

MUCHA *Salud*

An informational magazine for **GLEON** patients

PREVENTING CANCER

Strategies that we can all do to reduce the risk of cancer

CARING FOR YOUR HEART

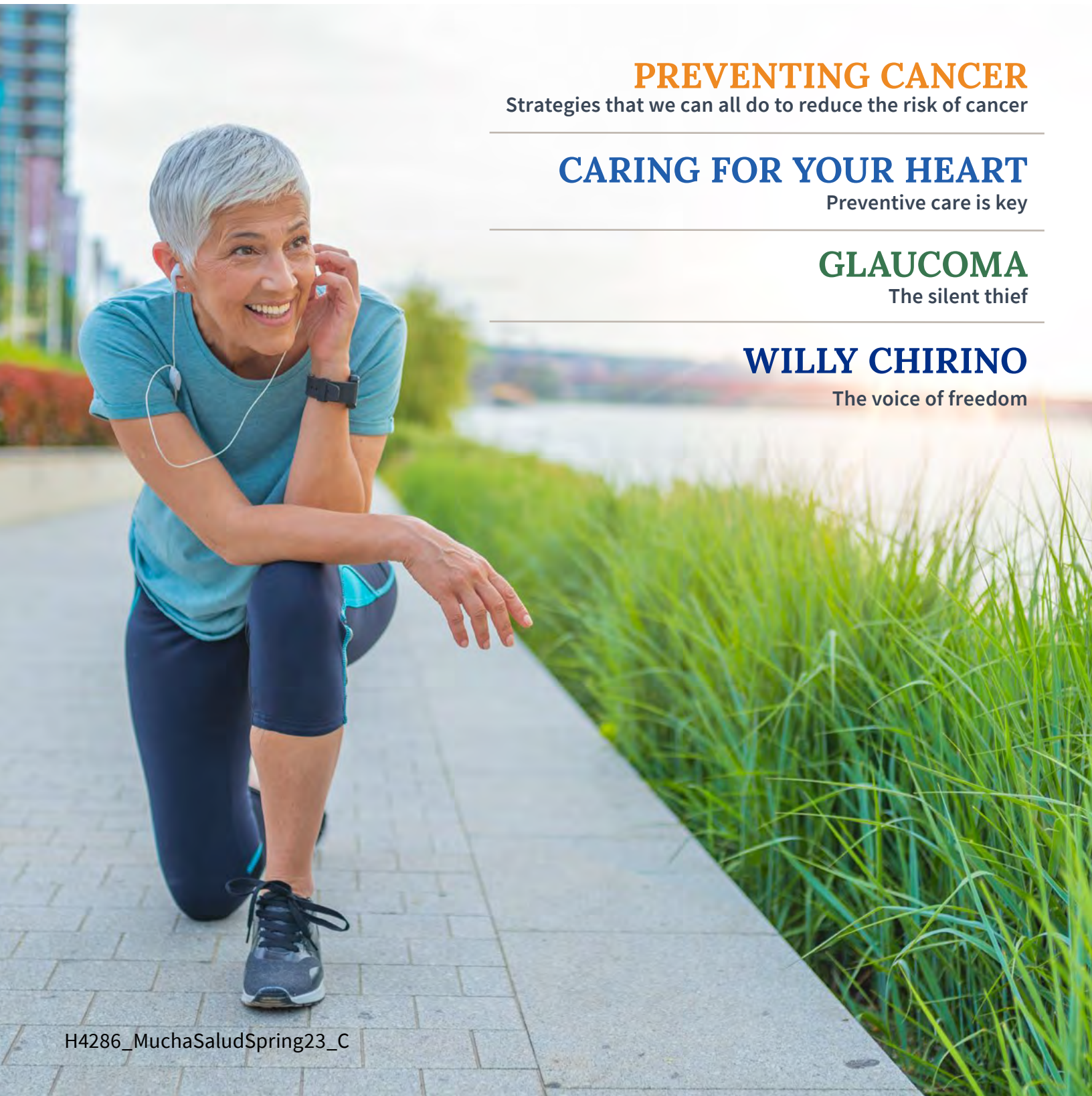
Preventive care is key

GLAUCOMA

The silent thief

WILLY CHIRINO

The voice of freedom





Letter from our President & CEO

Dear Patients,

As we start a new year, we are honored that you have continued to entrust us with the responsibility of being your partner in caring for your most prized possession – your health.

Today we can say that there is only ONE Leon! We are extremely proud with the results we have achieved. Leon Health and Leon Medical Centers will continue to assure that you receive the benefits and services you need, at all times. Our members are at the heart of everything we do and we will always place your healthcare first.

