

NEWSLETTER

IN THIS ISSUE

Stressed - 1

Beating the Heat - 2

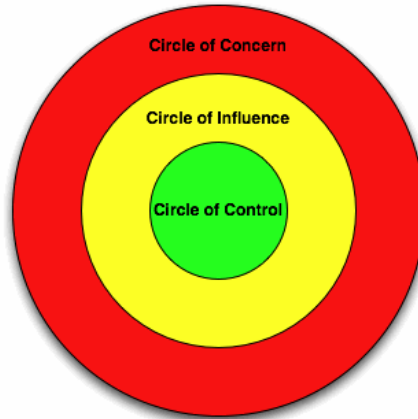
COVID-19 Update - 3

Heat Stroke - 5

Nutrition Nuggets - 6

Centric Health - 7

Stressed out – What can we do?



The last 2 ½ years have been among the most tumultuous in US history; short of the years of world war or severe economic depression. Count the challenges – political division full of inflammatory rhetoric and physical violence; racial and anti-police protests; very high and then low unemployment; difficult to understand or control high inflation; gas over \$6 a gallon; an unthinkable invasion of Ukraine with the murder of innocent civilians and children and the displacement of millions of people simply wanting to live their lives in peace; the senseless murder of folks in Buffalo just because of the color of their skin and the stunning murder of school children in Uvalde; controversial Supreme Court decisions concerning abortion and guns; and – oh by the way- a global pandemic that has killed over 1 million Americans. To say that this has been overwhelming is to put it lightly!

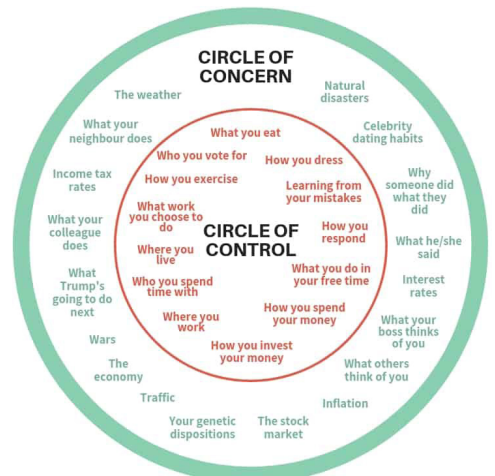
The impact of all of these challenges is severe stress. The consequences are felt by all of us. As an Internist, treating patients every day, I see many whose first

complaint is anxiety or depression or feeling stressed. For many, the feelings are explicitly about one of the challenges I have listed above, or others concerning personal health or family. Regardless of the cause, the impact is significant.

It is easily understandable that stress would affect our emotions and mental health but often not recognized is the impact of stress on our physical health. Whether the latent effects of Covid 19 infection or other medical problems or the result of external stress, the impact can be a significant impact on our immune health. This immune impact results in a propensity to serious medical illness of a wide variety. Increased risk of infection, heart attack, stroke and cancer are all well documented. Shortened life expectancy is a well-recognized consequence.

What to do?

First, it is clear that there is much we cannot control and little which we can. Stephen Covey in his book 7 Habits of Highly Effective People, notes as a guiding principle the Circles of Control, Influence and Concern. The list of



those things in life we can truly control is very limited. Most of the challenges we have faced in the past 2 ½ years and continue to face are beyond our control. We can be responsible for what we control and little else. That understanding can at least lead us forward to decisions which can

decrease the stress we internalize and are adversely affected by. Healthy coping mechanisms begin with understanding this important principle.

Take a look at the illustrations below and consider how making a shift in your perspective might

help decrease the impact our terribly stressful world, not likely to change soon, will have on your emotional and physical health. Talk to your doctor about how you feel and be sure you don't become a victim of the many things you cannot control.

Meet Your Goals while Beating the Heat - By Kelsey Reason, CEP



Do these hot summer days have you feeling sluggish? Are all the enjoyable summer treats weighing you down? Can you envision a healthier lifestyle for yourself and your family? Often, we are our biggest roadblock to better living, pushing it off until "I can afford the right equipment", "I have more time", or "It cools down in the fall". But all you really need to do is take the first step (perhaps quite literally) and get started today! Here's some tips for exercising safely this summer.

