

CCM Newsletter

JUNE 2020



1. Clinic Re-Opening

By: Dr. Jorge Duchicela

On March 1st, 2020 the White House announced that the COVID-19 outbreak in the United States has become a public health emergency.

We quickly transformed our practice to ensure access by telemedicine. Even though it has proven to be a very useful tool to ensure continuity of care; in-clinic visits allow us to provide the full scope of our services: injections, physical exams, procedures, wound care, lab, and imaging.

In the past few weeks the number of new cases have remained steady and the access to personal protective equipment has improved. These two conditions have allowed us to start the much anticipated re-opening phase.

For the last four months we have been following the Centers for Disease Control (CDC) guidelines to ensure the safety of our patients and staff, and this re-opening phase will not be an exception.

Every patient requesting or requiring an in-clinic service (lab, imaging, injection, doctor visit, procedure) will be scheduled, according to the CDC and Texas Department of State Health.

What to expect?

- On the day of your appointment you will be contacted by phone to confirm your visit and to screen you for COVID-19 related symptoms.
- Once you arrive to the clinic your temperature will be taken.
- You are expected to wear a face mask or face covering at all times during your visit.
- You will be directed by the clinic staff to enter the clinic once it is considered safe for you.

Every room and clinic area will be disinfected promptly after each patient visit.

“Access to our services is the key to keeping you healthy.”

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2. Alzheimer's and Brain Awareness

By: Dr. Jorge Duchicela

In the 21st century Alzheimer dementia is the greatest global challenge for health and social care.

Alzheimer occurs mainly in people older than 65 years old and is characterized for memory loss.

There are several easy things you can do as prevention:

Exercise

At least 150 minutes of moderate intensity exercise weekly can reduce the risk of developing Alzheimer's disease by 50%. It can also slow further deterioration in those who have already started to develop cognitive problems.

Good activities for beginners include walking and swimming.

Nutrition

Obesity at age 50 is a risk factor for dementia.

Decrease the consumption of processed food, sweets and carbs such as white flour, white rice, pasta, and alcohol are useful recommendations too.

Sleep

Establishing a regular sleep schedule to reinforce your circadian rhythm is a good sleep hygiene practice that will increase your mental health.

Stress

Chronic or persistent stress can take a heavy toll on the brain, stress management tools can minimize its harmful effects.

Cognitive intervention

Learn and challenge your brain with new things or improve your previous skills (playing an instrument).

Vary your habits regularly to create new brain pathways (take a new route or eat with your non-dominant hand).

Practice memorization techniques and enjoy strategy games, puzzles, and riddles.



References:

- *Alzheimer's & Dementia*. Elsevier.
- *Dementia prevention, intervention and care*. The Lancet.
- *What can you do to avoid Alzheimer's disease?* Harvard Medical School.