The 2023 Leon Health plans were designed to give you many options in the benefits and services, you need. Leon Health now offers coverage to our members at all EIGHT Leon Medical Centers state of the art locations, which now includes our newest Homestead Phase 1 facility! As Miami's leading healthcare provider, we continue redefining the delivery of healthcare!

We invite you to stay in touch with all our updates and news in our quarterly newsletters. Get to know our providers, our centers, tips for a healthy lifestyle and much more.

Once again, we thank you for entrusting us with your health and we look forward to you experiencing our Medical Excellence and Personal Attention at all times.

Please contact our Member Services number toll free at 844-9-MY-LEON (1-844-969-5366) or local at 305-541-LEON (305-541-5366) for any questions. (TTY users should call 711). Hours are from 8 a.m. to 8 p.m., seven days a week from October 1st through March 31st and Monday through Friday from April 1st through September 30th.

Best regards,

Albert Maury

President, Chief Executive Officer

CONTRIBUTORS

Yolanda Foster
Editor-in-Chief

Scarlet Martinez
Managing Editor

Pilar B. Gaunard
Graphic Designer

Ariadna Olive
Copy Editor

04 PREVENTING CANCER
Strategies that we can all do to reduce the risk of cancer

05 MEET OUR DOCTORS
Meet Dr. Alejandro Gutierrez

06 KEEP THIS IN MIND
Mental health and our well-being

08 FLU MYTHS
Busted!

10 CARING FOR YOUR HEART
Preventive care is key

11 ALLERGIES
Those pesky seasonal allergies

12 GLAUCOMA
The silent thief

13 WORLD KIDNEY DAY
Some advice on how to keep it safe

14 WILLY CHIRINO
The voice of freedom

16 LET'S TRAVEL

17 WORLD OF PLANTS

18 EXERCISE!

19 RECIPE

20 MY LEON

21 LET'S PLAY

22 ADVANCE DIRECTIVES

23 LEON ACESS / Answers to games

Quarterly Publication of
Leon Medical Centers

8600 NW 41st Street

Doral, FL 33166

305.642.LEON (5366)

Mucha Salud is a publication of Leon Medical Centers meant to inform, in an entertaining and instructive way, about health and medicine topics, as well as the events and activities for our patients. All rights reserved. The total or partial reproduction of its written content or images is prohibited. Mucha Salud is not responsible for any damages caused by the use of articles, opinions or statements expressed in this publication.



Preventing Cancer

Dr. Mary Jo Villar



Lately it seems that everyone we know is either directly affected by cancer or has a relative or someone they love with cancer.

Is cancer preventable?

According to the National Cancer Institute in 2021, nearly 1.9 million people will be diagnosed with cancer in the United States.

What are some simple strategies that we can all do to reduce the risk of cancer?

The American cancer society tells us that we must make healthy lifestyle choices:

- Stay away from tobacco.
- Obtain a healthy weight.
- Start moving at least 3 x per week with any physical activity, even walking can have many health benefits.
- Eat more fruits, vegetables, whole grains and avoid red and processed meats, less sugars and less processed foods.
- Limit your alcohol.
- Avoid excess sun and use sunscreen protection.

It is also important to note that we can screen for certain cancers. This means that we can look for early stages of cancers and remove them before they spread. Your

primary care physician will help you evaluate your risk factors and decide at what age you should start screening, for example, for colon cancer, breast cancer, HPV, prostate cancer, lung cancer, all have different ages for starting screening and many depend on family history as a major risk factor.

Vaccines also exist to prevent infection by cancer causing

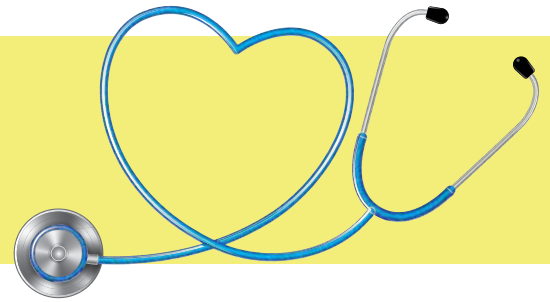
agents. HPV can lead to cervical cancer and Hepatitis B can lead to liver cancer.

Knowing and listening to your body is very important. Reporting any changes or abnormalities to your primary care physician as soon as possible is also very helpful.

Finally, it is important to understand that the key to a long healthy life is prevention and early detection of cancer.



