents and families still have questions.”

Here are six things to know about pediatric COVID-19 vaccines for kids under 5:

1. The vaccines are safe: The U.S. Food and Drug Administration and Centers for Disease Control and Prevention (CDC) reviewed all trial safety data before authorizing and recommending vaccines for children under 5. The vast majority of participants were mild, including irritability and sleepiness, fatigue, and loss of appetite.

2. The vaccines are effective. Teach and Moderna vaccines are effective at preventing severe disease. Based on 230 pages of data, regulatons said the vaccines show a strong immune response in children, and are what effective at preventing symptomatic disease.

3. They’re widely available. Vaccines will be available at pediatrics’ offices, as well as from primary care physicians. Information on locations near you is available at vaccines.gov.

4. COVID-19 poses a danger to children: According to the CDC, COVID-19 is a leading cause of death among children ages 0-19. Among children in the United States aged 6 months to 4 years, there have been more than 2 million cases of COVID-19, more than 14,000 hospitalizations, and more than 200 deaths since the beginning of the pandemic.

5. There is more than one dose. Like most vaccines, the COVID-19 vaccines involve more than one dose. Pfizer’s two-dose series is given four to eight weeks apart, at one-fourth the dosage of the adult formulation. The Moderna vaccine primary series is a two-dose regimen, spaced four to eight weeks apart, at one-fourth the dosage of the adult formulation. Booster shots will likely be part of the regimen, too, just as they are for other age groups.

6. Getting up to date is important: Make sure your child is up to date on all vaccines before getting the COVID-19 vaccine. Adolescents and adults who are more than 12 years of age and have been the duration of the pandemic and an estimated 26 million doses have been missed in 2020.

To get better sleep, cut out the foods that can suppress your body’s sleep cycles. Taking time away for just one hour prior to hitting the hay can make a big difference in your sleep quality.

Use Portion Control
Many of us tend to overeat or rely on large portions of comfort foods. To get just what you need with no wasted food, consider a program like Nutrisystem that brings you meals and snacks that are nourishing and filling in just the right portions. Plus, if you’re still craving some of those comfort foods on colder days, Nutrisystem has plenty of options like broccoli cheddar soup and Merlot Beef Stroganoff. You can also keep within your grocery budget by shopping for fresh fruits and vegetables that are in-season — choices abound this time of year!

To reset this season, take a cue from those who’ve met success by committing to smart strategies and healthy choices.

Beyond bubble baths and walks: Six areas of self-care

By Ashlyn Douglass-Barnes, LCSW

We often think of self-care as bubble baths and walks, but self-care or helping keep a balanced life can come from multiple areas of our life, such as physical, professional, personal, spiritual, and emotional. Oftentimes we think of self-care as large planned out gestures like taking a vacation or hiring a therapist. But the smallest acts of self-care can make a big difference.

“COVID-19 vaccines are safe and effective, they’re available at vaccines.gov.”

“COVID-19 vaccines are safe and effective, they’re available at vaccines.gov.”

“The wait for this moment has been exorcizing for parents who were ready on day one for their children to receive a vaccination to prevent severe COVID,” says Jack Resneck, Jr., M.D., president of the AMA. “While there is overwhelming scientific evidence showing the COVID-19 vaccines are safe and effective, we know many parents and families still have questions.”

Here are six things to know about pediatric COVID-19 vaccines for kids under 5:

1. The vaccines are safe: The U.S. Food and Drug Administration and Centers for Disease Control and Prevention (CDC) reviewed all trial safety data before authorizing and recommending vaccines for children under 5. The vast majority of participants were mild, including irritability and sleepiness, fatigue, and loss of appetite.

2. The vaccines are effective. Teach and Moderna vaccines are effective at preventing severe disease. Based on 230 pages of data, regulatons said the vaccines show a strong immune response in children, and are what effective at preventing symptomatic disease.

3. They’re widely available. Vaccines will be available at pediatrics’ offices, as well as from primary care physicians. Information on locations near you is available at vaccines.gov.

4. COVID-19 poses a danger to children: According to the CDC, COVID-19 is a leading cause of death among children ages 0-19. Among children in the United States aged 6 months to 4 years, there have been more than 2 million cases of COVID-19, more than 14,000 hospitalizations, and more than 200 deaths since the beginning of the pandemic.

5. There is more than one dose. Like most vaccines, the COVID-19 vaccines involve more than one dose. Pfizer’s two-dose series is given four to eight weeks apart, at one-fourth the dosage of the adult formulation. The Moderna vaccine primary series is a two-dose regimen, spaced four to eight weeks apart, at one-fourth the dosage of the adult formulation. Booster shots will likely be part of the regimen, too, just as they are for other age groups.

6. Getting up to date is important: Make sure your child is up to date on all vaccines before getting the COVID-19 vaccine. Adolescents and adults who are more than 12 years of age and have been the duration of the pandemic and an estimated 26 million doses have been missed in 2020.

To get better sleep, cut out the foods that can suppress your body’s sleep cycles. Taking time away for just one hour prior to hitting the hay can make a big difference in your sleep quality.