Especially in Bakersfield where our summer temperatures regularly exceed 100 degrees it's nice to exercise indoors where there is air conditioning. Cardio is easily accomplished on a piece of machinery such as a treadmill, stepper, elliptical, or bike so getting a gym membership through these hot summer months would be a good investment. If an indoor gym is not an option, there are

plenty of other exercises you can do to get fit this summer. Walking, jogging, biking, or stair climbing are all good modes of exercise and can be accomplished with little equipment. Be mindful of the heat and complete these exercises in the cooler, early hours of the day or late hours of the evening. My favorite summer exercise activity however is swimming because it can be done at all times of the day (just don't forget your sunscreen!) and it has wonderful side benefits. Not only do you get to cool off in the refreshing water, but it is also a wonderful opportunity for you to spend time with family and friends. Invite your grandkids over to play and join in on their game of "Marco Polo" or have a friend or two over to chat while you tread water in the deep end. And if you don't have a pool, challenge a friend you know who does have one to a laps race and you can work on keeping each other accountable in your fitness

goals. You could also look into your local community pools and give them a call for current hours. Another option is to find an indoor mall close to you (or at least an outdoor shopping center like the Marketplace that has ample shade) that opens early to allow for people to walk indoors.

Another benefit to summer is the longer days giving ample time for exercise when you really set your mind to it. I don't know about you but in the winter, as soon as it gets dark, my energy level and desire to do anything productive decreases dramatically. So, if you're anything like me, use this daylight to your advantage and exercise while you have the energy. Instead of sitting to watch a movie each night (and likely eating something unnecessary while you're at it), go for a walk after the dinner dishes are done to help your food settle and get you nice and tired for

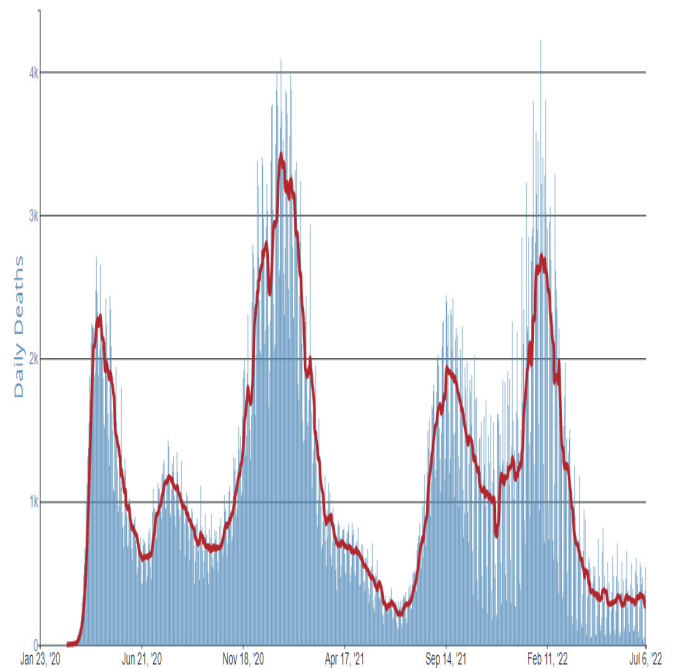
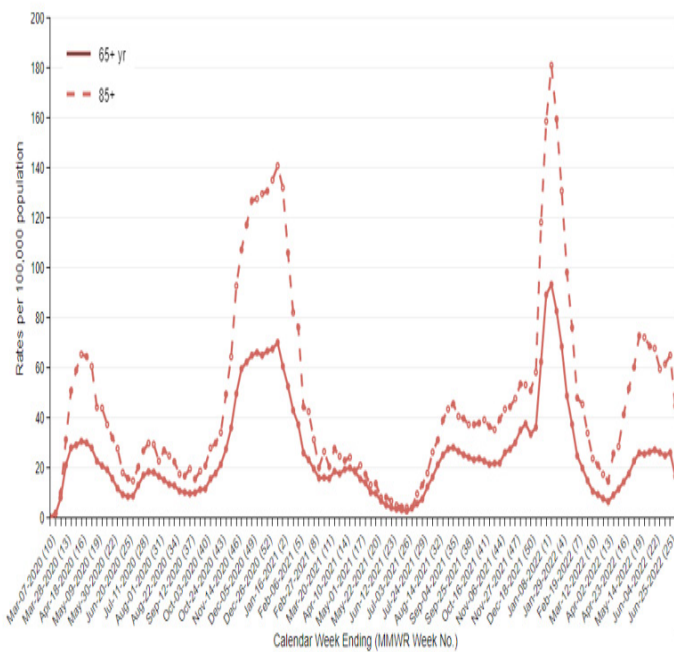
bed. Using these next few months to start a new healthy habit of exercising regularly will benefit you greatly when we finally do get what we all are wishing for – cooler weather! But with that lovely weather comes all the holidays commonly associated with the overindulgence of food and that unwanted weight gain.