Meet our Doctors



Dr. Alejandro Gutierrez, M.D

Born and raised in Miami, Florida, it has always been a personal challenge for me to give back and to serve our local community.

As a certified physician in Internal Medicine, I take great pride in discussing and explaining, in detail, any health concerns or questions my patients might have.

I believe our patients need this one on one with their physicians and they are entitled to spending time with us and having their questions and concerns, addressed.

I attended medical school in UNIBE Costa Rica and completed my residency in New York.

Shortly after medical school, I worked closely with professional athletes and discovered another passion of mine which was combining nutrition and fitness together with preventive medicine.

Upon completing my residency, I was part of



history when I confronted the Coronavirus pandemic 2020. Today, I find myself lucky to be part of Leon Medical Centers and the Leon family....a healthcare facility that truly cares about each and every one of their patients. This is a

special place I wanted to be associated with, and one I am proud to be practicing at.



Keep this in Mind

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

PRACTICE GRATITUDE FOR YOUR WELL-BEING

Gratitude – or thankfulness

– Is a powerful tool that can reduce levels of depression and anxiety and improve sleep.

Here's a simple way to get started:

Write these down before you go to bed or share them around the dinner table. In five minutes, you can practice gratitude from the heart.

1. Health: What did your body do for you today?

Did you know you take about 8 million breaths a year? Your feet can take you up a mountain; your arms can hold someone you love. Take a minute to marvel at the finely tuned

machinery of your body, and thank yourself for the steps you take every day to keep it safe and healthy.

2. Eat: What did you feed your body to nourish yourself today?

Was it an old favorite, something you made or something new and different? If you eat three meals a day, you'll eat about a thousand meals this year! Take a minute to savor an especially yummy meal. And check out some healthy options on the AHA's recipe hub.

3. Activity: What did you do that you really enjoyed today?

Did you give it your all when exercising today, or find a quiet moment while sitting in traffic to reflect? Take a minute to think back on one particularly awesome moment.

4. Relationship: Whom do you look forward to connecting with?

Is it someone who sets your heart on fire, always has a smile for you, has your back or makes you laugh until you cry? Take a minute to smile as you think about this special person. Then make plans for a virtual meet-up.

5. Time: What are you doing right now?

Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery and today is a gift. That's why they call it the present! Take a minute to be thankful for the gift of time, including any extra time you have right now for your family or yourself.

Let's do this, and be Healthy for Good!



The Centers for Medicare and Medicaid Services [CMS] is conducting a survey.



As with previous years, the Centers for Medicare and Medicaid Services [CMS] is conducting a survey, asking for your opinions on your healthcare experiences and your plan's services and benefits. If you receive this survey, please complete the information requested. Your answers will give us first-hand information about our performance, which allows us at **LEON** to continue providing you with the best services and benefits and the Personal Attention at all times, that you deserve.

Leon Medical Centers: Medical Excellence confirmed.

Thank you for entrusting us with your health care and for your cooperation with this survey.

**Call us if you have any questions
305.642.5366**



Flu Myths, **BUSTED!**

Getting a flu shot every year decreases your chances of getting the flu. If you do get the flu, the vaccine makes you less likely to be hospitalized or die from it. Getting a flu shot will help protect your health and the people you care about, so let's bust some common myths about getting the flu vaccine!

MYTH: The flu has been almost nonexistent the last two years, so it'll be uneventful this year.

BUSTED: After two seasons of historically low flu transmission, medical professionals are worried that most people haven't been exposed to the virus and didn't build natural immunity, so the vaccine will be your best protection.

According to data from The Department of Health and Aged Care in Australia, where their flu season runs from May to September, cases have surpassed pre-pandemic levels. This could be an early warning sign of what's to come for the United States in the 22-23 flu season.

MYTH: The flu isn't that bad.

BUSTED: It can be bad, especially if you're in a high-risk population for severe flu complications including adults aged 65 and older and those with chronic health conditions like heart disease or diabetes, pregnant women, and children under the age of 2.

There is a strong correlation between the flu and cardiovascular diseases like heart disease and stroke. During recent flu seasons, about half of all adults hospitalized for the flu also had heart disease. A 2018 study found that the risk of having a heart attack was six times higher within a week of a confirmed flu infection.

MYTH: The side effects from the vaccine are worse than the flu itself.

BUSTED: Most people tolerate the vaccine very well. Some people report having mild side effects like soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur. However, the flu itself can cause much worse symptoms such as fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and/or fatigue (tiredness).

There are some things you can do to reduce your chances of feeling crummy after you receive a flu shot. Stay hydrated on the day you get your vaccine, move your body with arm circles or a walk afterward, apply ice at the injection site if it is sore and avoid smoking or drinking.