Use Portion Control
Many of us tend to overeat or rely on large portions of comfort foods. To get just what you need with no wasted food, consider a program like Nutrisystem that brings you meals and snacks that are nourishing and filling in just the right portions. Plus, if you’re still craving some of those comfort foods on colder days, Nutrisystem has plenty of options like broccoli cheddar soup and Merlot Beef Stroganoff. You can also keep within your grocery budget by shopping for fresh fruits and vegetables that are in-season — choices abound this time of year!

To reset this season, take a cue from those who’ve met success by committing to smart strategies and healthy choices.

Beyond bubble baths and walks: Six areas of self-care

By Ashlyn Douglass-Barnes, LCSW

We often think of self-care as bubble baths and walks, but self-care or helping keep a balanced life can come from multiple areas of our life, such as physical, professional, personal, spiritual, and emotional. Oftentimes we think of self-care as large planned out gestures like taking a vacation or hiring a therapist. But the smallest acts of self-care can make a big difference.

“COVID-19 vaccines are safe and effective, they’re available at vaccines.gov.”

“COVID-19 vaccines are safe and effective, they’re available at vaccines.gov.”

“The wait for this moment has been exorcizing for parents who were ready on day one for their children to receive a vaccination to prevent severe COVID,” says Jack Resneck, Jr., M.D., president of the AMA. “While there is overwhelming scientific evidence showing the COVID-19 vaccines are safe and effective, we know many parents and families still have questions.”

Here are six things to know about pediatric COVID-19 vaccines for kids under 5:

1. The vaccines are safe: The U.S. Food and Drug Administration and Centers for Disease Control and Prevention (CDC) reviewed all trial safety data before authorizing and recommending vaccines for children under 5. The vast majority of participants were mild, including irritability and sleepiness, fatigue, and loss of appetite.

2. The vaccines are effective. Teach and Moderna vaccines are effective at preventing severe disease. Based on 230 pages of data, regulatons said the vaccines show a strong immune response in children, and are what effective at preventing symptomatic disease.

3. They’re widely available. Vaccines will be available at pediatrics’ offices, as well as from primary care physicians. Information on locations near you is available at vaccines.gov.

4. COVID-19 poses a danger to children: According to the CDC, COVID-19 is a leading cause of death among children ages 0-19. Among children in the United States aged 6 months to 4 years, there have been more than 2 million cases of COVID-19, more than 14,000 hospitalizations, and more than 200 deaths since the beginning of the pandemic.

5. There is more than one dose. Like most vaccines, the COVID-19 vaccines involve more than one dose. Pfizer’s two-dose series is given four to eight weeks apart, at one-fourth the dosage of the adult formulation. The Moderna vaccine primary series is a two-dose regimen, spaced four to eight weeks apart, at one-fourth the dosage of the adult formulation. Booster shots will likely be part of the regimen, too, just as they are for other age groups.

6. Getting up to date is important: Make sure your child is up to date on all vaccines before getting the COVID-19 vaccine. Adolescents and adults who are more than 12 years of age and have been the duration of the pandemic and an estimated 26 million doses have been missed in 2020.

To get better sleep, cut out the foods that can suppress your body’s sleep cycles. Taking time away for just one hour prior to hitting the hay can make a big difference in your sleep quality.

Use Portion Control
Many of us tend to overeat or rely on large portions of comfort foods. To get just what you need with no wasted food, consider a program like Nutrisystem that brings you meals and snacks that are nourishing and filling in just the right portions. Plus, if you’re still craving some of those comfort foods on colder days, Nutrisystem has plenty of options like broccoli cheddar soup and Merlot Beef Stroganoff. You can also keep within your grocery budget by shopping for fresh fruits and vegetables that are in-season — choices abound this time of year!

To reset this season, take a cue from those who’ve met success by committing to smart strategies and healthy choices.
An overview of NTM, a progressive lung disease

(StatePoint) — Did you know that everyone inhales nontuberculosis mycobacteria into their lungs as part of daily life? NTM is a group of over 200 types of bacteria. While most of these types of bacteria do not cause harm in humans, some do. The most common type of NTM lung disease is MAC or mycobacterium avium complex. Naturally found in soil and water, for most people the organisms do no harm. However, in a small number of vulnerable individuals, NTM can infect airways and lung tissue, leading to disease. As of 2012, more than 11,000 Americans are likely living with NTM lung disease nationwide.

NTM lung disease is a progressive disease, so the sooner you see a healthcare provider and receive a correct diagnosis, the sooner you can discuss treatment options with them.

To help individuals better understand the signs and symptoms of NTM lung disease, and empower them to get the care they need, the American Lung Association, supported by Informed Corporation through a collaborative sponsorship, is sharing these important facts about the condition.

What are NTM lung disease’s most common signs and symptoms? The symptoms of NTM lung disease are similar to other lung conditions. Common symptoms include chronic cough that may produce mucous, fatigue, weight loss, fever and night sweats.

Who’s at greatest risk? Although anyone can get NTM lung disease, some groups of people are at higher risk including those with weakened lungs damaged from diseases such as bronchiectasis, COPD, cystic fibrosis, silicosis or a previous tuberculosis infection. Other high-risk groups include postmenopausal women and people over 65, as well as individuals with a weakened immune system due to an autoimmune disorder or a suppressing medications.

When is it time to see a doctor? Consider asking your doctor for a test if you’re living with a chronic lung disease and your symptoms are getting worse or not going away.

