

PATIENT NEWSLETTER



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Is it Too Late for a Flu Vaccine?

Not at all! Flu season can last into May, and getting vaccinated now can still provide protection. **This year's flu season has been one of the worst in a decade**, with high hospitalization rates. Even if the vaccine isn't a perfect match, it can reduce symptoms and prevent severe illness—especially for high-risk groups like older adults, young children, and those with underlying conditions.

Getting the flu vaccine can protect you and those around you from severe illness during the remaining flu season. Building immunity takes about two weeks, so act now to stay protected. It's not too late to get your flu shot!

Schedule your flu vaccine with Dr. Kutzscher today.

[Contact Us](#)



The Buzz Around Cortisol

Cortisol, often dubbed the "stress hormone," has become a hot topic on social media, with influencers blaming it for weight gain, anxiety, and fatigue. It's true, **cortisol plays a key role in metabolism and stress response**, but the narrative circulating on social media often oversimplifies its function.

Cortisol is essential for various bodily processes. Its role is complex, not all stress responses lead to clinical cortisol imbalances

Managing stress is important, but these unregulated supplements and fad diets promising to "balance" cortisol may do more harm than good. It's crucial to approach these claims superficially and **consult a healthcare professional** before making significant changes.

If you have health concerns surrounding stress, please contact Dr. Kutzscher. Let's start the conversation, get to the root causes of your stress, and discuss treatment options.

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Is Traveling in the Off-Season a Lower Health Risk?

Traveling off-season means fewer crowds and potentially lower exposure to contagious illnesses like the flu. It can also reduce stress, making for a healthier trip.

Reduced Exposure to Contagious Illnesses: With fewer tourists, there's a lower chance of encountering contagious diseases such as the flu, which often spreads more rapidly in crowded settings.

Decreased Stress Levels: Quieter destinations can lead to a more relaxing experience, potentially reducing stress-related health issues.

Even with these potential benefits, seasonal health risks still exist—malaria may rise in rainy seasons, extreme weather can be hazardous, and medical facilities may be limited.

To stay safe, research seasonal risks, get necessary vaccinations, prepare for weather changes, and confirm healthcare access at your destination. **Off-season travel can be a great choice—just plan wisely!**

Dr. Kutzscher stays current on epidemics and frequently refers to the CDC website to keep her knowledge fresh. Please schedule an appointment with us to make sure you take the appropriate precautions and have the information you need to safely see the world.

Contact Us

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