

Winter / Spring 2021



Landmark **AT HOME**

Patient Newsletter



Landmark

Best wishes for 2021

from David Hirota, MD, FACP

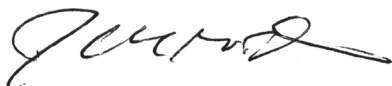
Senior Medical Officer, Infectious Diseases

Dear Landmark Patient,

Like many of you, I look forward to 2021 being a better year. As an infectious diseases specialist, last year represents to me an unprecedented worldwide disruption. Seeing firsthand the strain that COVID-19 has had on the health care system and its impact on family, friends, and patients is something I don't want to relive anytime soon.

I remain hopeful. We have a lot of work to do, but the vaccines and renewed efforts to maintain evidence-based discourse are encouraging. Pandemics do not last forever. At Landmark Health, we are doing our part to provide care and education to keep you safe at home. Thank you for allowing us to be a part of your health care.

Sincerely,



Dr. David Hirota
Landmark Health



Winter / Spring



Diabetes Snacks: This or That?



An apple?

Or, an apple with peanut butter?

An apple with peanut butter!

This delicious combo offers healthy fat and protein from the peanut butter, and carbs from the apple. The pairing of the two helps to give you a boost of energy without spiking your blood sugar.



Berries?

Or, yogurt with berries?

Yogurt with berries!

Berries are high in antioxidants but low in calories, so they won't keep you full for long. Adding yogurt to your berries adds probiotics and protein. This helps control blood sugar levels, and keeps you feeling full longer.



Crackers?

Or, cheese and crackers?

Cheese and crackers!

Whole grain crackers provide fiber, while the cheese provides protein and fat. Pairing crackers with cheese slows the digestion of carbs and keeps your blood sugar more balanced.



Benefits of Setting Short-term Goals

It's hard to plan for the future during a pandemic. But we can still create short-term goals to achieve within a year or so. These can be simple goals, such as reading ten books in a year, writing poetry twice a week for a month, or going for a walk every morning during the spring.

Benefits of Short-Term Goal Planning

Short-term goal planning can improve your mental health by bringing joy to everyday tasks. In addition, short-term goals can:

- Improve your mindset and attitude
- Keep you focused on your desires
- Give you a sense of accomplishment

How to Set Short-Term Goals

Setting goals can be as simple as writing a list of what is most important to you and what energizes you. Then take the following steps:

1. To start, select just one goal from your list to focus on.
2. Keep a journal to reflect on how working toward your goal makes you feel. Write about your progress, your thoughts, and your feelings.
3. As you become comfortable with working toward your goal, consider adding another goal. By adding one goal at a time, you take steady steps in the right direction.

Remember to remain flexible! Your goals can shift as your life and interests evolve. Working toward short-term goals may challenge you, but it should bring you joy and energy. If you find yourself feeling stressed, scale back to a smaller goal.



VIDEO VISITS

Landmark offers visits by video (using a smartphone or tablet), when appropriate. Video visits are ideal for check-ins between in-person visits, behavioral health discussions, and more!



**Use this QR code
to learn more by
watching our video.**





Landmark celebrates caregivers who improve the lives of others.

This year, we celebrate Blanca Castillo.

For the past six years, Blanca Castillo has cared for Maria Calderon on weekdays, through In-home Supportive Services.

Every morning, Blanca and Maria have breakfast and coffee together. They love to watch and talk about telenovelas. They talk about their lives and their kids. Blanca says, “People think it’s just a job, but our relationship is more than a caregiver and a client.”

“Maria and her family are like a second family to me,” Blanca says.

It’s hard to see Maria lose some abilities, Blanca says, “She used to cook and go up the stairs when I first started, but she no longer can. I try to help more and be understanding. Her mind is still strong.”

“I’m not just providing care. I really enjoy being with Maria. She’s a special person to me,” Blanca says.



Blanca is one of the most caring and compassionate caregivers. Blanca cares for Maria as she would her own mother.

