

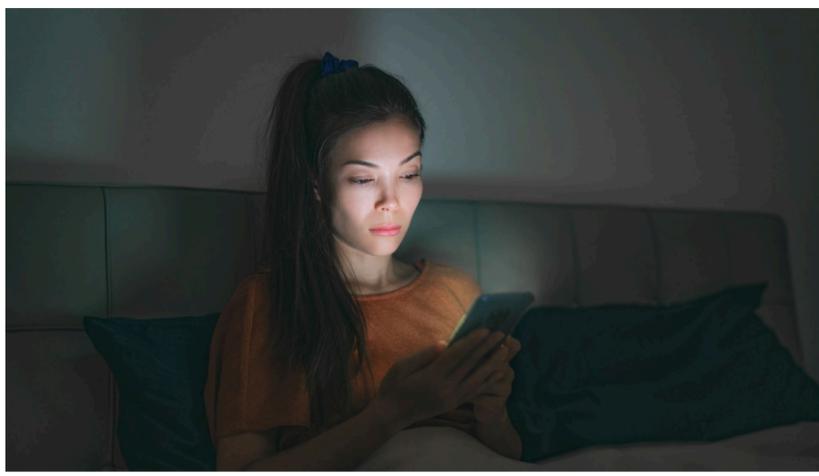
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PATIENT NEWSLETTER



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Seasonal Depression and Social Media

Many people – even in our relatively mild Bay Area climate – experience Seasonal Affective Disorder (SAD). Symptoms like fatigue, low mood, and social withdrawal can surface in the fall and linger through winter.

At the same time, our constant relationship with social media can either help or hinder our mood.

Potential Pitfalls:

- **Comparison fatigue.** Scrolling through curated feeds of “perfect” lives, vacations, or achievements can reinforce negative self-judgments, especially when you’re feeling low.
- **“Phantom availability.”** Seeing others active and engaged while you’re lacking energy can make you feel isolated or “missing out.”
- **Disrupted sleep.** Late-night scrolling emits blue light that suppresses melatonin secretion, making it harder to fall asleep – and bad sleep can worsen mood.
- **Echo chamber of negativity.** Algorithms tend to show more of what you engage with. Doomscrolling or emotionally heavy content can spiral quickly.

Strategies to Stay Balanced: For Body + Mind + Feed

1. **Prioritize natural light exposure.** Try to step outside (even if cloudy) throughout the day.
2. **Schedule “digital sabbaticals.”** Set aside regular blocks of time where you avoid social media. Replace it with low-stimulus, mood-boosting activities like reading, journaling or walking.
3. **Use tech intentionally.** Turn off nonessential notifications (so you’re not reflexively pulled into scrolling). Follow uplifting, local, or nature-oriented accounts. Use “time-limit” settings on social platforms.
4. **Move – even gently.** Mild exercise (a short walk, stretching) promotes endorphins, helps regulate sleep, and counters inertia.
5. **Stay socially anchored offline.** Regular in-person contact (lunch with a friend, local meetup) can ground you when online interactions feel hollow.

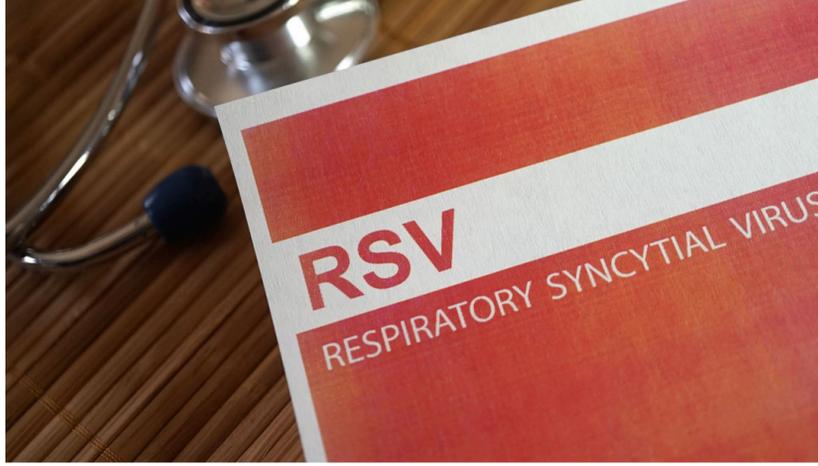
Most importantly: Consult early... If seasonal low mood starts to interfere with your daily life, don’t wait it out. Contact Dr. Kutzscher – we are here to make a difference. Preventive care works best early. You don’t have to “tough it out.”

Need help getting started with adding exercises to your routine? Dr. Kutzscher and our entire team are here to help you get motivated and stay motivated.

We can provide you with:

- Information on how to get started
- Reasons why being a healthy weight will improve your overall health
- Exercise plans
- Initial and one follow-up visits to registered nutritionists in the Community Health Resource Center
- Short-term medication, if needed
- Regular check-ins at the office for weight and blood pressure monitoring

Contact Dr. Kutzscher



Should I be worried about Respiratory Syncytial Virus (RSV) as an adult?

According to the [CDC](#), an estimated 110,000–180,000 hospitalizations of people 50+ are due to RSV each year.

