

Marilyn M. Kutzscher, M.D.

PATIENT NEWSLETTER



In This Issue: Q3 2024

- It's Vaccine Season
- Stay Up to Date: 2024-2025 COVID-19 Vaccines
- Measuring Your Health Via Abdominal Girth
- Tips to Manage Anxiety and Depression in Seniors



It's Vaccine Season

We are currently setting appointments to receive the flu vaccine in our office. According to the Centers for Disease Control and Prevention (CDC), flu activity starts to increase in October, peaking between December and February. Getting the annual vaccine can help minimize the spread of this highly contagious respiratory illness.

Flu Facts

- The vaccine will not give you the flu virus.
- You can spread the flu to others one day before you have symptoms and you will be most contagious during the first 3 days. However, you can still infect others up to 7 days after becoming sick. Those with weakened immune systems may be contagious for longer periods of time.
- Children under age 5, adults over 65, pregnant women, and those with chronic health conditions are at a higher risk of developing serious flu complications.

If you do contract the flu, we may be able to minimize your symptoms with an antiviral medication. This treatment should be administered within 48 hours after you start experiencing symptoms, so contact our office as soon as possible at (415) 923-3560 to schedule an appointment with Dr. Kutzscher.

Contact Us



Stay Up to Date: 2024-2025 COVID-19 Vaccine

Everyone ages 6 months and older should receive the 2024-2025 COVID-19 vaccine. This is especially important for people who:

- Are over age 65
- Live in a long-term care facility
- Are pregnant, breastfeeding, or are trying to get pregnant
- Are at high risk for severe COVID-19
- Have never received a COVID-19 vaccine

The FDA has approved several 2024-2025 COVID-19 vaccine formulas to protect against the most recent circulating variants of COVID-19.

- Moderna COVID-19 Vaccine (2024-2025 Formula) for ages 6 months and older
- Pfizer-BioNTech COVID-19 Vaccine (2024-2025 Formula) for ages 6 months and older
- Novavax COVID-19 Vaccine, Adjuvanted (2024-2025 Formula) for ages 12 years and older

COVID-19 vaccines can be received at local pharmacies. These vaccines are recommended now unless you have had COVID-19 within 3 months or had the old vaccine within the last 3 months.

Free COVID-19 Tests Now Available

The federal government is offering free COVID-19 tests again this year. Each household is eligible to receive 4 at-home test kits which can be requested now at [COVIDTests.gov](https://www.covidtests.gov).

If you suspect you have COVID-19, contact our office at (415) 923-3560 to schedule an appointment as soon as possible with Dr. Kutzscher to discuss treatment options.

Contact Us



Measuring Your Health Via Abdominal Girth

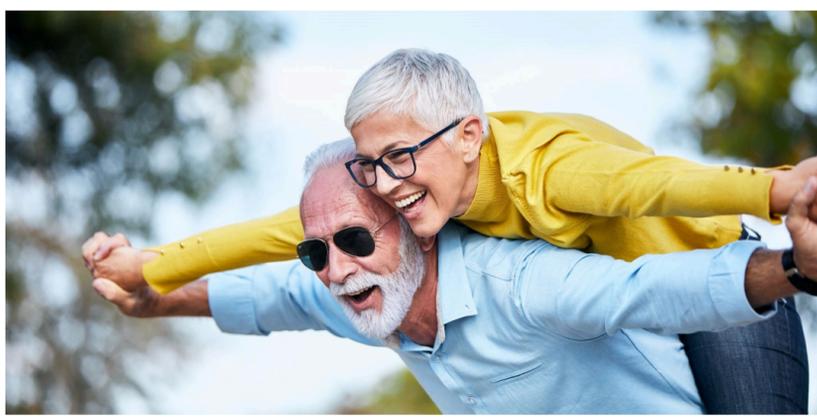
Body mass index (BMI) has been a guiding health screening metric over recent years. BMI is the ratio of weight to height to indicate obesity and predict the risk of developing diseases. However, the location of fat distribution in the body is also very important to overall health. For example, if you have an apple-shaped body – meaning you have a larger waist-to-hip ratio – you may have an increased risk of developing type 2 diabetes, cardiovascular disease, or other health problems. For this reason, there is a new focus on abdominal girth.

During your next health exam, your doctor may take abdominal girth measurements around your abdomen along the belly button (navel) line. The measurement formula takes into account height and waist but not weight. These measurements, also referred to as body roundness index (BRI) can be used to diagnose:

- Obesity
- Intestinal blockages leading to the buildup of intestinal gas
- The buildup of fluid in the abdomen caused by liver failure, heart failure, cancer, etc.

Take control of your health! Schedule a screening to learn more about your overall health, check your BRI, and get recommendations to make improvements if needed. Contact our office at (415) 923-3560 to schedule an appointment with Dr. Kutzscher.

Contact Us



Tips to Manage Anxiety and Depression in Seniors

Retirement...loss/grief...health concerns...dementia...isolation...

As we grow older, the risk of chronic loneliness increases. It's important to be mindful that seniors can experience anxiety and depression and that they may need extra support for their overall mental health. Here are some ways to avoid falling into a downward spiral:

- Surround yourself with friends or family
- Schedule regular social activities
- Join a club or group
- Volunteer in your community
- Stay physically active as much as possible
- Maintain a daily routine
- Stimulate your brain every day
- Consume a healthy diet

If you notice that a loved one is starting to distance themselves from activities or being lackadaisical about their appearance, medications, or paying bills, make an extra effort to help them re-engage with others and help them plan exciting activities or outings to look forward to. If you are concerned about your own mental health, please contact our office at (415) 923-3560 to schedule an appointment with Dr. Kutzscher.

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](#)