



Buckhead Concierge Internal Medicine LIVING HEALTHY

The goal of this document is to provide a guideline for living healthy. We all struggle in implementing these lifestyle changes, but keep in mind that small steps in the right direction will produce results. As always, discuss with your doctor before implementing these recommendations.

ABOUT BCIM

BCIM is a revolutionary internal medicine practice focused on delivering the highest quality of healthcare in a personal and compassionate manner, with an emphasis on providing each patient the attention, respect and time they deserve.

Physician access 24 hours a day, 7 days a week, including house calls.

CONTACT US:
91 W. Wieuca Road
Building A, Suite 1000
Atlanta, GA 30342
404-257-5585
info@bcimonline.com
www.bcimonline.com



Other fish are fine to eat in moderation -once a week- such as: cod, farmed cat fish, mahi-mahi, wild salmon, tilapia, and canned tuna. Do not eat shark, swordfish, king mackerel, or tile fish as they contain high levels of mercury. The highest levels of PCB are found in farmed salmon and fish caught in local lakes and ponds.

CONSUME A HEART HEALTHY DIET

- Limit your total daily calories to maintain a desirable weight. Your goal should be a BMI of 21-25 kg/m². $BMI = (\text{Weight in Pounds} / (\text{Height in inches} \times \text{Height in inches})) \times 703$.
LINK: http://www.heart.org/HEARTORG/GettingHealthy/WeightManagement/BodyMassIndex/Body-Mass-Index-BMI-Calculator_UCM_307849_Article.jsp
- Don't skip breakfast. Use moderate portions. Avoid eating after 8pm.
- Drink at least 8 glasses of water daily, about 64 ounces. If you have heart or kidney problems talk to your doctor first.
- Drink 2 cups daily of fat free or low fat milk, or equivalent milk products.
- Most fats should come from sources of polyunsaturated and monounsaturated fatty acids like fish, nuts, and vegetable oils (olive, canola, peanut, soybean, sunflower, safflower, and corn). Keep trans-fatty acids (partially hydrogenated vegetable oil shortening) consumption as low as possible. Total cholesterol intake should be no more than 300mg per day and total fat intake should be 20-53% of total daily calories. While saturated fat should be no more than 10% of total daily calories. Good sources of Omega 3 fatty acids are flaxseed, canola, soybean, walnuts, and fish oil capsules.
- Consume plenty of fiber, such as whole grains, fruits and vegetables. Choose a variety of fruit and vegetables each day. Be sure to select from all 5 vegetable subgroups: dark greens, orange, legumes, starchy vegetables, and other vegetables.
- Reduce intake of red meat, egg yolk, fried foods, and added sugars. Consume more fish (12 ounces/week), poultry, fruits (2 cups/day), vegetables (2 ½ cups/day) and whole grain products (3 or more ounces/day). When selecting and preparing meat, poultry, dry beans, milk and meat products, make choices that are lean, low fat, or fat free.
- When given a choice, select fish over red meat. The safest fish are flounder, farmed rainbow trout, sole, anchovies, and farmed clams and shrimp (low in Mercury and Polychlorinated Biphenyl (PCB)).

- Limit salt intake to 2300-5000 mg of sodium per day (1-2 teaspoon of salt/day). Those who exercise heavily may need more. Keep in mind that non salty foods may contain large amounts of sodium. Increased salt intake can increase your blood pressure. LINK: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

BENEFIT FROM VITAMINS

- A daily multivitamin may be beneficial for adults over 50, especially if dieting. Younger people may benefit from daily multivitamin supplementation if a nutritional deficit is present. Keep in mind that a multivitamin is not a substitute for a healthy diet.
- Folic acid (0.4mg/day) is strongly recommended for young women planning on becoming pregnant.
- Vitamin B12 plays a key role in neurologic process and is recommended for older adults or if your blood work shows a deficiency.
- Vitamin D for older adults, postmenopausal women, people with dark skin, people exposed to insufficient sunlight, or if your blood work shows a deficiency.
- Calcium supplements are recommended for postmenopausal women and older adults.
- There is no benefit from daily supplementation of Vitamin A, Vitamin C, Vitamin E or beta carotene.

EXERCISE REGULARLY

- Engage daily in 30-60 minutes of physical activity that is moderate in intensity. Daily exercise can be broken up into 2 sessions.
- Start gradually. Stop and discuss with your doctor if you have pain.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises for muscle strength and endurance.
- Please consult your physician prior to starting any exercise program.



USE ALCOHOL IN MODERATION

- Alcohol intake should not exceed 2 drinks per day for men and 1 drink per day for women. Keep in mind that 1 drink is equivalent to 1 oz. of alcohol or 12 oz. of beer. Alcohol intake should be reduced if you have hypertension or other chronic medical problem.
- Alcohol should not be consumed by pregnant and lactating women, children and adolescents, individuals taking medications that could interact with alcohol and those engaging in activities that require attention, skill or coordination, such as driving or operating machinery.

