

Bellevue Medical Partners, PLLC

New Year's Resolutions: Benefits of Exercise in Aging

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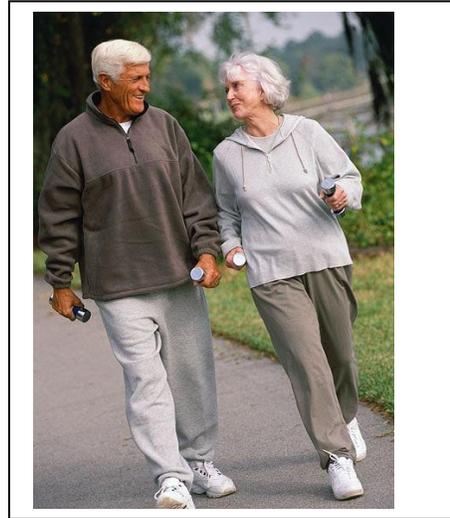
"I'm too old"...this excuse doesn't fly with regard to exercise and its ongoing benefits throughout life, including as we get older. There are multiple studies over the past few decades that document the clear health benefits of routine moderate exercise. As we age, sometimes tailored exercise plans can become helpful to accommodate specific health conditions or limitations. But in general, the most accessible and easy routine exercise that one can do is walking. Now is the time to consider making exercise a routine part of your week.

A recent study in Britain followed patients from their mid 60s to mid 70s, and those who were physically active on a routine basis were 7

times more likely to be 'healthy agers' than those who remained inactive. Those who participated in moderate to vigorous activity even just once per week saw a 3 fold benefit in healthy aging over those who were inactive. Inactive patients were shown to have increases in depression, cognitive dysfunction, and the development of chronic health conditions

as compared to those who were regularly active.

Benefits of routine moderate exercise (ie walking) include: brain health and memory (slows the loss of brain tissue), cardiovascular health improvements, improved bone health, and improved mental health (less depression and anxiety).



Holiday Office Schedule

The office will be closed starting at noon on Dec 24th and will reopen on December 30th. Dr Kaner will be covering for any needs during that time. We will also be closed on January 1st. As always, you can call the office at 425-637-1022 to reach the physician on call at anytime.



Vaccine Health



Are you up-to-date on CDC recommended adult vaccinations?

For healthy adults, vaccine recommendations include:

Yearly flu vaccine

Tdap (Tetanus, Diptheria, Pertussis) x 1

Tetanus/diptheria (Td) booster every 10 years

Zoster (shingles) vaccine x 1 for age 60 and older

Pneumococcal (Pneumonia) vaccine x 1 for age 65 and older

Additional vaccines or age cut-offs may be recommended if you have certain chronic health conditions. Please ask at your next visit if you have any questions or concerns.

“The flu often has a sudden onset of symptoms, sometimes within 30 to 60 minutes.”

Flu season has begun

Please remember that the following symptoms will help you differentiate between influenza (the flu) and a common cold:

The flu often has a sudden onset of symptoms, sometimes within 30 to 60 minutes with features including high fever, body aches which are often severe, extreme exhaustion, cough, and weakness and fatigue that can last for

weeks. It can be complicated by pneumonia or other bacterial infections. If you believe you have the flu and if you notify your doctor within 24-48 hours of the onset of your symptoms, antiviral medications may help to shorten the duration of your illness. The best prevention is the flu shot and good hand hygiene. The flu shot, however, does not always protect

against all influenza strains.

As opposed to the flu, the common cold does not include high fevers, and usually results in stuffy nose, sore throat, sneezing, sinus congestion, mild to moderate cough, and is usually of a slower onset. Treatment is symptomatic support as there are no prescriptions that can treat the common cold itself.

Contact us:

Remember that for *non-urgent* issues, you can reach us by e-mail.

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For urgent needs, please remember to call us as there may be a delay in e-mail until the next business day.