

From The Desk Of

Gina

**Greco-Tartaglia, MD**

## October 2023 Newsletter

### Month #5 of our Member Health Care Journey!

Hello All,

Finally, the cool weather is coming!  
Autumn is my favorite time of year.

I hope everyone who wanted to access the MEMBER PORTAL to review hundreds of discounts and access to Nutritionists and Therapists at reduced rates.

If anyone is still having access issues, please reach out to me via email:  
[ggrecotartaglia@smdmd.com](mailto:ggrecotartaglia@smdmd.com)

### FLU CLINIC Saturday, October 7, 2023 from 8am – Noon

Please call the office to schedule your appointment; there are still a few slots left

Again, if you want the SENIOR FLU SHOT please obtain that at your local pharmacy.  
We have the “regular” flu shot in the office.

### UPCOMING MEMBER EVENT: NOVEMBER 18, 2023

We will be celebrating **DIABETES AWARENESS**

**We will be holding the event at the Gazebo at DeVito Field (across from my office)  
From 9am – 11 am**

I hope to see a large turn out and my even open the event to the community as this is such an important topic!

We will have plenty of giveaways, food, and diabetes paraphernalia at the event.  
Feel free to bring a friend!

We will be sending out a blast email with an RSVP link.

Please let us know either way if you are able to attend.

## National Health Observance

### October is placing the spotlight on HEALTH LITERACY

#### Health Literacy

- As many as half of U.S. adults have limited literacy skills. Even more Americans—up to 9 in 10—have limited **health literacy skills**.
- Understand the health problem or behavior
- Find out how to take action—in other words, what we can do to change our behavior or address the problem
- What do PATIENTS *need* to know to take action?
- Patients need to overcome many perceived and actual barriers on the road to health behavior change.
- Breaking behaviors into small, manageable steps gives users choices about which steps feel realistic and doable

Examples:

#### “I have a cold”

*What are your symptoms?*

1. Cough
2. Congestion
3. Fever
4. Headache
5. Sore throat

*What should I do?*

1. Try over the counter decongestant (mucinex)
2. Take Tylenol/ Advil for fever, headache or throat pain
3. Rest
4. Drink tons of water

*When do I call my doctor?*

1. Most colds go away or get better with “tincture of time”
2. If you are ill more than 72 hours or seem to be getting worse, then a call to the doctor is warranted.

#### “I need to lose weight”

*Are you exercising?*

1. You DO NOT need to join a gym
2. 30 minutes of aerobic activity is recommended 5 days a week for most adults

3. If you haven't exercised in years, start walking 10 minutes a few days per week
4. Remember this a lifestyle benefit and does NOT have to be "all or nothing"

*What is your diet like?*

1. Fad diets DO NOT work
2. Most people benefit from eating higher protein, lower carbohydrate diets
3. Most people benefit from eating smaller amounts more frequently (You DO NOT need to eat "three squares a day")

*When should I ask my doctor to help me?*

1. Annual weight, blood pressure and blood sugar checks are a great idea
2. There are many new medications to assist with weight loss, but they are NOT for everyone; discuss this with your doctor
3. Monthly weight checks are important to "keep you honest" and help you achieve your weight loss goals
4. Your doctor is your healthcare advocate. Utilize them to live your healthiest life

**Dr. Gina Greco-Tartaglia**

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