

# Happy Holidays

## CAMPBELL MEDICINE DEPARTMENT

Greetings and Happy, Healthy Holiday wishes from the Kaiser Permanente Campbell Medical Offices. It has been a pleasure serving you this year!

During this busy holiday season, we would like to take a moment to thank you for choosing Kaiser Permanente for your health care. We hope you had a thriving 2011 and look forward to working with you in 2012.

We'd like to take a moment to share with you some health tips for the holiday season and to highlight a great new online resource called "Staying Healthy".

### TIPS FOR HEALTHY HOLIDAYS

#### Keep up the Exercise!

As your physician, I encourage you to exercise 150 minutes or more each week. Exercise helps to control weight, blood pressure, and blood sugar as well as improve mood, balance, energy and quality of sleep. It can also keep bones strong and help prevent heart attack, stroke and many chronic illnesses. In fact, a recent review of many scientific studies concluded that exercise can also prevent and slow the progress of dementia.

Need help getting started or staying with your exercise program? Check out the exercise section of our Staying Healthy website described below or contact a **health coach** at 1-866-251-4514 who for personalized help by telephone.

#### Limit Alcohol

If you choose to drink alcohol it's best to do so in moderation. This means up to one drink a day for women or two drinks a day for men. A standard drink is 12 oz. of beer, 5 ounces of wine, or 1.5 ounces of 80-proof spirits. If you are attending a holiday party and choose to drink, consider alternating half a drink with a glass or two of water. That way you can have something to sip on while socializing over time without going over the recommended limits of alcohol for good health. It's important to keep in mind that men who have more than three drinks a day increase their risk of dying of cancer by 41%. Women who drink more than two drinks a day increase their risk by 20%. You can learn more about alcohol in the Healthy Eating section of our Staying Healthy website.

#### Try a Natural Approach

The Holiday Season is a time for celebration and enjoying time with our loved ones. Sometimes though, we can feel overwhelmed by the hustle and bustle of it all. Some of us may over-commit ourselves or celebrate a little too much and suffer unpleasant consequences like anxiety and indigestion. Fortunately, there are some simple, natural ways to cope with these common situations.

If you're feeling anxious for example, sometimes the best thing to do is take five minutes to regroup. Go to a place that is quiet, sit in a comfortable position and focus on taking deep, slow breaths. Allow your mind to clear and your muscles to relax. Before you dive back into the holiday activities, take a moment to think of the things you are grateful for and the people and traditions that are most important to you over the holiday season. Even if you can only take a few minutes, you'll come back with a fresh perspective. To learn more about relaxation techniques, check the Complementary and Alternative Medicine section on our Staying Healthy Website or call our Health Education Department at 408-871-6463.

If holiday eating has upset your stomach, various herb preparations containing milk thistle, peppermint and chamomile have been shown to improve symptoms of indigestion. To learn more, click on the Natural Medicines Comprehensive Database link under General References on your doctor's home page. As always, we recommend that you have a discussion with your primary care physician prior to starting any new products.

If all else fails...just remember, "Stressed" spelled backwards is "desserts" (with moderation, of course).

#### Have a Happy, Healthy Holiday Season!

*Best Wishes for 2012 from your doctors and staff in the Campbell Medicine Department.*

## EXCITING NEW RESOURCES AVAILABLE TO YOU THROUGH MY DOCTOR ONLINE!

We invite you to explore our new **Staying Healthy** pages where you will find a wealth of information to help you thrive.

There are many Staying Healthy topics to choose from and each topic will offer you a variety of choices for learning about and managing your health. Resources include written material, videos, podcasts and more.

Here are a few of the Staying Healthy choices available. Please check out your doctor's homepage to see more.

### Stress Management

Stress can appear in different forms. Some stressors are things that many of us encounter every day, like conflicts, disagreements or tension in our personal or professional lives. Whatever the cause, learning to manage the stress you feel is important to your health and well being.



### Healthy Eating

As the saying goes, you are what you eat. If you want to stay healthy, shoot for at least 5 to 9 servings of fruits and vegetables every day and cut back on fats, sugars, and alcohol.



### Exercise

Physical activity can vastly improve your overall health. Making time for regular exercise is one of the most important things you can do for your health. It can prevent some illnesses and even help treat some chronic conditions.



### Healthy Relationships

Trust, commitment and good communication skills are the foundation of a healthy relationship. Invest in these skills every day, because good relationships improve your health and increase your happiness.



To Learn More, go to [kp.org/mydoctor](http://kp.org/mydoctor).

Then, click on the Staying Healthy tab near the top of the page.

To see your doctor's home page, type in your doctor's name on the "Our Doctors" tab. You'll find information about health and illness, health tools and classes, your doctor's biography, and more. Consider clicking on the "☆ bookmark me" button near your doctor's photo so it's easy for you to come back frequently to manage your health online.