Getting started with an exercise program now and continuing through the end of the year and beyond will provide many benefits in addition to weight maintenance. Engaging in regular physical activity, defined in the

Physical Activity Guidelines for Americans as a minimum of 150 minutes of moderate intensity activity per week and doing moderate strength training activities at least 2 times per week, can make your activities of daily living easier to accomplish and your ratings of perceived exertion of those activities lower. Regular exercise can also preserve bone mass and increase immune function, and can increase muscle strength, endurance, and power that typically declines after 50 or 60 years of age. You can also improve your risk of falls with regular physical activity, help

lower your blood pressure, and manage your blood sugars if you are diabetic or prediabetic. Lastly, engaging in regular physical activity has positive implications on your attitude, resulting in a generally happier outlook, increased self-efficacy, and a reduction of psychological stress. This is the way I want to live this summer and I hope you do to; and all it takes is one walking step, one bicycle cycle, or one swim lap to start heading in the right direction towards healthy living this summer.

COVID-19 Update



Covid-19 illness continues to surge world-wide. The current circulating Covid variants are much more contagious than the Delta variant but not as lethal. Hospitalized patients continue to be predominantly those who are unvaccinated, with underlying serious health conditions and those over 65 years of age. Outpatient treatment for individuals newly infected and testing positive remains Paxlovid and Pharmacists are now authorized to administer

this medication without a physician prescription. Evusheld is becoming more widely available as a preventive treatment for immunocompromised individuals who are unlikely to achieve adequate protection from vaccination due to their impaired immune response. The best protection against Covid-19 remains vaccination. The FDA has approved and CDC recommends vaccination with a single dose Pfizer or 2 dose Mod-

erna vaccine for children ages 6 months to 5 years. Data clearly demonstrates effectiveness and safety in this age group. Vaccination is now recommended and available for all individuals from 6 months of age and older. To date over 700,000 children in the 6 months to 5-year age range have been vaccinated with at least one dose. Over 10.4 M children ages 5-11 and 17.4 M ages 12-17 have also been vaccinated. We know that even healthy children can



become seriously ill with severe Covid and experience long-term complications. Vaccination dramatically reduces this risk. For all ages, Covid-19 vaccines continue to undergo the most intensive safety monitoring in US history. To date there have been 601.5 M doses of Covid vaccine administered in the US and 66% of the US population is fully vaccinated. Unfortunately, 50.1% of eligible individuals have not been boosted.

Kern County remains a region of high risk due to our relatively low rate of vaccination. The vaccination rate in Kern is 55.3%. This includes 91% of those 65 years and older having received at least one dose and 82.7% fully vaccinated. This compares to the total for California of full vaccination of 72% and 91.7% for those 65 and over. There are numerous Covid variants which have circulated worldwide since the onset of the pandemic. The current variant in the US is 100% Omicron. The subvariant BA.5 predominates with an estimated 78% of cases, BA.2.12.1 at 8.6%, and BA.4 12.8%. The BA.2.75 fast spreading variant from India has now been reported in the US.

Although the number of cases has trended dramatically upward in the past month, this has not resulted in a high hospitalization or death rate. This is due to the grad-

ually increasing rate of vaccination, nascent immunity from prior Covid infection and the much less virulent nature of the Omicron compared to Delta variant. The hospitalization rate increased by 3.1% from 6/29 to 7/5/22 compared to the prior 7 day average and the rate in those 65 and older increased from 6.7 to 25.2 per 100,000 cases. In those 85 and older the hospitalization rate per 100,000 increased from 14.8 to 61.7, clearly demonstrating the substantial threat which Covid-19 infection remains for vulnerable individuals. Other high-risk conditions are noted in the table below. As our risk for Covid-19 infection is closely linked to the state of the pandemic in our community, it is important to be aware of the risk in Kern County and the impact this should have on our strategies to remain healthy.

The current disease level in Kern County is rated as HIGH. The case rate is approximately 347 cases per 100,000 people with 6.8 per 100,00 hospitalized and 7.8% of staffed Kern County hospital beds occupied by Covid -19 patients. For this level of community infection, it is recommended that we: 1) Mask indoors, 2) Get tested if there are new symptoms such as fever, body aches, sore throat, runny nose, cough, nausea, vomiting, diarrhea, muscle aches, fatigue, 3) If you are at high

risk, take additional precautions such as restricting activities involving contact with others.

