

Marilyn M. Kutzscher, M.D.

PATIENT NEWSLETTER



In This Issue: Q2 2024

- Boosting Immunity in Seniors
- Nutrition for Aging Well
- Maintaining Cognitive Health
- Schedule a Travel Consultation for Summer



Boosting Immunity in Seniors

People of all ages have the power to support their immune system by incorporating several lifestyle, nutritional and emotional philosophies into their lives. If you're an adult over age 60, the tips below may greatly improve your quality of life. If these ideas are new to you, start slowly by focusing on one tip at a time until it becomes routine, then add more. Your body and mind will thank you!

- Get the recommended vaccinations (influenza, COVID, RSV, shingles, pneumococcal, etc.)
- Consume fermented foods or take a probiotic supplement
- Get 7 hours of sleep a night and limit screen time before bed
- Hydrate with enough water so your urine becomes a pale yellow
- Ask your doctor about taking supplements such as Vitamin C and D, zinc, elderberry, echinacea, garlic, etc.
- Manage your stress levels by trying meditation, yoga, journaling and other mindfulness practices
- Aim to exercise moderately for 10-30 minutes per day doing a mixture of cardio and strength training
- Stop smoking and reduce your consumption of alcohol

If you'd like help getting started or want to discuss vaccines or supplements, please contact our office at (415) 923-3560 to schedule an appointment.

[Contact Us](#)



Nutrition for Aging Well

As you age, your diet – and how you eat – can help promote longevity and vitality. Here are a few tips to keep in mind as you shop for groceries, cook and eat out at restaurants.

- Incorporate foods that have fiber (whole grains, raw vegetables and fruits)
- Eat healthy fats (salmon, avocados, walnuts, olive oil)
- Hydrate with water, not alcohol (six 8-ounce glasses per day)
- Avoid over-salting your foods
- Limit your intake of white foods that have little nutritional value (white bread, rice, potatoes)
- Eat enough protein

How you eat and cook can also have an impact on your overall health. These tips may help:

- Don't skip meals and healthy snacks (use a timer to remind you to eat regular meals)
- Enjoy meals with family and friends to reduce loneliness
- Cook food thoroughly (use a meat thermometer)
- Check for expiration dates on foods
- Wash your hands and kitchen surfaces often
- Refrigerate leftovers promptly

Dr. Kutzscher can help you develop a nutrition plan for your unique needs. Don't hesitate to get in touch with our office at (415) 923-3560 to schedule an appointment.

[Contact Us](#)



Maintaining Cognitive Health

While there is currently no way to prevent or cure dementia, there are some actions you can take now to support brain health and slow cognitive decline. Staying active by exercising – especially when you do it with friends – is a great way to keep your mind and body engaged. In fact, maintaining strong social connections daily can boost mental stimulation by engaging your skills of attention and listening. Try organizing group activities with friends and family: card or board games, playing musical instruments, attending special events, etc. Cognitive health can also be supported by eating a healthy diet, lowering alcohol consumption and getting enough sleep. In short, living an overall healthy life!



Schedule a Travel Consultation for Summer

If you're planning to travel this summer, make sure you plan well in advance to ensure you have enough medications for the length of your trip and receive the right vaccines (if you are planning to travel abroad). As a general rule of thumb, it is recommended to get vaccinations for the specific countries you plan to visit at least one month in advance. This will allow your body ample time to build-up immunity. You may also need more than one dose of certain vaccines over a few weeks for full protection.

Contact our office at (415) 923-3560 to schedule an appointment with Dr. Kutzscher today.

[Contact Us](#)

Marilyn M. Kutzscher, M.D.

(415) 923-3560

marilynkmd.com

You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)