REDUCE STRESS

- Avoid stressful situations and learn new ways to cope with stress.
- Yoga and meditation are excellent options.
- Marry someone you love. Evidence shows that health and lifespan is improved by being in a committed relationship.
- Consider getting a pet.

MAINTAIN PREVENTIVE HEALTH

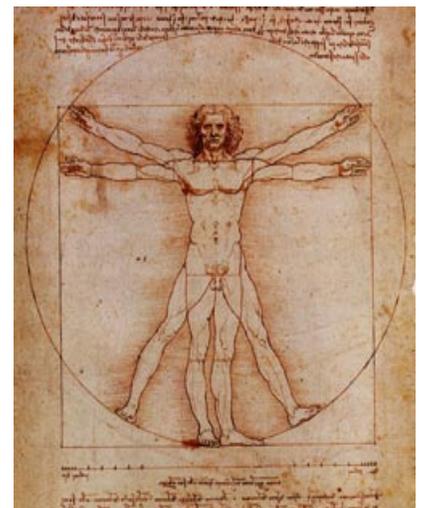
- Check your cholesterol, blood pressure, and blood sugar routinely and take appropriate actions if elevated. If abnormal, lifestyle modification or medications may be appropriate to prevent complications.
- Influenza vaccine: Annually for people over 6 months of age.
- Pneumonia vaccine: For people over 65 years of age or for people less than 65 years of age with chronic medical conditions or who smoke.
- Tetanus vaccine: Tetanus vaccine every 10 years as well as pertussis vaccine added to the Tetanus vaccine once as an adult.
- Prostate cancer screening: Initiate prostate cancer screening discussions with your primary care physician at age 50, continue screening until age 75. If African American, begin discussion at age 45. Screening includes annual PSA and digital rectal exam. See your doctor if you are having urinary problems.
- Pap smear: Annually beginning at age 21 until age 65.
- STD's: Be screened for STD's if you are sexually active, especially between the ages of 15 to 29. Hepatitis C and HIV screening is recommended for people at high risk.
- Mammography: Every 2 to 3 years for women over 40 and annually for women over 50 to age 75. Women, know your breasts, perform breast self exams monthly. Notify your physician if you detect an abnormality.
- Colon cancer screening: Begin screening for blood in the stool at age 40. Begin colonoscopy screening at age 50. If African American, begin colonoscopy screening at age 45. Be familiar with the color and shape of your stool. Notify your doctor if stool is black, bloody, consistently pencil thin stool, or a major change from your bowel movement routine.
- Abdominal Aortic Aneurysm (AAA): If you have ever smoked, be screened once for AAA at the age of 65. If you have hypertension or a family history of AAA you may need to be screened sooner.
- Vision and Hearing: Undergo periodic hearing and vision screening above the age of 65, sooner if an abnormality is noted.

SLEEP

- Get adequate sleep, 6 to 7 hours nightly.
- Practice good sleep hygiene. The bed should only be used for sleep or sex.
- Melatonin supplementation can help with insomnia.
- Limit caffeine intake, especially after 12 noon.

QUIT SMOKING

- When trying to quit, talk to your doctor, you don't have to do this alone.
- Medications are available to help you quit.
- Evidence shows that repeated attempts at quitting increases likelihood of success. If you don't succeed the first time, try, try, again.



FOCUS ON SAFETY

- Always wear seat belts while driving a car.
- Always wear helmets while riding a bike.
- Do not drive after drinking.
- If you own a pool, make sure it is fenced.
- Learn to swim.
- Wear plenty of sunscreen to prevent sunburns.
- Install smoke detectors in the home and change batteries twice yearly. The best smoke detectors are those that are both photoelectric and ionization.
- Keep water heaters under 120 degrees Fahrenheit.
- Do not keep fire arms at home. If you do, ensure that it is locked and secure.
- Practice safe sex.
- Do not engage in illegal drug use.



“Wear plenty of sunscreen to prevent sunburns.”

BE EMOTIONALLY AWARE

- Be an optimist. A pessimistic style of living is associated with increased death rate.
- Have faith in God or consider other meditation or spiritual practice.
- Be honest with others and yourself.
- Control your anger.
- Love your family.
- Help others in need.
- Always guide actions towards others by love, righteousness, and equality.



ABOUT DR. ESPINOSA

Dr. Edward Espinosa, D.O., M.P.H. is a board certified internal medicine physician practicing in Atlanta. He is the medical director at Buckhead Concierge Internal Medicine, where he has been practicing for the past 5 years. Dr. Espinosa is on staff at Piedmont Hospital and Northside Hospital. In addition to his outpatient clinical experience, Dr. Espinosa maintains his skill set in acute care hospital medicine by practicing as a hospitalist physician at Northside Hospital.