– Taylor Cwierniewicz,
Landmark Provider



*Dr. Michael Le,
Landmark's Chief
Medical Officer,
as he receives his
first COVID-19
vaccine.*

Have you gotten your COVID-19 vaccine?

The COVID-19 vaccine offers hope that we can soon be safe and back together with family and friends. Researchers have been working on vaccines for the coronavirus family for years. The available vaccines have successfully passed testing and are FDA UEA approved.

The COVID-19 vaccine is free to anyone who wants one in 2021. Even if you have already had COVID-19 and recovered, you should get the vaccine. Reinfection is possible, and the vaccine may protect against new variants of the virus.

COVID-19 vaccine can cause mild side effects, such as redness or soreness at the injection site, headache or muscle aches, fatigue, fever/chills, and nausea. These are normal signs that your body is building protection and should go away within a few days.

Go online and visit [CDC.gov](https://www.cdc.gov) to find out when and where you can get the vaccine. You can play a big role to support our community by keeping yourself and your family current on vaccinations — including the COVID-19 vaccine.



The Connection Between Diabetes and Heart Disease

According to the American Heart Association, adults with diabetes are up to four times more likely to die from heart disease than those without. Diabetes is considered one of the top controllable risk factors for heart disease. So, what is the connection between diabetes and heart disease?

For people with diabetes, high blood glucose can damage blood vessels and nerves of their heart. This damage can cause arteries to become less flexible and to be more likely to have fatty deposits.

What is heart disease?

The walls of the coronary arteries are normally smooth and elastic. Heart disease occurs when cholesterol and fatty deposits (called plaque) build up on the inner walls of the arteries. This narrows the coronary arteries and makes it more difficult for blood to flow freely. When the flow of oxygen-rich blood to the heart is reduced, it can cause a heart attack.

Diabetic “Silent” Heart Attacks

Those with diabetes can suffer what are known as “silent” heart attacks. Because of the damage to the nerves in and around the heart, the sensations typically associated with a heart attack can be mild, or you may not have any warning signs at all. Symptoms of “silent” heart attacks can include:

- Feeling clammy for no reason
- Feeling dizzy, tired, or short of breath
- Heartburn or upset stomach
- Discomfort in your jaw, neck, or left arm

Other Risk Factors for Heart Disease

In addition to diabetes, risk factors of heart disease can include:

- Smoking or heavy alcohol drinking
- Obesity, high cholesterol, and/or high blood pressure
- Family history of heart disease
- Advanced age and/or high stress level

Improving Heart Health

Improve your heart health by healthy eating, regular exercise, and not smoking. Minimize your risk factors. Take all your prescribed medications and keep your appointments with your doctors and specialists.

If you have concerns about your diabetes or heart health, talk to your doctor.

Container Gardening

Have a little extra space and sunlight? Then container gardening might be right for you. Container gardening can be lots of fun, and can bring you herbs for cooking or flowers for your table.

You don't need much space.

If you have a balcony or yard with a patch of sun, you can grow flowers and many types of vegetables. You can use a variety of pot sizes or hanging baskets. Larger pots can hold water longer and can better support the plants' roots.

First, put the pot where you want it, and then fill it with soil so you don't have to lift the pot once it's heavier. Don't fill the pot to the very top so you have space to add water. Be sure your soil is watered before adding your plants.

Try growing a variety of plants.

Almost any vegetable, flower, or herb can grow in a pot if given the right soil, water, and sunlight. Try growing different plants and see what works for you.

Keep the soil watered and fertilized.

Don't let the soil dry out completely. You can cover the soil with mulch to help keep the soil moist. Remember to fertilize your plants every few weeks.



Happy growing!



Call Landmark First!



Landmark is always able to answer your call, whether you have a medical concern, question or need an urgent visit. A local provider will answer your call:

- On the weekends
- In the middle of the night
- During all major holidays
- Hours that your regular doctor's office is closed



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Health and wellness or prevention information



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