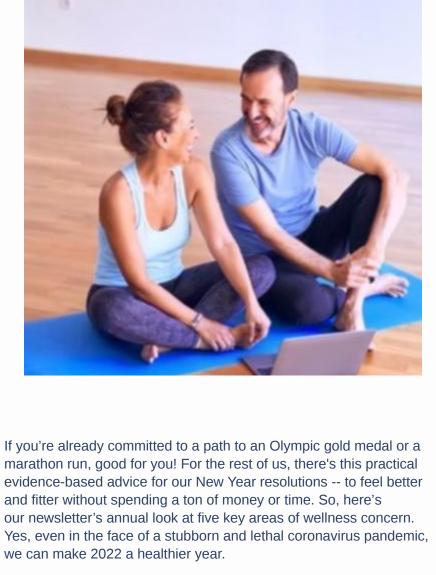
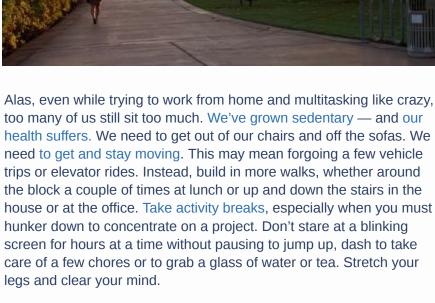
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IN THIS ISSUE



1. Sedentary habits harm your health. Get moving, and fitness will follow.



That fancy new fitness tracker you got for the holidays may help prod

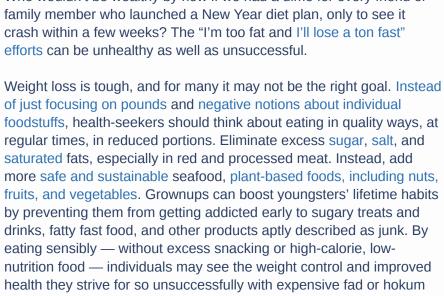
you to move more. Don't become obsessive, though, especially about

marketing gimmick. As you step up your movement (hey, it could be called exercising, and it has demonstrated cognitive and health

that 10,000-steps-per-day goal: It was developed as a Japanese

benefits), you may find yourself feeling chipper enough to do more. Think about gradually boosting the intensity and duration of your efforts, broadening your regimen to include weight and resistance work and stretching and flexibility. Try various other kinds of activities (if you're a swimmer, add in some walking, or if you're a walker, throw in some dancing or cycling). Think about including friends, colleagues, and family in your workouts. You'll find quickly that moderate exercise can be mood-enhancing and so pleasant that you will not only sustain but also increase your movement. 2. Healthful eating isn't about no-nos, speedy diets, or just losing pounds

Who wouldn't be wealthy by now if we had a dime for every friend or



By careful menu planning and focusing on nutritious meals, most of us can and should forgo the array of vitamins and supplements that too

many consumers spend way too much money on — without evidence of any benefit. For those who insist on a new diet, the folks at U.S.

tropical sunsets, put out annual ratings of weight-control eating plans,

3. The brain and body require good sleep

News and World Report, who rank everything except the quality of

with explanations of how their chosen experts figure their results.

Those regular trips to the Land of Nod play a vital part in keeping us

mentally and physically well. Sound sleep helps maintain brain health,

as well as allow the body to renew and repair itself. It is vital to helping

youngsters grow up strong and for adults to function at their peak. But

modern living — whether due to work and life worry, pandemic stress,

To turn this around, don't rely on drugs or alcohol, with their negative

effects. Do wind down the day at a regular time, especially for kids,

and with a well-understood routine. This means shutting everything

down an hour before lights out — all smartphones and other electronic

for the holidays, it may be time for challenging talk about your night life

unrealistic schedules, or the intrusion of electronic devices — has

undermined our needed rest with serious consequences.

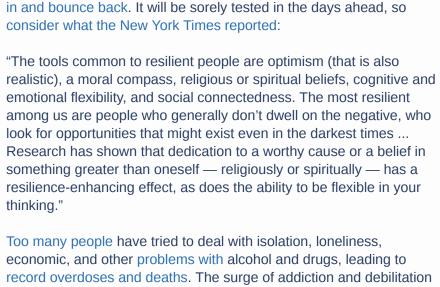
devices, along with the hullabaloo they drag into what should be a calm bedroom (Eeeps, work demands! Ack, scary movies! Gaaa, violent video games!) Maybe a warm bath and a small cup of milk, cocoa, or warming noncaffeinated beverage helps you to snooze. A little soporific reading? Keep your environs quiet, dark, and at a comfortable temperature. While everyone's feeling warm and snuggly