COVID-19 Statistics

	Cases	Deaths
Kern County	267,582	2,484
California	10,578,770	93,329
USA	90,410,386	1,026,951
Global	570,187,025	6,384,303

COVID-19

High Risk Conditions (Alphabetical Order)

Cancer

Cardiovascular Disease

Hypertension, Congestive Heart Failure, Coronary Artery Disease, Cardiomyopathy, Stroke

Chronic Kidney Disease

Chronic Liver Disease

Chronic Lung Disease

Asthma, COPD, Emphysema, Cystic Fibrosis, Bronchiectasis

Dementia

Diabetes Mellitus

Immunocompromised

Autoimmune Diseases- Systemic Lupus Erythematosus, Scleroderma, Sjogren’s, Disease, Mixed Connective Tissue Disease, Rheumatoid Arthritis, Psoriatic Arthritis and others

Immunosuppressive Therapy – Organ transplant recipients, Cancer therapy, Autoimmune disease treatment and other therapies

Mental Health Disorders

Depression, Schizophrenia and others

Older Adults

Age 65 and older and especially 65 and older

Overweight and Obesity

Pregnant and Recently Pregnant

Heat Stroke is no Joke - By Bakersfield Heart Hospital



As temperatures in Bakersfield begin to rise, it is time to think about the possibility of heat related illness. Taking precautions, recognizing the early warning signs of heat exhaustion and knowing the difference between heat exhaustion and heat stroke are essential to enjoying the summer safely.

Heat exhaustion is the body's response to dehydration and an excessive loss of water and salt through sweat. Heat exhaustion typically occurs after long periods of heat exposure and occurs when the body becomes overwhelmed by heat and the sweat response stops working properly.

The following are the most common signs and symptoms of heat exhaustion:

- Nausea
- Dizziness
- Weakness
- Headache
- Pale, cool and moist skin
- Fast and weak pulse
- Disorientation
- Paleness
- Muscle cramps
- Tiredness
- Fainting

If heat exhaustion is left untreated, it may lead to heat stroke. The key difference between heat stroke and heat exhaustion is the presence of confusion and other mental status changes during heat stroke. When you get heat stroke, the neurological system is affected and can cause odd behavior, delusions, hallucinations, and eventually seizures or a coma.

At the first signs of heat exhaustion, you should stop activity and cool the body by seeking shade, shelter, or a cool room. Also, drink cold fluids. Seek medical attention immediately if symptoms are severe. If you recognize the symptoms of heat exhaustion, take the following actions:

- Stop activity and rest
- Drink cool, non-alcoholic beverages
- Take a cool shower or bath
- Move to an air-conditioned room
- Remove extra clothing

Follow these tips to minimize your risk of developing heat exhaustion:

- If you are going to exercise in hot weather, it's important to al-

low your body to get used to the heat for about a week before beginning any intense exercise or activity.

- Hydrate well before and during exercise or activity and replace lost electrolytes, such as sodium, potassium, and magnesium with food or a sports drink (16 to 20 ounces/hour).
- Avoid exercise or activity during the hottest time of day.
- Wear light, loose clothing so sweat can evaporate.
- Invest in some clothes made with performance fabrics that can effectively move perspiration away from the body and out through the fabric where it can evaporate quickly.
- Use sunscreen to prevent sunburn which can limit the skin's ability to cool itself.
- Wear a hat with a brim.
- If you feel your abilities start to diminish, stop activity and seek out a cool, shaded place.
- Do not drink alcohol or beverages with caffeine before exercise because they increase the rate of dehydration.

Remember, it's easier to prevent heat illness than to treat it once symptoms develop.

Nutrition Nuggets - Michele Chynoweth RD, CDE

Summer reading and grilling reminders

Help youngsters continue reading progress by locating recipes in cookbooks or online. Great for math too. Geometric shapes, fractions, doubling and measuring. It won't seem like homework!

For food safety to avoid food poisoning:

Wash hands before and after preparing foods of animal meat products as well as before and after vegetable/salad/fruit prep.

Use separate cutting boards and knives for the meat or animal protein and vegetables & fruits.

Defrost meat in refrigerator, not on the counter.

