

newsletter

June 2025

Are You Well Hydrated?

- 1. Meet Daily Fluid Needs:** Aim for about 2.7 liters/day for women and 3.7 liters/day for men (including water from food and drinks), adjusting for activity level, heat, or illness.
- 2. Monitor Hydration Markers:** Look for pale yellow urine, urinating ≥ 6 times per day, and the absence of thirst.
- 3. Adjust During Physical Activity:** For long-duration or intense exercise, plan to match fluid losses; for shorter activities, drinking to thirst is usually plenty.
- 4. Avoid Overhydration:** Excessive fluid intake that causes weight gain should be avoided, as it can be harmful.



Dr Rabia Qureshi -
Your Partner in Accessible,
Affordable, & Personalized Care

Word of the Month: Sarcopenia

Sarcopenia is loss of muscle and strength as people age, which can lead to weakness, slower movement, and a higher chance of falling or becoming less independent

Did you know, people on a weight loss journey can experience sarcopenia as well?

This can happen if one is losing weight without building muscle or focusing on good quality protein intake.

This is common in people taking GLP-1 inhibitors such as Ozempic.

June is Men's Health Awareness Month

- **Schedule regular check-ups** to help identify risk factors and screen for chronic diseases. Discuss tobacco and alcohol use, sexual health, mental health, and family history with your doctor.
- **Monitor blood pressure, cholesterol, and blood sugar.** High blood pressure and abnormal cholesterol increase the risk of heart disease. Men over 35 should have cholesterol checked; younger men with risk factors should also be screened. Diabetes screening is recommended for those with high blood pressure.
- **Maintain a healthy weight and stay active.** Regular physical activity and a balanced diet lower the risk of heart disease, diabetes, and some cancers. Plant-forward diets (such as Mediterranean) may benefit prostate and overall health
- **Limit alcohol and avoid tobacco.** Both increase the risk of cancer, heart disease, and other health problems.
- **Colorectal cancer:** Begin screening at age 50 for average-risk men, using stool tests or colonoscopy
- **Prostate cancer screening:** The U.S. Preventive Services Task Force and the American Urological Association recommend shared decision-making for men ages 55-69; discuss risks and benefits with your provider.
- **Lung cancer screening:** Men 55-80 with a significant smoking history should consider annual low-dose CT screening
- **Abdominal aortic aneurysm screening:** One-time ultrasound screening for men 65-75 who have ever smoked.
- **Address urinary and sexual health.** Report symptoms such as difficulty urinating or erectile dysfunction. The American Urological Association notes that erectile dysfunction can signal underlying cardiovascular disease.
- **Stay up to date on immunizations.** Follow the Advisory Committee on Immunization Practices guidelines for adult vaccines.
- **Take care of mental health.** Discuss depression, stress, or anxiety with your provider

Good Day, Sunshine!

Lets protect our largest organ!

- 1. Avoid direct sun exposure during peak hours 10 am to 4 pm because UV radiation is the strongest at this time.**
- 2. Wear sun-protective clothing such as long sleeved shirts, pants, wide-brimmed hats and sunglasses.**
- 3. Apply a broad-spectrum SPF 30+ 15 minutes before sun exposure and re-apply every two hours.**



- Join the Elation Health Patient Portal to be able to access your chart and exchange detailed messages with us
- Patients can now access their own billing account using Hint health.
- Please sign up for Spruce and download the app to your phone in order to be able to text the practice.

Spread the word!

Help us promote wellness:

- 1. Refer a Friend:** Encourage others to join and both of you get \$ off of membership
- 2. Leave a Google, Healthgrades or Yelp Review:** Your feedback helps us grow.
- 3. Follow & Share:** Engage with us on social media.