How is NTM lung disease diagnosed? Diagnosing NTM generally involves several steps, which can involve tests and lab work to confirm a diagnosis.

Assessments: A clinical exam, a chest X-ray or CT scan, and a lab culture. It’s important that diagnosis includes identification of which species of mycobacterium are causing the infection, since that will determine treatment options.

What are next steps after diagnosis? Treatment options vary depending on the type of NTM species involved, but typically include two or more courses of antibiotics for an extended period of time, as well as making healthy life-style changes. In some cases, surgery is an option. While NTM lung disease is treatable, it can be challenging to eliminate all of the bacteria so it doesn’t continue replicating. Advocates encourage seeking a second opinion and following up with a pulmonologist or infectious disease specialist with specific experience treating NTM lung disease, particularly if symptoms persist after treatment.

7 behavioral health tips for older adults

(StatePoint) — Older adults experience a variety of health issues such as anxiety or depression may be exacerbated by changes in lifestyle and the need to “pull themselves up by their bootstraps,” but helping them seek help and empower them to live their best lives, according to experts.

“Everything is different, but there are tools for better health. Whether you’re exercising, medicating and self-care,” said Dr. Lindsay Evans-Mitchell, Montefiore’s medical director for behavioral health for Cigna Medicare Advantage.

Helping older health disorders affect one in five adults over the age of 65. One in five adults over 75 and the highest suicide rate of any age group or gender. Among men, the rate is 14.5 per 100,000 — almost triple the overall average.

The most common behavioral health disorder in older adults is depression. As the population of older adults and incidence is growing as the Baby Boomer generation approaches life expectancy. Experts project that more than 9 million American 65 years or older will have dementia by 2030. Anxiety disorders and mood disorders are also common among older adults.

Dealing with a behavioral health issue? These self-care tips can help.

1. Find a Provider: "Cognitive disorders, such as depression and anxiety, are on the rise," said Dr. Evans-Mitchell. "Since many older adults aren’t aware of a mental health issue, it’s important to ask and look for signs. There are many resources that can help you determine if you or a loved one is experiencing a mental health issue. Older adults who are more active in their communities can benefit from connecting with organizations that can provide a source of support and assistance."

2. Nourish Yourself. Good nutrition feeds the body and mind. If you have concerns about nutrition for older adults, consult your physician or dietitian. Eating a healthy, nutritionally balanced diet — especially one that’s packed with fruits and vegetables — can help you maintain your weight and meet your nutritional needs. A healthy diet can help prevent chronic diseases, support bone health and improve overall health.

3. Sleep Well. Like all adults, older people need seven to nine hours of sleep nightly. In theory, their sleep needs do not change with age, but older people’s tendency to go to bed early, wake up late and take frequent naps can disrupt sleep cycles and limit rapid eye movement sleep, which is important for memory retention and learning new things.

4. Exercise. Regular exercise can improve mental and physical health. The Physical Activity Guidelines for Americans describes benefits of physical activity, including improved cardiorespiratory function, reduced risk of chronic disease and improved mood.

5. Head Outside. Being outdoors can improve mood, reduce stress and provide a bond that can help you connect with nature.

6. Get a Pet. "It’s never too late to make a pet," said Dr. Evans-Mitchell. "Pets provide a bond that can help you connect with nature, get exercise, and improve your mood. Whether you’re a dog person or not, a pet can help you connect with others and provide a sense of purpose and fulfillment.

7. Parent a Pet. Caring for pets generates positive emotions and can reduce anxiety. Just petting a dog has been shown to lower levels of the stress hormone cortisol, and pets provide a bond that can create a feel-good brain chemicals: oxytocin and dopamine. Dogs also encourage people to exercise outdoors.

Behavioral health issues can be complex and confusing for everyone, but taking positive actions can be empowering. "Dr. Evans-Mitchell said. "It’s never too late to make a new start!"
Cottage cheese is a Jewish super food

By Rachel Ringler

This underrated ingredient might be the answer to dinner. And breakfast. And snack time, too.

When I close my eyes and imagine the interior of my childhood refrigerator, certain items are always there: blue-glass bottles of seltzer, Breakfastome whipped butter, a hunk of (kasher) salami, and cottage cheese. Why cottage cheese? I don’t know. My mother liked to eat it. As the daughter of Polish Jewish immigrants, she grew up with it. She would often start her day with a cut-up orange and a scoop of cottage cheese. And when she made her weekly foray to Waldman’s, our local supermarket, cottage cheese was always one of her purchases.

I never thought of it as Jewish, per se, but when Tablet came out with their book last year. The 100 Most Jewish Foods, I was bemused, but not shocked, to see that cottage cheese made the list. Food writer Gabriella Gershenson described cottage cheese as “the New World version of pot cheese, curd cheese…”

The Nosher contributor Sonya Sanford, whose parents were born in the former Soviet Union, remembers eating noodles and cheese as “Ashkenazi comfort foods.”

Food writer Gabriella Gershenson described cottage cheese as “the New World version of pot cheese, curd cheese…”

The Nosher contributor Sonya Sanford, whose parents were born in the former Soviet Union, remembers eating noodles and cheese as Ashkenazi comfort foods.

The Nosher contributor Sonya Sanford, whose parents were born in the former Soviet Union, remembers eating noodles and cheese as Ashkenazi comfort foods.