Return leftovers to the refrigerator within an hour during summer heat.

- Tired of dried out chicken breasts. Use a meat thermometer to guarantee proper doneness...without dryness

Spiced Grilled Chicken with Cauliflower "Rice" Tabbouleh

Source: www.eatingwell.com/279027

Total: 35 mins Servings: 4

Ingredients

- 5 tablespoons extra-virgin olive oil, divided
- 2 ½ teaspoons ground cumin, divided
- 1 ½ teaspoons dried marjoram
- ¼ teaspoon salt
- ¼ teaspoon ground allspice
- ¼ teaspoon cayenne pepper
- 1 pound boneless, skinless



- chicken breast, trimmed
- ¼ cup lemon juice
- 2 cups fresh riced cauliflower (or frozen, patted dry)
- 2 cups flat-leaf parsley leaves (Italian parsley or try cilantro)
- 1 cup diced cucumber
- 1 cup halved cherry tomatoes
- ¼ cup sliced scallions

Directions:

Step 1

Preheat grill to medium-high. For fire safety, do not leave the grill unsupervised.

Step 2

Mix 2 tablespoons oil, 2 teaspoons cumin, marjoram, 1/2 teaspoon salt, allspice and cayenne in a small bowl. Brush on chicken.

Step 3

Grill the chicken, turning occasionally, until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 10 to 12 minutes.

Step 4

Meanwhile, whisk lemon juice with the remaining 3 tablespoons oil, 1/2 teaspoon cumin and 1/4 teaspoon salt in a large bowl. Add riced cauliflower, parsley, cucumber, tomatoes and scallions; toss to coat.

Step 5

Transfer the chicken to a clean cutting board and let rest for 5

minutes. Thinly slice the chicken and serve over the tabbouleh.

Nutrition Facts

Serving Size: 3 oz. chicken & 1 1/4 cups 'tabbouleh-like cauliflower rice'

Per Serving:

- 341 calories; protein 28.3g; carbohydrates 8.5g;
- Dietary fiber 3.3g; sugars 3.2g; fat 21.1g;
- Saturated fat 3.2g; cholesterol 82.8mg;
- Calcium 84.4mg; Iron 3.3mg;
- Potassium 711.4mg; Sodium 222.3mg.

To modify the recipe for lower protein, reduce the amount of chicken per serving or increase the vegetables to make 6 to 8 servings [results less chicken per serving]. Lower the potassium-use rice in place of cauliflower. To increase healthy whole grains, substitute bulgur for cauliflower for more authentic tabbouleh.

If you have concerns with your weight (up or down), diabetes, chronic kidney disease, elevated cholesterol or triglycerides, find a registered dietitian nutritionist (RDN) to help you enjoy summer foods and stay healthy. Many insurances will cover part or all of your visits.

