

PATIENT NEWSLETTER



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12 Tips to Stay Healthy Over the Holidays

This can be the “most wonderful time of the year” if you prioritize caring for your mind, body and spirit. Not only will these tips help you feel less overwhelmed – they may also help **support your immune system!**

Mind

- Manage stress with mindfulness: pause regularly to relax and use deep breathing to release anxious thoughts.
- Set time limits for tasks such as shopping and baking to avoid feeling overwhelmed.
- Disconnect from social media and focus on self-care rather than comparing yourself to the “perfect” lives of others.
- Give yourself permission to say “no” and set boundaries when needed.

Body

- Stay up to date on vaccines for the flu, COVID-19 and RSV.
- Keep a journal of your daily alcohol intake and set goals to reduce consumption.
- Increase your water intake to stay well hydrated.
- Incorporate more colorful vegetables and fruits into your diet and limit sweets and sugary drinks.
- Prioritize restful sleep and consider short naps to recharge during the day.

Spirit

- Take time to enjoy the sights, sounds and smells of the holidays.
- Realize your holiday doesn’t have to be perfect.
- Surround yourself with people and activities that bring you joy and make you smile.

In short, we encourage you to strike a healthy balance: enjoying holiday foods, drinks and festivities while also prioritizing moments of self-care and relaxation. If you’re feeling overwhelmed or run-down, contact us at (415) 923-3560 to schedule an appointment with Dr. Kutzscher.

[Contact Us](#)



Is it Age-related Cognitive Decline or Dementia?

The holidays are often a time when families and friends reconnect after having been apart for some time. As these loved ones grow older, you may start to witness a shift in memory and cognitive abilities. While some forgetfulness is a normal part of aging, noticeable declines in memory or cognitive abilities that interfere with daily life may signal the need for a deeper conversation.

Below are a few scenarios to consider, but it’s important to remember that every person is unique and may exhibit different symptoms. If you have concerns, it’s best to consult an experienced and qualified health professional.

Signs of normal cognitive decline:

- Misplacing your keys or glasses from time to time
- Occasionally forgetting to pay a bill
- Finding new tasks a bit challenging
- Sometimes struggling to find the right word

Signs of dementia:

- Forgetting something you were recently told
- Frequently unable to find words you want to use
- Losing track of the date
- Becoming withdrawn, feeling anxious or getting easily upset

If you're concerned about yourself or a loved one, please contact Dr. Kutzscher to start the conversation.

[Contact Us](#)



Lower Your Risk of Dementia

There are some lifestyle habits you can incorporate right now to reduce your risk of developing dementia.

- Stay physically active by getting at least 20 minutes of exercise each day.
- Stay mentally active by learning new skills, volunteering, working, etc.
- Keep your weight, blood sugar and blood pressure within healthy ranges.
- Get a hearing aid if you are experiencing hearing loss.
- Reduce your intake of alcohol and stop smoking.

Need help getting started? Dr. Kutzscher is here for you. Call (415) 923-3560 to schedule an appointment.

[Contact Us](#)

Marilyn M. Kutzscher, M.D.

(415) 923-3560

marilynkmd.com

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