The Nosher contributor Sonya Sanford, whose parents were born in the former Soviet Union, remembers eating noodles and cheese as Ashkenazi comfort foods.

On page 4B of the Heritage Florida Jewish News, there is a recipe for Cottage cheese waffles.

Broccoli and Cottage Cheese Pancake Recipe

By Adeena Sussman

Ingredients

- 1/2 cup full-fat cottage cheese
- 1 1/2 cups broccoli florets (from 1/2 small head), finely chopped
- 1 1/2 cups flour
- 3 eggs
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp kosher salt
- 1/4 cup extra-virgin olive oil, plus more if needed
- Sour cream, for serving

Directions

1. In a medium bowl, sift the broccoli, cottage cheese, eggs, flour, chives, dill, baking powder, salt, and pepper until combined.
2. Heat 1 tablespoon of the olive oil in a 10-inch skillet over medium heat. Make pancakes out of the batter, using 3 tablespoons per pancake. Fry until the edges are lacy and browned, 2 to 3 minutes per side, adding more oil to the skillet between batches as needed.
3. Serve with sour cream and garnish with chopped dill.

Keeping children happy with yoga

By Christine DeSouza

Yoga for children? “Yes,” said local resident Lisa Schreiber, author of “The Promise of Shabbat: Yoga Poses for Happy Kids.” A registered yoga teacher and certified children yoga instructor, Schreiber teaches “Kids Yoga with a Jewish Twist” to children of all ages in several facilities throughout Central Florida.

In her book, she has combined her love of yoga and Shabbat to bring children daily yoga poses that are simple to do and have meanings that reflect on the Shabbat.

“The practice of Yoga has much in common with Judaism, including the beliefs for living a happy life as well as the values that help give us there. The link between the two can strengthen and fortify our separate practice of each and, ultimately, our quality of life,” Schreiber said.

For example, the 32-page book begins “On Monday, it was rainy all day and it made me feel blue.” The vividly colored page, illustrated by Jacqui Gerber, a New York-based yoga artis...
There's a new test for cancer risks from a longtime Jewish genetic screening program

It was only after Abby Match was diagnosed with an aggressive form of breast cancer that she learned she was a carrier of a mutation in her BRCA1 gene associated with a significantly elevated risk for developing breast cancer at a young age.

By Renee Ghez-Tzend

After discovering a suspicious lump in her breast one day while in the shower, Abby Match was diagnosed in August with an aggressive form of breast cancer. She subsequently underwent a bilateral mastectomy, a hysterectomy, chemotherapy and radiation.

Years after discovering she was sick that Match, 35, learned she was a carrier of a mutation in her BRCA1 gene—associated with a significantly elevated risk for developing breast cancer at a young age, and also for ovarian cancer. At any age, one in 40 Ashkenazi Jews have a BRCA mutation, which is 10 times higher than in the general population.

Match, a speech pathologist living outside Philadelphia, wished she had known before forming her genetic predisposition. She could have—by having a genetic screening test. Had she known she was a BRCA carrier, she could have more closely monitored her health, early signs and taken certain preventive steps.

“Knowledge is power—it is important to know the risks ahead of time,” Match said. “It would have been a surprise pregnancy just five months after her son’s birth. Prenatal testing was positive for the disease. We took steps to ensure her good health despite her being positive for CPT2 deficiency, an extremely rare genetic disease that prevents the body from using certain fats for energy.”

It is estimated that 1 in 40 Ashkenazi Jewish women carry a BRCA1 or BRCA2 mutation that elevates their risk for hereditary breast and ovarian cancer.

JScreen is a nonprofit project of the Emory University School of Medicine’s Department of Human Genetics, JScreen provides genetic screening tests for at-home use that can be completed just by sending in a saliva sample using a mail-in kit.

JScreen has long provided subsidized reproductive testing for Ashkenazi Jews who test positive for conditions like Tay-Sachs disease that could impact a couple’s future children.

The organization also offers free genetic counseling including a comprehensive panel of more than 60 cancer susceptibility genes associated with hereditary risks for breast, ovarian, prostate, colorectal, skin and many other cancers.

Genetic counselors discuss the results with users by phone or videoconference.

“Making cancer genetic testing accessible is key,” said Dr. Jane Lowie Heisel, associate professor of genetics and medical oncology at the Emory University School of Medicine and Atlanta director for JScreen’s cancer program.

“This type of testing is important because it alerts people to their risks before they get cancer. They can then take preventive steps, early detection and treatment,” Heisel said.

If your mother or father has a BRCA mutation, you have a 50% chance of carrying the BRCA1 or BRCA2 gene.

After Match’s diagnosis, her family members underwent genetic screening and discovered that Match’s mother, Carla Rockmaker, 61, carries a BRCA2 mutation, and her daughter had passed it on to her.

“I was very distressing, to say the least,” Rockmaker said. “I picked it up to my. My daughter and had passed it on to her.

Rockmaker, who lives in Sarasota, Florida, decided to undergo a preventative bilateral mastectomy and also encouraged her fiancé to be screened.

After completing a pilot project in Atlanta from July 2019 to June 2020 in which 500 people of Jewish background were tested for mutations in the BRCA genes, JScreen formally launched its 60+ gene cancer screening test nationally in January.