Some factors can make RSV dangerous for certain adults. Common risk factors include adults aged 75+, adults with chronic heart or lung disease, weakened immune systems or other medical conditions, and adults living in assisted living situations. Click [HERE](#) for a complete list of medical conditions and risk factors for severe RSV published by the CDC.

The [California Department of Public Health \(CDPH\)](#) recommends RSV immunizations for:

- Older adults (75+ or 50–74 if you are at increased risk for severe RSV)
- Pregnant people (32 -36 weeks of pregnancy if during September through January)
- Infants (At the earliest opportunity between October 1 and March 31*)

According to the CDPH, **RSV is most prevalent between October and March** and can circulate concurrently with COVID-19 and influenza, making vaccination against all three illnesses a crucial prevention strategy. RSV spreads through respiratory droplets. Transmission can happen when someone coughs or sneezes, through close contact, or by touching your face after touching contaminated surfaces. Symptoms usually present as cold-like symptoms, fever, cough, runny nose, and wheezing, but it can lead to serious illness for those at higher risk.

If you are at risk for RSV or have general vaccination questions, Dr. Kutzscher is here to help. Click [HERE](#) to learn more or to contact our office.

Vaccines with Dr. Kutzscher

**Other factors may apply; always consult with your doctor.*



Seasonal Bay Area Farm-To-Table Wellness

As the days get darker and your plates of food don't have to follow suit, keep them vibrant and nutrient-rich with [in-season fall foods](#).

Choosing what's fresh, local and seasonally abundant is in many ways a wellness ritual: it connects us to the land, supports local economies and gives our bodies real, whole-food sustenance. Whether you're steaming kale, roasting butternut squash, or savoring a sweet persimmon, each bite is an invitation to tune into seasonal health. Here are some tips to let the Bay Area's late-year harvest fuel your well-being.

OCTOBER: Crisp, Colorful, and Immune-Boosting

Start cozy. Stay vibrant.

In Season: Apples, pears, figs, dates, arugula, avocados, kale, bok choy, cauliflower, Brussels sprouts, eggplant, fennel, tomatoes, winter squash, [plus more!](#)

Wellness Superpowers:

- **Apples & pears** deliver *soluble fiber* (hello, happy gut and steady blood sugar)
- **Brassicas** like cauliflower and Brussels sprouts are natural detoxifiers
- **Winter squash** is loaded with beta-carotene – a precursor to vitamin A for vision and immunity support

October Inspiration:

- Roast butternut or acorn squash with olive oil + thyme
- Massage kale with lemon and avocado for a 3-minute salad
- Slice apples into oatmeal, salads, or pair with almond butter

NOVEMBER: Antioxidant Royalty & Heart Helpers

Fuel up before the holiday chaos hits.

In Season: Persimmons, pomegranates, pineapple guava, apples, pears, grapefruit, Brussels sprouts, cabbage, bok choy, collard greens, fennel, [plus more!](#)

Wellness Superpowers:

- **Persimmons** are nature's candy, packed with *beta-carotene and fiber*

- **Pomegranate** arils burst with *polyphenols that support cardiovascular health*
- **Hearty Greens** boast richness in *vitamin K and minerals* for bone + circulation support

November Inspiration:

- Slice ripe persimmons into salads or eat like apples
- Sprinkle pomegranate seeds on literally everything – salads, yogurt, roasted veggies
- Sauté bok choy with garlic + sesame oil for an instant 5-minute side

DECEMBER: Citrus Therapy & Comfort Veggies

Gentle nourishment with a glow-up.

In Season: Oranges, mandarins, Meyer lemons, pears, pomegranates, beets, carrots, leeks, parsnips, cabbage, sweet potatoes, collards, [plus more!](#)

Wellness Superpowers:

- **Citrus fruits** flood your system with *immune-boosting vitamin C*
- **Root vegetables** bring *slow-burning energy + minerals like potassium*
- **Leeks & cabbage** support *gut health and blood sugar balance*

December Inspiration:

- Squeeze fresh lemon over roasted vegetables for instant brightness
- Roast parsnips and carrots with garlic for the most underrated side dish
- Sip warm water with a slice of orange + ginger as a caffeine alternative
- Keep the grill going and throw some sliced beets on that BBQ

The cooler, darker Fall months of **October, November and December** still produce many foods with **flavor and health benefits (helpful for cold and flu season!)**. This Fall, we challenge you to try one seasonal ingredient you don't usually cook with. *Roast it. Toss it. Juice it. Love it.*

If you are interested in diet and exercise advice, Dr. Kutzscher and our entire team are here to be your health cheerleaders. Schedule an appointment today!

Schedule an Appointment Today



Pilates Special for Dr. Kutzscher's Patients

Jill Harris, creator of FitSprings, has invited patients of Dr. Kutzscher to save \$100 on 4 private training sessions at FitSprings Studio located in the Coterie building near CPMC. Jill has over 30 years of global Pilates teaching experience, so you'll be training with the best.

Call FitSprings Studio at 415-350-3069 to claim this steal of a deal and get your Pilates on!

Marilyn M. Kutzscher, M.D.

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