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PATIENT NEWSLETTER



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Protect Your Bones with Strength Training

Free weights...weight machines...resistance bands...

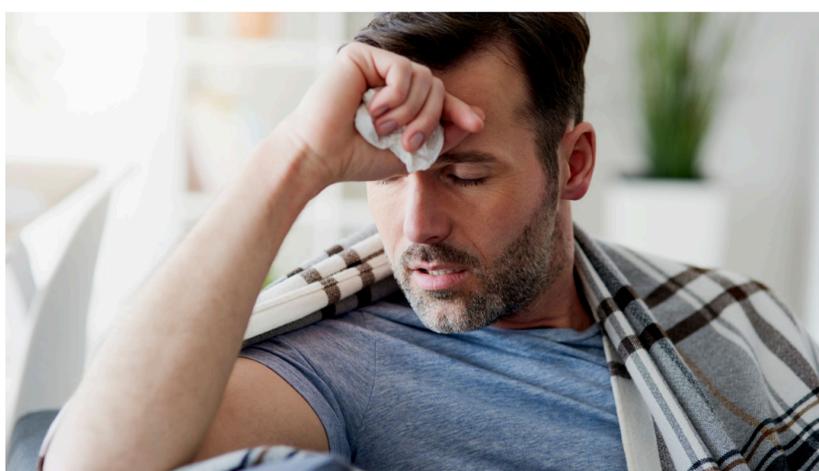
Strength training has a benefit beyond building and maintaining muscle mass and strength: it can slow the process of bone loss as you age and can even help build and strengthen your bones.

Why is this important? In short, **strength training may help minimize your risk of fractures due to osteoporosis.**

After age 40, most people start to lose bone mass at the rate of 1% each year due to inactivity, inadequate nutrition, and other age-related changes. Fragile bones are responsible for more than 2 million fractures each year, especially in the hips, spine, and wrists. Hip fractures are the most worrisome; it's estimated that 6 out of 10 people who break a hip never fully regain their physical independence.

Strength training activities put good stress on bones, stimulating bone-forming cells to create stronger, dense bones. Resistance workouts that incorporate stability movements may also reduce your risk of falls. If you would like to learn more about ways to incorporate strength training into your life, please contact our office at (415) 923-3560 to schedule an appointment.

[Contact Us](#)



Why the Flu Causes Body Aches

When you're sick, body aches are actually a good thing. This all-over discomfort means that your white blood cells are working hard to fight off a viral or bacterial infection. The achiness you feel is the result of inflammation throughout your body. There are a few tips to help minimize this discomfort:

- **Hydrate:** drink plenty of water, tea, electrolyte drinks, soup, etc.
- **Heat:** use warm (not hot) heating pads or blankets to soothe your muscles, take a warm shower or bath
- **Rest:** get plenty of sleep to relax your muscles and allow your immune system to do its job
- **Regulate:** if you have a fever, ask your doctor about taking fever-reducing pain medication
- **Medicate:** ask your doctor about taking non-steroidal anti-inflammatory medications to relieve pain (ibuprofen)

If you feel you might have the flu, contact our office at (415) 923-3560 to schedule an appointment.

[Contact Us](#)



High Blood Pressure: An Invisible Condition

You could have high blood pressure (hypertension) and not even realize it. That's because most people don't have obvious outward symptoms with this condition. If you aren't having your blood pressure checked regularly by your doctor, we urge you to start making this a priority. Please schedule an appointment with us to stay proactive with your health!

Stage 1 hypertension is classified as starting at 130/80.

- The first number is your systolic mm Hg blood pressure, the amount of pressure your blood is exerting against your artery walls when your heart **contracts**.
- The second number is your diastolic mm Hg blood pressure, the amount of pressure your blood is exerting against your artery walls while the heart muscle **is resting between contractions**.

Readings higher than these numbers will put you at greater risk of heart attack or stroke. The good news is that if your doctor diagnoses you with high blood pressure, there are treatment protocols that can help lower your numbers:

- Medications
- Exercise
- Dietary changes
- Reduction in alcohol consumption
- Smoking cessation

Dr. Kutzscher would be happy to work with you to develop a manageable plan to reduce your blood pressure and provide encouragement along your journey. Contact us at (415) 923-3560 to get started.

Contact Us



5 Tips to Protect Against Vascular Dementia

Vascular disease is considered a major cause of certain types of dementia. Called vascular dementia, this condition results from atherosclerosis plaque buildup and subsequent narrowing of arteries carrying blood flow to the brain. Although Alzheimer's disease is associated with sticky protein deposits on the surface of the brain, many people actually have a combination of both of these types of dementia.

The damage sustained from diseased blood vessels, in addition to high blood pressure, may worsen dementia. By making lifestyle changes, you may be able to protect yourself from vascular dementia:

1. Lower your high blood pressure
2. Exercise
3. Stop smoking
4. Control your weight
5. Manage diabetes

A healthy lifestyle could help you maintain a clear, sharp mind. Contact Dr. Kutzscher at (415) 923-3560 to start this conversation.

Contact Us

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