Unfortunately, none of the people tested had related cancers in close family members, but we still found that there was a higher rate of BRCA mutations than in the non-Jewish population, Grinzaid said.

JScreen Executive Director Karen Aronovitz Grinzaid said.

“We added the cancer panel to our testing options because we want to impact the health of the Jewish community over the entire life span.”

The subsidized cancer screening, which costs consumers with insurance $199 (for those without insurance or who choose not to use it), requires a doctor’s order and is available to any age 21 and above.

JScreen, which originally launched in 2013 with seed funding from the Marcus Foundation, initially focused on reproductive screening for high-throughput determination of the risk for having a child with a genetic disease. This testing helps parents and would-be parents ensure that they are taking the precautions necessary to have healthy children.

(For example, couples in which both parents are carriers of the same genetic disease can minimize their chances of having a child with a genetic condition by considering in-vitro fertilization with pre-implantation genetic testing of embryos.)

JScreen’s ReproGEn test screens for 226 genetic diseases, many of which are commonly found in the Jewish population (Ashkenazi, Sephardic and Mizrach), and others that are found in the general population. Most of these diseases are inherited in a recessive pattern, meaning that a child may have the condition only if both parents carry a mutation in that disease gene.

Each child of two carrier parents has a 25% chance of inheriting both mutations and having the condition, JScreen also screens for several X-linked conditions that can be passed from a carrier mother to a child who may have symptoms.

Some of these genetic diseases are relatively common, such as Gaucher’s, cystic fibrosis and Tay-Sachs. However, Carly Sonenshine, a 32-year-old social worker in Atlanta, learned from her JScreen test that she carries a mutation for CPT2 deficiency, an extremely rare condition that prevents the body from using certain fats for energy.

There are three main types of the disease, one lethal to newborns and CPT2.

JScreen counseled Sonenshine’s husband to do the same genetic screening, and when he discovered he was a carrier for three genetic diseases, including CPT2.

“We considered doing IVF, but I got pregnant naturally in the meantime,” Sonenshine said. “We did chorionic villus sampling (CVS) and learned our son was just a carrier” — and not afflicted with the disease.

However, they weren’t as lucky when Sonenshine had a surprise pregnancy just five months after his son’s birth. Prenatal testing was positive for the disease.

“Thousands of people have done reproductive testing through JScreen over the years. Adding the carrier testing just expands the screening tests for at-home use that can be completed just by sending in a saliva sample using a mail-in kit.

“With JScreen, you don’t have to wait for cancer to find you,” Match said.

This article was sponsored by the Jewish Telegraphic Agency’s native content team.

Central Florida Pulmonary Group, P.A. Serving Central Florida Since 1982

Our physicians are Board Certified in Internal Medicine, Pulmonary Disease, Critical Care Medicine, and Sleep Medicine

Specializing in:
• Asthma/COPD
• Sleep Disorders
• Pulmonary Hypertension
• Pulmonary Fibrosis
• Shortness of Breath
• Cough
• Lung Cancer
• Lung Nodules
• Low Dose CT - On Site
• Clinical Research

Phone: 407.841.1100

South West Orlando
7319 Stonerock Circle
Ocoee / Winter Garden 2701 S. Maguire Road

Central Florida Pulmonary Group, P.A.

Downtown Orlando
1115 East Ridgewood Street

East Orlando
1096 Dylan Loren Circle

Altamonte Springs
610 Jasmine Road

www.cf pulmonary.com | Most Insurance Plans Accepted

Daniel Haim, M.D., F.C.C.P.
Daniel T. Layish, M.D., F.A.C.C.P., F.C.C.P.
Francisco J. Calimano, M.D., F.C.C.P.
Ahmed Massoud, M.D., F.C.C.P.
Syed Mobin, M.D., F.C.C.P.
Eugene Go, M.D., F.C.C.P.
Mahmood Ali, M.D., F.C.C.P.
Robert G. Estabrook, M.D., F.C.C.P.
Hadi Chohan, M.D., F.C.C.P.
Erick Lu, D.O., F.A.C.O.I.
Alvaro Martin, M.D.

JScreen now offers a new test for hereditary cancer risk. To access testing 24/7, request a kit at JScreen.org.
Is your sleep apnea under control?

Detoxify your body naturally

Create an evening routine

It’s summertime! Enjoy the season safely

(StatePoint) — High-quality sleep is fundamental to your health and happiness. However, for the last 10-30 percent of U.S. adults living with sleep apnea, a good night’s rest is not guaranteed.

Obstructive sleep apnea is a respiratory condition where airways narrow during sleep, causing short periods when you’re not breathing. Incredibly common, it’s estimated that there are millions of Americans with undiagnosed and untreated sleep apnea. Uncontrolled sleep apnea is associated with a number of challenging symptoms, including Excessive Daytime Sleepiness. This symptom, which can linger even after one begins being treated for sleep apnea, is often described as feeling excessively drowsy. If you experience EDS, you might even fall asleep when you shouldn’t. For example, sleepiness at work or while you’re watching kids, along with drowsy driving, could put you and others at an increased risk of accidents and injury.

Not everyone being treated for sleep apnea experiences complete symptom relief. This is why the American Lung Association, with support from Jazz Pharmaceuticals, is encouraging the public to take action to overcome their one’s sleep challenges.