— whether you and your four-footed companions and even your beloved partner are well served, sleep-wise, by sharing a crowded bed. Babies and teens, of course, can drive grownups to distraction with their unique sleep needs. Talk to your pediatrician, please. And do seek medical advice if you can't get great sleep, especially if your

intimates say you toss and turn way too much and sound like a sawmill at full tilt. 4. Resilience is key, now more than ever

led many, many of us to double down and acknowledge that we need to put urgent efforts into bolstering our resilience — our capacity to dig

The coronavirus pandemic has taken a terrible toll on the world mentally, physically, and spiritually, forcing us all to reconsider what's most valuable to us and how we want to live our best lives. It also has



due to opioid abuse is unacceptable, as is the damage from misuse of other prescription medications, alcohol, and street drugs (especially a surge in marijuana and other intoxicants tainted with even tiny doses of lethal fentanyl, a synthetic opioid). As 2022 launches, many people will resolve to reduce their intoxicant intake — and this is a good step, especially if it also helps to slash deaths on the nation's roads. To help all of us bounce back better in the new year, it will be important to at

5. Strong relationships bolster health

When researchers reported that loneliness kills, the finding startled many. But the insight has been painfully and powerfully reinforced by the coronavirus pandemic. It has emphasized with urgency the importance of building and maintaining relationships with an array of others to safeguard our own mental and physical health. Humans have thrived across the millennia by relying on each other for mutual benefit and developing a collective altruism that allows civilization to

At the individual level, too many loved ones saw how public health measures left seniors, especially, locked up, withering, and alone in nursing homes and other long-term care institutions. The return to normality, post-pandemic — yes, that time will come — will not be full until more of us restore our range of relationships and our capacities to deal well with others. We can communicate online with zeal,

Zooming from dawn to dusk. But we also need to resume our patient, empathetic, concerned, and compassionate dealings IRL (in real life) with family, friends, colleagues, neighbors, and people who provide us with the goods and services that make American lives so privileged. By helping others, we help ourselves build critical relationships. We also need to maintain the rare intimacy that the pandemic caused us to experience with our loved ones as we stayed close to home. We've got relationship work aplenty in the days ahead, knowing this can only

behaviors. Ask for help, please.

advance.

benefit our wellbeing. Health and wellness advice is Change is hard, and patience is a virtue worth cultivating. full of woo-woo. Avoid it.

To improve our health and wellbeing, and, indeed,

the world we now live in, we need to exercise one

of the most important parts in all of us: our brains.

We must improve our skepticism about the

our mental and physical fitness. Fie on

scientific maunderings.

rise into posts of great power.

purported experts we heed when it comes to

the celebrities, athletes, and politicians who

serious issues like our medical care, as well as

lack factual knowledge but somehow manage to dominate endless news cycles with their pseudo-

Sure, individuals get a lot of education and training

to earn Ph.D. or M.D. degrees. That does not

make them expert on matters far from their

specialties or daily dealings. Physicians who

spread dangerous falsehoods need to face a day

of serious professional reckoning. They should not

Americans spend trillions of dollars on their health,

and that has flooded the country with wellness

"experts" and a whole profit-focused industry. Participants may be great looking, and they are persuasive with their dubious pitches. That does not make them scientists, medical doctors, or nutritionists, though their "alternative" approaches can corrode evidence-based medicine. Save your money, avoid disappointment, and dig deep into health, medical, and wellness matters that actually affect your life, avoiding the dire consequences that can result from the sowing of fact-free fantasies and conspiracy theories. **Recent Health Care Blog Posts**

public, the New York Times reported.

and unfair," the Washington Post reported. The battle to safeguard the elderly, sick, and injured residents of the nation's nursing homes and other long-term care facilities is far from over — and the fight may be even tougher than advocates for the vulnerable may have imagined. That's because the facilities employ aggressive tactics to contest safety and other violations found by state and federal regulators in a system that favors them and shuts out the aggrieved while also keeping crucial information hidden from the

business. They focus, instead, on how they can build volume, while cutting services, staff, and costs, the Huffington Post reported, describing what private equity firms have targeted for hospices. They excel through four years of rigorous undergraduate study, then battle their way through four more years of tough, tough medical school. They cram to pass their medical boards and grind through exhausting internships. They also pursue years more of exacting, sleep-deprived training in residencies and fellowships. But, wait a minute: Women doctors earn over a professional lifetime an estimated \$2 million less on average than their men counterparts? They experience gender pay gaps of 25% to as much as 50% over the course of a 40-year career? Yes, those are

