

# Fall 2013

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Hello to all our patients,

Welcome once again to our website. I had hoped to try and get a newsletter out every other month, but time gets away from me as it does everyone. Spring turned to summer and then fall in the blink of an eye.

As we enter the colder months it is important to think about activities to keep our bodies in motion (besides shivering). Plan an activity schedule for yourself. If it is too hard to fit an hour, 3 times a week into your schedule, then find things to do during the day to increase your activity. Walk around the office to deliver messages instead of using the phone, take the stairs instead of the elevator, or take a walk at lunchtime. I strongly recommend cross training to prevent undo stress on any specific group of muscles. Mix up walking, running, biking, and swimming. This will help build up different muscle groups as well.

With the holidays, come many gifts of goodies. It can be a minefield! Do your best to stay on a healthy eating pathway. Eat plenty of fresh vegetables, lean proteins, fresh fruits, healthy nuts and grains. It is ok to indulge every now in then (without guilt). Enjoy every bite (slowly!). Be sensible and think about what you are eating, before you eat it. Always remember that food is fuel (I doubt that any of us would knowingly put bad gasoline in our car's gas tank, so treat your body the same way).

Most importantly during the holidays, connect with family and friends. Relationships are a gift. We are social creatures and our spirits are nurtured by this contact. We may all connect in different ways, but we all do need to connect. As difficult as it is to find time, set aside an afternoon or evening for a family dinner, with no cellphones or other distractions.

Unfortunately, with contact come illnesses. Remember that common colds are common. A runny nose, sore throat, short-lived fever, mild cough and congestion are all part of the common cold. The normal cold can last 7 – 10 days. 1 or 2 days of colored sputum can also be normal. Please contact us if you experience

shortness of breath, wheezing, a fever for more than 24-48 hours, or a cold lasting longer than 10 days. As always, we are available for questions, by phone or via the portal. Please also remember to **get your Flu Vaccine**. The Flu is caused by a virus and the symptoms include: high fevers, body aches, clear runny nose, dry hacking cough, headache, and “sore eyes”. If you have ever had the Flu, you will never forget it! If you missed our flu clinic at the end of October please call the office to schedule a vaccine. We will continue to administer flu vaccine until our stores are depleted. Many local pharmacies are also administering flu vaccines.

Happy holidays everyone!

Dr. Barcomb