The first step to better sleep and a more restored body involves working with a healthcare provider to address your sleep apnea after participating in a sleep study. Your doctor will work with you to manage the condition, says Dr. Atul Malhotra, chief of Pulmonary, Critical Care and Sleep Medicine at UC San Diego. Dr. Malhotra recommends setting up a follow-up appointment within three months after you begin treatment — or sooner if problems arise, and then on an annual basis after that.

“Unfortunately, some patients continue to experience lingering symptoms,” says Dr. Malhotra. “It’s important to advocate for yourself with your doctor.”

You’ll know if your treatment is working based on how you’re feeling. Are you less sleepy during the day? Do you have higher energy levels? Does your bed partner notice less snoring, gasping or sleep disruptions? To help your doctor understand what you’re experiencing at your appointment, it’s important to distinguish fatigue, which is a lack of energy, from sleepiness, which is an inability to stay awake.

For more information about sleep apnea and EDS, please visit lung.org. Everyone deserves the benefits of high-quality sleep.

About Max S. Watzman D.O.

Max Watzman D.O.
Family Physician
Barimo Family Medicine

Medical Village at Winter Park
483 N. Semoran Blvd.
Suite 206
Winter Park, FL 32792

Phone: 407/679-2400
Office Hours by Appointment

Max S. Watzman D.O.
Family Physician
Barimo Family Medicine

Michael Barimo D.O.
Max Watzman D.O.
Bennett Feld P.A.
Amy Hegensberg P.A.

For a number of conditions that impact vision, wearing sunglasses with UV protection is a good idea. A hat with a brim or cap with a visor can offer eyes additional shade with the bonus of protecting your scalp and face too. At the pool, keep chlorine and other disinfecting chemicals out of your eyes by always using goggles. Some pairs even offer UV protection.

5. Ward off bugs: There’s nothing more comforting than connecting with nature, that is until biting and stinging bugs find their way to you.

When going for walks in the woods, wear long sleeves and use an EPA-approved insect repellent. When you go hiking, do a quick inspection for ticks. You can also make your yard a safer, more comfortable place to spend time by using a citronella candle or tiki torch to ward off mosquitoes. Warm sunny weather is ideal for fun, active days spent outdoors. Just be sure to take precautions to stay healthy and safe.
An exercise regimen or daily chores? Both provide a workout

By John Grimaldi

When we were young and in good health, we were never too old to dance the night away. We were full of vim and vinegar. No one had a stethoscope that was used to get more exercise; we were always in motion from the time we woke up in the morning to the time we called it a day — sometimes in the middle of the night. And then, one day, we realized that it was time to slow down.

So we took off our dancing shoes, traded in our ball gowns and passed the time on a comfy couch reading a book or watching TV. But just when we began to acclimate ourselves, friends, family and our doctors sounded the alarm, telling us that we needed to do more exercise. So we walk long, said they. Go to the gym and work out. They were right, of course. Isaac Newton put it, “A body at rest stays at rest.” And, too much rest, can lead us to a shorter, sicker life.

Indeed, according to the American Academy of Orthopaedics and Sports Medicine, exercise is a must for everyone. That’s why we like to keep busy and we like to engage in systemic activities in our daily lives — activities that keep us on our feet and active all day long. Exercise, as they say, is a form of exercise — and that’s what we need to do to stay healthy and happy.

So, what does that mean? It means that we need to exercise regularly. And that exercise can be any activity that burns energy and requires movement. And that’s where the CSL Plasma donor app comes in.

The CSL Plasma donor app is available for use on Android devices. And, as always, says the Associate Medical Director of CSL Plasma, Dr. Jennifer Hanes, who as a division medical director of CSL Plasma, monitors the medical oversight of U.S. plasma donation centers, we must also be mindful of the things that we eat and drink.

What is plasma? Plasma is a straw-colored liquid that carries red blood cells, white blood cells and platelets, helping to maintain a steady level of blood pressure, supporting the immune system and delivering critical nutrients to our bodies.

What is plasma used for? Plasma is used to treat rare and serious conditions, conditions that are caused by the body not producing a normal amount of a protein. These conditions include primary immunodeficiencies, hereditary angioedema, inherited respiratory disease, hemophilia and other bleeding or neurological disorders. Every year, it takes more than 1,200 plasma donations to treat one person living with hemophilia, more than 900 plasma donations to treat one person living with Alpha-1 Antitrypsin Deficiency (Alpha-1) and more than 130 plasma donations to treat one person living with a primary immune deficiency. Additionally, albumin, a protein contained in our plasma, is used in hospitals and urgent and emergency care settings to treat trauma, shock, burns and other emergencies that could happen to anyone.

3. Who can donate plasma? To donate at a CSL Plasma center, you must be in good health, be between the ages of 18-74, weigh at least 110 pounds, have no tattoos or piercings within the last four months, meet health and screening requirements and have valid identification with a permanent address.

4. What is the donation process like? While a first-time plasma donation takes approximately two hours, and up to three hours at a time, the second donation is typically shorter. CSL Plasma donors will be rewarded for helping to create life-saving medicines and will receive a payment in connection with the donation process. It’s recommended that donors drink four to six 8-ounce glasses of water, fruit juice or other caffeine-free liquid at least two to three hours before donation.