Profit-raking private investors, aka hedge funders, have taken aim at operations intended to help the elderly, desperately ill, and grievously injured experience a dignified death. The rapacious

takeover of the hospice industry nationwide ought to be setting off political and regulatory alarms

to take great care to examine the pricey device's safety features. Thousands of consumers have been poisoned or killed by carbon monoxide (CO) fumes from emergency household generators, according to ProPublica, the Pulitzer Prize-winning investigative site, which joined the Texas Tribune and NBC News in digging into records on the dangers posed by the combustion engines that can provide power in critical moments. **HERE'S TO A HEALTHY 2022!**

moving, and fitness will follow. Healthful eating isn't about no-nos, speedy diets, or just losing pounds. The brain and body require good sleep. Resilience is key, now more than ever. Strong relationships bolster health. Health and wellness advice is full of woowoo. Avoid it. Change is hard, and patience is a virtue worth cultivating. BY THE **NUMBERS** 73.6% Federal estimate of the percentage of Americans 20 years and older who are overweight or obese \$71 billion Estimated dollar size of the U.S. diet and weightloss industry. \$411 billion Estimated economic losses in the United States due to Americans' insufficient sleep. 6 Number of key factors found in 80+-year study of hundreds of men and how they stayed healthy, lived longer, and were happier. The factors included: physical activity, avoiding alcohol abuse and smoking, having mature mechanisms to cope with life's ups and downs, and enjoying both a healthy weight and a stable marriage, as well as

Sedenatary habits harm your health. Get

the life vou save

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and practical advice from the frontlines of medicine

smarter, healthier patient.

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for how to become a

PAST ISSUES

How you can be a

medical Good Samaritan -- it's easy and (almost) pain-free, and you get benefits too Good news in health care helps balance out the bad A new generation is getting addicted to nicotine based on a false promise that vaping is less poisonous than smoking. And regulators are out to lunch. Flummoxed by shifting Covid advisories? Medicine makes progress sometimes by reversing well-accepted Protecting our health from weather extremes needs planning at home You Can Eat This... But Why Would You?

QUICK LINKS Our firm's website Read an excerpt from Patrick Malone's book: The life you save **Nine Steps** to Finding the Best Medical Care and Avoiding the Worst **LEARN MORE**

education.

right now. Looking Ahead: Preparing for Long- Term Care Managing Chronic Pain:

It's Complicated

Safety

Secure Health Records:

A Matter of Privacy and

Standing Tall Against a More...

least try steps outlined in this newsletter. But if you also need mental health support, reach out to expert providers. They may be overwhelmed. Be persistent. Consider telehealth services or sage counsel from clergy. You may benefit from talking with a wise, trusted relative, friend, or colleague. Don't engage in self-destructive

> sustained effort but also a virtue undervalued in these times: patience. The pandemic has provided us with multiple takeaways of value, including that humanity proposes but the divine disposes (to paraphrase

When people talk about exercise, diet, and fitness,

too often they frame the discussions in competitive

terms, as if getting healthy and well is about

concern, requiring the cultivation of not only

participating in an athletic contest. That ignores

the reality that our wellbeing must be a lifetime

the saying). We may desire instant change and

snap gratification. Life does not work that way, so

we need to learn to breathe, step back, reposition,

author Charles Duhigg has reported that changing

Richard Thaler won a Nobel Prize by showing how

beneficial action. Psychologists Daniel Kahneman

repeated, small "nudges" can help us undertake

and Amos Tversky provided scholars and lay

people alike with invaluable insights about our

cognitive biases and how they cloud our thinking

pandemic has certainly underscored, is a field that

all of us need to know more about and pay more

attention to, especially as we try to improve our

health and wellbeing.

and alter our behavior. Behavioral science, the

and renew our pursuit of our goals. Best-selling

habits requires not only a commitment but an

understanding of how we came to repetitive behaviors so we can alter them. Economist

Here are some recent posts on our patient safety blog that might interest you: Regular folks have known it, chapter and verse, forever. They experience it every time they pay for their prescription drugs. But Democrats in the U.S. House report in a 269-page study that they have spent three years on, have concluded that Big Pharma runs a world-class cash-raising racket that would make street crooks blush. Well, formally, the House Committee on Oversight and Reform majority has assailed U.S. "drug-pricing practices that are 'unsustainable, unjustified

in a rapidly graying nation. As is typically the case when MBA-driven interests buy up different kinds of enterprises, they not only don't exhibit much concern about the whys or wherefores of a

the disconcerting findings of published research that analyzed data from surveys of 80,000 doctors between 2014 and 2019. If you or someone you know has concerns enough about extreme weather events and the electrical failures that too often accompany them to look into buying a portable generator, be sure

Sincerely, trick Melone

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