

PATIENTS' PLACE TOO!

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LernerCohen Healthcare



FOR YOUR INFORMATION

TESTOSTERONE...

is a steroid hormone produced by both men and women but primarily in men to give them male characteristics and other health benefits. Although it is normal for testosterone levels to drop as men age, low testosterone can affect a man's health. Levels can decline steadily after age 40.

Signs and symptoms of Low Testosterone may include:

- Fatigue or decreased energy
- Reduced sex drive (libido)
- Sexual dysfunction (weak erections, fewer erections)
- Depressed mood
- Increased body fat
- Reduced muscle mass and

- strength
- Decreased bone strength
- Loss of body hair (less frequent shaving)
- Hot flashes, sweats

Make an appointment to see your physician if you are experiencing any of these symptoms.

HYPOTHYROIDISM

Thyroid hormone is essential for maintaining a body's metabolism. When the body lacks sufficient thyroid hormone, people will display symptoms related to a slow metabolism but there are many people that have hypothyroidism and don't know it.

Signs and symptoms of low thyroid hormone may include:

- Fatigue or weakness
- Weight gain or difficulty losing weight

- Coarse, dry hair
- Hair loss
- Cold intolerance
- Muscle cramps
- Frequent muscle aches
- Constipation
- Irritability
- Memory loss
- Decreased libido
- Abnormal menstrual cycles
- Depression

You could have one or more of these symptoms with hypothyroidism and can often be diagnosed with a simple blood test but not always. Treatment for most people is a single pill daily but, again not in all cases. See your physician with any questions or concerns.



SAVE THE DATE

“What’s Lurking Out There?”

A Safari Health Fair
January 14, 2012
10am –2pm

In the Jacaranda Room here on the 2nd floor in the Waldemere Plaza Building.

For more info or to RSVP, contact Dondra at dwalker@lernercohen.com or call 953-9080

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Remember: bring in your medication bottles on every visit so we can ensure that our records are up-to-date.



REMINDER: Hand washing is the best prevention for the spread of common cold and flu

MEDICATION NEWS

Lipitor: the generic version of Lipitor is soon to be released. Most pharmacies will substitute a generic version of a medication (if available) unless the doctor writes the prescription for brand name only. Ask your doctor if the generic version is right for you before your next refill.

Zocor (simvastatin): this past summer the FDA published new restrictions, contraindications, and dose recommendations for the highest approved dose of simvastatin (Zocor), 80 mg, due to the increased risk of muscle injury (myopathy), often a result of interactions with other medications. Myopathy is generally characterized by muscle pain, tenderness, or weakness. The FDA recommends the

80 mg dose not be started on new patients and should only be used with patients that have been taking this dose for 12 months or more with no evidence of myopathy. In addition, there are many other medicines that are thought to possibly interact with simvastatin even in doses as low as 20 mg daily. Thus we have suggested switching from simvastatin to another statin for many of our patients. Each patient is different so the decision must be individualized based on many factors. Feel free to discuss this with your physician to see what might be best for you.

We hope to use this venue to inform, educate and even entertain you.

Email Tara at tstolpe@lernercohen.com with any suggestions for content.



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The LernerCohen Staff want to wish you a happy and healthy 2012!

Visit our web site @
www.lernercohen.com



HEALTHY LIVING

Better Balance: Move it or Lose it

Did you know that 1/3 of adults over the age of 65 and 1/2 over the age of 75 fall every year? The results: hip, pelvis and spine fractures, or injury to the brain resulting in a loss of mobility and independence. Risks for falls include decreased leg strength, decreased balance, environmental hazards (throw carpets, wet floors, etc.), and a fear of falling. Regular physical activity is crucial for fall prevention. Better balance is a skill which can be recaptured and maintained over time with the right exercise prescription.

Learn more about balance and fall risk reduction at our health fair or schedule an appointment with **Jennifer Regar; Licensed Physical Therapist**, to have your balance evaluated.

Jennifer is in the office every Wednesday from 9am-1pm.



Activities to keep your mind sharp

Commonym- a group of words that have a common trait in the 3 words/items listed.

1. A ball, a fish, a cold
2. A ball, a salad, a coin
3. A cork, a question, a balloon
4. A bottle, a baseball player, a mushroom
5. A bell, a mouth, a shoe
6. A tug-of-war, the nightly news, a boat
7. Seventeen, time, people
8. A basketball court, a highway, a bowling alley
9. Fog, a jack, a body builder
10. A hockey game, a restaurant, a bank

Email your answers to tstolpe@lernercohen.com or call her at 953-9080.

Eat A Rainbow

Everyone probably knows that eating more fruits and vegetables is good for your health, but it turns out that it is also important to eat a variety of colors as each color may contribute unique beneficial phytonutrients!

Red Group - (tomatoes, pink grapefruit, watermelon): has been shown to protect against some cancers.

Yellow/Green Group - (spinach greens, collard greens, mustard greens, turnip greens, yellow corn, green peas, avocado, honeydew melon): may protect against macular degeneration, cataracts, and colon cancer.

Orange Group - (carrots, mangos, apricots, cantaloupes, pumpkin, acorn squash, winter squash, sweet potatoes); good for night vision and may protect against cancer.

Orange/Yellow Group - (pineapple, orange juice, oranges, tangerines, peaches, papayas, nectarines): may help cells in the body communicate and may help prevent heart disease.

Red/Purple Group - (beets, eggplant, purple grapes, red wine, grape juice, prunes, cranberries, blueberries, blackberries, strawberries, red apples): may protect against heart disease and delay the aging of cells in the body.

Green Group - (broccoli, brussels sprouts, cabbage, chinese cabbage or bok choy, kale): may ward off carcinogens and protect DNA.

White/Green Group - (leeks, scallions, garlic, onions, celery, pears, white wine, endive, chives): may promote ulcer healing, has anti-tumor properties, and may improve heart health by lowering blood pressure.

Would you like to learn how to painlessly incorporate more vegetables into your diet? Please schedule an appointment with our dietitian; Bonni London MS, RD, LD/n.