5. Where can I donate? CSL Plasma has more than 300 plasma donation centers across the United States. Visit cslplasma.com for more information and to find a nearby CSL Plasma center. The CSL Plasma donor app is also available for Apple and Android devices.

People depend on plasma donors to live happy and healthy lives, so it’s important to consider donating if you are able,” says Dr. Hanes.

Expanding your garden and make it thrive

By John Grimaldi

This is the driving idea behind “Backyard Smart,” a free online video series that offers tips and relevant information on how to answer your most common lawn and garden questions. The following planting strategies come directly from two recent “Backyard Smart” episodes:

1. What is plasma? Plasma is a straw-colored liquid that carries red blood cells, white blood cells and platelets, helping to maintain a steady level of blood pressure, supporting the immune system and delivering critical nutrients to our bodies. Plasma, is responsible for providing a steady supply of hemoglobin, a protein that carries oxygen to body tissues.

2. What is plasma used for? Plasma is used to treat rare and serious conditions, conditions that are caused by the body not producing a normal amount of a protein. These conditions include primary immunodeficiencies, hereditary angioedema, inherited respiratory disease, hemophilia and other bleeding or neurological disorders. Every year, it takes more than 1,200 plasma donations to treat one person living with hemophilia, more than 900 plasma donations to treat one person living with Alpha-1 Antitrypsin Deficiency (Alpha-1) and more than 130 plasma donations to treat one person living with primary immune deficiency. Additionally, albumin, a protein contained in our plasma, is used in hospitals and urgent and emergency care settings to treat trauma, shock, burns and other emergencies that could happen to anyone.

3. Who can donate plasma? To donate at a CSL Plasma center, you must be in good health, be between the ages of 18-74, weigh at least 110 pounds, have no tattoos or piercings within the last four months, meet health and screening requirements and have valid identification with a permanent address.

4. What is the donation process like? While a first-time plasma donation takes approximately two hours, and up to three hours at a time, the second donation is typically shorter. CSL Plasma donors will be rewarded for helping to create life-saving medicines and will receive a payment in connection with the donation process. It’s recommended that donors drink four to six 8-ounce glasses of water, fruit juice or other caffeine-free liquid at least two to three hours before donation.
Do you eat mindfully?

(StatePoint) — Mindful eating doesn’t have to be restrictive and you don’t have to give up your favorite foods.

“Simply incorporating more foods that are crafted with integrity and align with your values into your day-to-day eating can go a long way toward helping you feel your best,” says Kara Lydon, a registered dietitian nutritionist. As an intuitive eating counselor, Lydon advises people to stop looking at food as “good” or “bad” and instead, listen to their bodies and eat what feels best in the moment.

With those principles in mind, here are a few simple choices you can make to nourish your body and enjoy your food.

**Snack Smart**

Snacks can keep you satiated between meals and help you regulate your blood sugar and energy levels. It can also be an opportunity to take in essential vitamins and nutrients. Common processed snack foods are often loaded with sodium, added sugars and trans fats. Try these wholesome alternatives: Greek yogurt with raw honey, hummus with carrot and celery sticks, or try peanut butter, edamame, egg and cheese bites, nuts or fruit salad.

**Choose Grass-Fed Dairy**

In conversations about healthy eating, dairy products are sometimes unfairly get a bad rap. But dairy actually has essential nutrients that can be incorporated into a well-rounded daily diet. Lydon says that it’s helpful to be intentional with your choices.

The next time you visit the dairy aisle, take a closer look at the labels and search for the term “grass-fed.”

“Grass-fed cows produce milk with higher concentrations of beta-carotene and certain fatty acids, including conjugated linoleic acids and a more optimal omega-3/omega-6 ratio,” says Lydon. “These nutrients play key roles in disease prevention, mood regulation, cognitive function and more.”

Grass-fed dairy not only tastes better and is healthier for you versus grain-fed dairy, it’s often more humanely produced. Check out brands committed to farming practices that are good for people, animals and the planet, like Truly Grass Fed. The premium brand of Irish dairy products makes cheese and butter that is always non-GMO, growth hormone rBST-free, and antibiotic free. Its cows live their best lives outside grazing on green grass maintained using regenerative farming practices. To learn more and find wholesome recipes, visit trulygrasfed.com.

**Grow at Home**

A small garden, consider starting a small garden in your yard or even indoors on your kitchen counter. Growing your own food is sustainable and can help you connect to what you feed your family.

What’s more, being able to harvest produce at its peak means more nutritional value and flavor per bite. If you’re feeling overwhelmed by the prospect of growing plants from seeds, start by buying a few pots of herbs, such as basil, chives and mint. These can be found at many grocery stores. They’re relatively easy to maintain, and can instantly add zest to salads, soups and other meals.

Explore the flavors and health benefits of Indian Cuisine at home

(StatePoint) — In the last few years, more Americans have gotten hooked on the rich, mouth-watering flavors and bold spices of South Asian cuisine. In fact, research has shown an increase in searches for Indian cuisine, making it the second most searched for cuisine on Instagram.

Creating delicious Indian foods at home is now possible for anyone, regardless of their culinary skills. With the right shortcuts, you can prepare nutritious meals in less time.

