

FIND YOUR **Healthy Way** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources



The New Year is always a good time to reflect on the goals we have set for ourselves over the past year and to get excited about creating new ones. As we step into 2024, we celebrate with great joy and gratitude for the many achievements and milestones that have brought us together. Having you as part of our Regal, Lakeside, and ADOC family makes our journey extra special. Let's welcome in the New Year with the hope and promise that it may bring you and your families much happiness, laughter, and new memories to celebrate. May 2024 be filled with endless possibilities and renewed good health. **A very happy New Year to all!**



New Year, New Health

FROM THE DESK OF



Nirav K. Shah, M.D., Sr. Medical Director

As we begin the New Year, let's discuss simple ways to make 2024 the 'year of healthy habits.' January provides a fresh start to set new health goals. Start by scheduling an annual wellness exam with your primary care physician (PCP) and any other routine checkups you may need. Let's focus on staying healthy in January, taking care of ourselves and our loved ones.

Where should I start when it comes to planning my health?

Begin by scheduling an appointment with your healthcare provider. Regular visits for screenings and check-ups can help in the early detection and management of health issues. This includes routine blood pressure checks, cholesterol level assessments, diabetes checks, cancer screenings, and vaccinations.

What key health recommendations apply to everyone, regardless of age?

Recommendations for all individuals include maintaining a balanced and nutritious diet, engaging in regular physical activity, ensuring adequate and quality sleep, effectively managing stress, and undergoing regular health screenings and check-ups. These practices are essential for overall well-being and help prevent common health issues.

What is the recommended immunization schedule for adults?

The immunization schedule for adults varies based on factors such as age, health conditions, and previous vaccinations. Common adult vaccines include influenza, Tdap (tetanus, diphtheria, and pertussis), shingles, COVID, and pneumonia. It is advisable to consult with a healthcare provider for personalized recommendations."

Source: Centers for Disease Control and Prevention (CDC). (2022). Recommended Adult Immunization Schedule for Ages 19 Years or Older. <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>



Preventive care includes the steps you take (before you get sick) to stay healthy. But why should you visit the doctor when you're healthy? The simple answer is that preventive care can help you stay healthier and, as a result, lower your healthcare costs.

For adults, preventive care involves screening for chronic conditions like diabetes and heart disease, as well as immunizations against serious illnesses like the flu and COVID-19. It also includes education and counseling to help you make positive lifestyle choices that protect your overall health and well-being.

The types of screenings recommended for you may vary based on your age and family history. If you are 65 and older, consider these yearly screenings with your primary care doctor:

- ✓ Glaucoma screening
- ✓ Bladder incontinence
- ✓ Physical activity check
- ✓ Drug-disease interactions
- ✓ Fall risk screening
- ✓ Flu and pneumonia vaccines
- ✓ Memory test interaction check

It is important to discuss these screenings with your primary care physician.

Visit <https://www.regalmed.com/patient-resources/preventive-care> for more information on preventive care.

Chicken Pita!



The good & healthy stuff

Start the New Year fresh with this Mediterranean Chicken Pita recipe! This quick and easy dish combines grilled chicken, veggies, and tzatziki stuffed into warm pita bread. If you have some leftover chicken, it's perfect for creating a quick meal prep. No tzatziki? No problem - plain Greek yogurt works too. Begin enjoying a healthier start in 2024 with this simple and delicious recipe that adds a touch of Mediterranean goodness to your plate.

Get the full recipe here:

www.diabetesfoodhub.org/recipes/mediterranean-chicken-pita