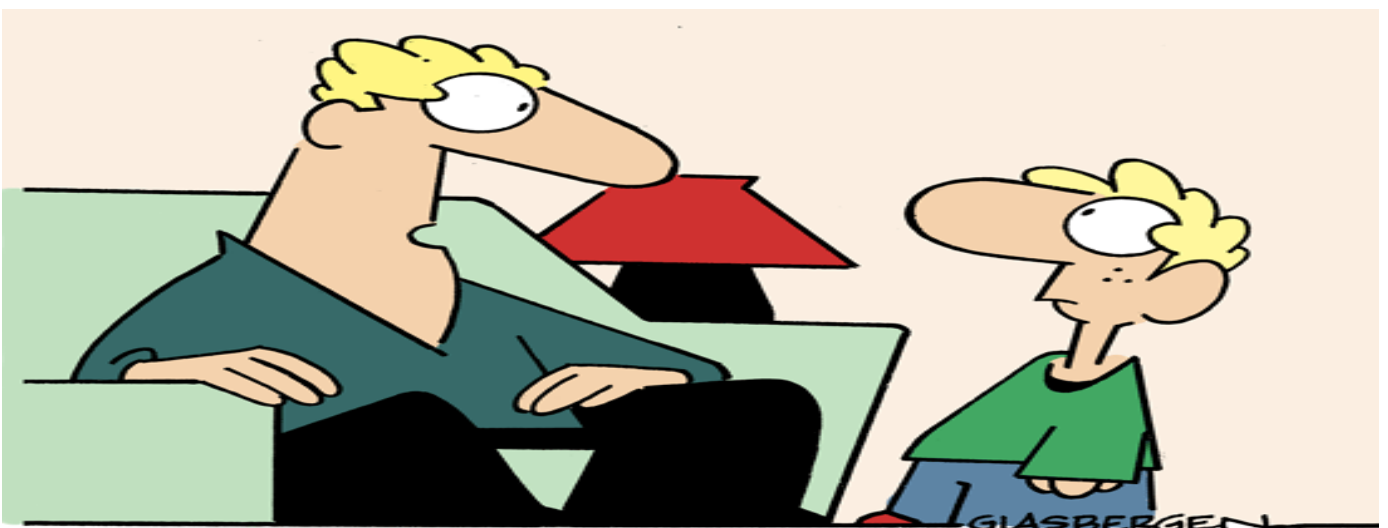
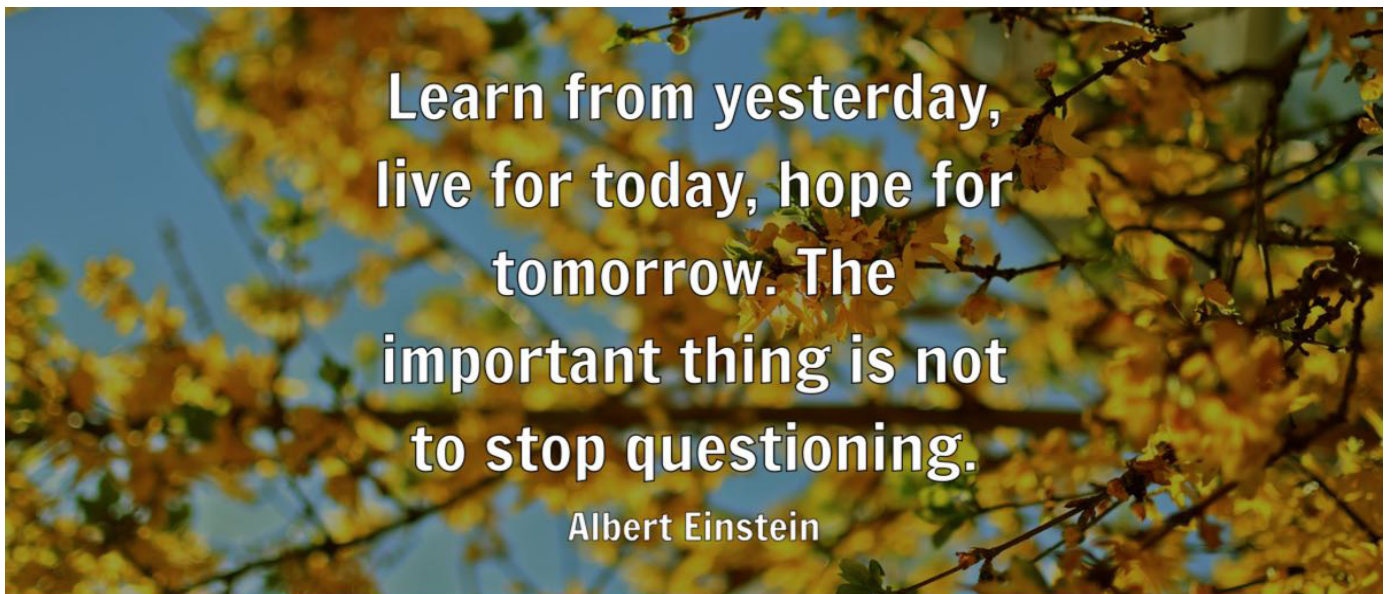
www.eatright.org/find-a-nutrition-expert or 800-877-1600

Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

The Physicians and healthcare professionals at Centric Health Medical Offices offer an array of services ranging from Cardiology, Vascular, Primary Care, Endocrinology, Pulmonology, Neurosurgical Spine Surgery, Urgent Care, and Diagnostic Imaging.

- **Central Cardiology Medical Center**
- **Preferred Family Care**
- **Sillect Medical Centers**
- **Kern Endocrine Center**
- **WF Baker MD and Associates**
- **J. Foster Campbell, MD**
- **Golden Valley Medical Associates**
- **Harjeet Singh, MD**
- **Susan Hall, MD**
- **Dr. Ashraf - Pulmonology**
- **Clinica Del Valle**
- **Golden State Hospitalists**
- **Centric Health Imaging**
- **Centric Urgent Care**



“Where do babies come from? You were attached to an e-mail from the stork!”

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.