Ready to get started? Here are three reasons why you should add Indian cuisine to your lunch and dinner rotations:

1. It’s better for you: Indian cuisine features a number of ingredients that support a healthy lifestyle. For example, lentils are an excellent source of protein and gut-friendly fiber, helping you feel fuller for longer. Commonly used spices, such as cumin and ginger, aid in digestion and provide anti-inflammatory benefits.

2. While we know that prevention is the best in the moment, eating a plant-based diet is one of the simplest ways to protect the planet. With its wide variety of protein-rich dishes and flavorful ingredients, Indian cuisine is a go-to choice for anyone looking to cut back on meat. Studies show that if you eat one plant-based meal a day for a year, you’ll save almost 200,000 gallons of water – that’s equivalent to 11,400 showers.

3. Time-saving meal kits can make it convenient: For people who are not sure how to get started, a meal kit subscription is the perfect way to gain fluency in Indian flavors and makes the experience of putting authentic dishes on the table easy.

In particular, The Cumin Club, available nationwide, offers more than 30 authentic Indian dishes starting at $4.99 each. You’ll need hot oil and about five minutes to make a satisfying meal. This better-for-you option uses all-natural ingredients you can feel good about, including spices sourced from different regions of India. From classic street food to comforting bowls of paneer butter masala, the brand’s ever-expanding menu is vegetarian- and vegan-friendly, representing various cuisines of India, and is an excellent choice for busy, health-conscious foodies on a budget. To learn more, visit thecuminclub.com and receive 20% off your first order by using the code: RAY20.

Making authentic Indian food a part of your weekly rotation is an easy way to add healthier options to your weekly meal plan. Thanks to new short cuts, preparing it at home is easier than ever.

Get your health back on track

(StatePoint) — Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health care.

“While we know that preventing ills is the best defense, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive health screenings,” says Gerald E. Harmon, M.D., president of the American Medical Association.

According to the AMA, you and your family should take these six steps to get your health back on track:

1. Get Screened: Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your health care provider. If you’re due for a visit, care, test or screenings, make an appointment.

2. Don’t wait: An estimated 41 percent of adults with one or more chronic health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don’t wait until something is wrong before getting routine care. If something does feel off, schedule an appointment with your doctor or healthcare professional as soon as possible.

3. Consider telehealth: If you’re uncomfortable or unable to go in person to your physician’s practice, check on telehealth options, which have greatly increased over the past two years.

4. Visit your pharmacist: During the pandemic, pediatric immunizations decreased. As the health conditions of water – that’s equivalent to 11,400 showers.

3. Time-saving meal kits can make it convenient: For people who are not sure how to get started, a meal kit subscription is the perfect way to gain fluency in Indian flavors and makes the experience of putting authentic dishes on the table easy.

In particular, The Cumin Club, available nationwide, offers more than 30 authentic Indian dishes starting at $4.99 each. You’ll need hot oil and about five minutes to make a satisfying meal. This better-for-you option uses all-natural ingredients you can feel good about, including spices sourced from different regions of India. From classic street food to comforting bowls of paneer butter masala, the brand’s ever-expanding menu is vegetarian- and vegan-friendly, representing various cuisines of India, and is an excellent choice for busy, health-conscious foodies on a budget. To learn more, visit thecuminclub.com and receive 20% off your first order by using the code: RAY20.

Making authentic Indian food a part of your weekly rotation is an easy way to add healthier options to your weekly meal plan. Thanks to new short cuts, preparing it at home is easier than ever.

Get your health back on track

(StatePoint) — Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health care.

“While we know that preventing ills is the best defense, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive health screenings,” says Gerald E. Harmon, M.D., president of the American Medical Association.

According to the AMA, you and your family should take these six steps to get your health back on track:

1. Get Screened: Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your health care provider. If you’re due for a visit, care, test or screenings, make an appointment.

2. Don’t wait: An estimated 41 percent of adults with one or more chronic health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don’t wait until something is wrong before getting routine care. If something does feel off, schedule an appointment with your doctor or healthcare professional as soon as possible.

3. Consider telehealth: If you’re uncomfortable or unable to go in person to your physician’s practice, check on telehealth options, which have greatly increased over the past two years.

4. Visit your pharmacist: During the pandemic, pediatric immunizations decreased. As the health conditions of water – that’s equivalent to 11,400 showers.

3. Time-saving meal kits can make it convenient: For people who are not sure how to get started, a meal kit subscription is the perfect way to gain fluency in Indian flavors and makes the experience of putting authentic dishes on the table easy.

In particular, The Cumin Club, available nationwide, offers more than 30 authentic Indian dishes starting at $4.99 each. You’ll need hot oil and about five minutes to make a satisfying meal. This better-for-you option uses all-natural ingredients you can feel good about, including spices sourced from different regions of India. From classic street food to comforting bowls of paneer butter masala, the brand’s ever-expanding menu is vegetarian- and vegan-friendly, representing various cuisines of India, and is an excellent choice for busy, health-conscious foodies on a budget. To learn more, visit thecuminclub.com and receive 20% off your first order by using the code: RAY20.

Making authentic Indian food a part of your weekly rotation is an easy way to add healthier options to your weekly meal plan. Thanks to new short cuts, preparing it at home is easier than ever.