MYTH: I got a flu vaccine last year, so I'm all set.

BUSTED: You need a flu vaccine every year because immunity wanes over time and because flu virus vaccines are constantly updated to protect against the most recent strain.

MYTH: I got my COVID-19 vaccine(s), so I don't need a flu shot.

BUSTED: Unfortunately your COVID-19 vaccine won't prevent the flu since they're caused by two different viruses. But the good news is that there is no recommended waiting period between getting a COVID-19 vaccine and other vaccines. You can get a COVID-19 vaccine and other vaccines, including a flu vaccine, at the same visit.

MYTH: It costs too much.

BUSTED: All Health Insurance Marketplace plans and most other private insurance plans must cover certain vaccines without charging a copayment or coinsurance when provided by an in-network provider. This is true even for patients who have not met a yearly deductible.

- *The cost of a flu shot without insurance will depend on where you go and the kind of shot you need, but it typically ranges from \$20 to \$75 out of pocket.*
- *Flu vaccines recommended for people aged 65 and older are more expensive than those for younger people.*
- *Medicare Part B covers 1 flu shot per flu season. (There are 4 Medicare plans, so it's only free under 3 of them - yikes.)*
- *Free and low-cost flu vaccine options may be available from local health centers and state health departments for those who qualify.*

MYTH: The flu only impacts vulnerable groups like the elderly.

BUSTED: People 65 years and older are at higher risk of developing serious flu complications compared with young, healthy adults, but People from racial and ethnic minority groups also experience higher rates of severe influenza (flu) illness.

Overall Age-Adjusted Hospitalization Rates

- *Non-Hispanic Black people had the highest flu-related hospitalization rate (69 per 100,000)*
- *Hispanic or Latino people had the third highest flu-related hospitalization rate (45 per 100,000)*

HIGH-DOSE VACCINE

The CDC recommends that Americans 65 and older should get newer, high-dose vaccines for extra protection.

While flu seasons vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

Visit heart.org/flu for more information

© Copyright 2022 American Heart Association, Inc., a 501(c)(3) not-for-profit. Unauthorized use prohibited.
10/22 DS20101

Caring for your heart begins at home with preventive measures

Heart preventive care is based on eating primarily foods with a high fiber content, unsaturated fat, antioxidants, vitamins and minerals.

Eating a variety of fruits and vegetables of different colors, whole bread and cereal, legumes and healthy fat such as olive oil, avocado, and nuts and seeds (almonds, and flax, chia and sesame seeds) are a few examples of recommended food. These food items act as cardiometabolic protection, given that they help increase HDL (Good cholesterol and protection factor) as well as to decrease bad cholesterol (LDL). An added plus is that these food items have a positive effect on blood pressure levels and on glycemic control. When you know that heart health is significantly linked to nutrition, it is important to keep in mind that consuming saturated fat,



excessive sodium and highly processed foods, as well as a sedentary lifestyle, can have a negative effect.

The heart is a vital organ and essential to life, remember that you can help keep it healthy.



Source: American Heart Association (heart.org)



ALLERGIES

Seasonal allergies are conditions that may cause stuffy or runny nose, sneezing and itchy or red eyes.

These symptoms usually happen around the same time every year, most are caused by mold spores that grow when the weather is humid and wet or pollen from plants, trees and grass.

If someone has a seasonal allergy, their immune system will act as if these substances are harmful to the body. Luckily, most of us can breathe in pollen and mold spores without any symptoms. Usually you get seasonal allergies when you are younger and they can last lifetime but symptoms may improve or worsen. They

can be hereditary as well. If your symptoms are year-round, usually they are caused by animals or insects.

You can also prevent seasonal allergies by staying indoors during the time of the year when you normally have symptoms, keeping windows and doors closed and making sure your car and home filters are clean, as well as bathing before bed to rinse pollen from skin and hair.

There exist tests for seasonal allergies. Your PCP may ask you about symptoms and do a physical exam. They may

prescribe an allergy skin testing which can determine which substance you are allergic to. Luckily, there are many simple treatments for seasonal allergies, for example, nasal rinses, steroid sprays, antihistamines and decongestants.

There are also allergy shots and pills that work similar to allergy shots.

If you get symptoms around the same time every year, let your doctor know! You may be able to prevent symptoms by taking medication a few weeks before that time of the year.

GLAUCOMA,

the silent thief of sight.

January is national glaucoma awareness month, an important time to spread information about the sight-stealing disease.

In the United States, half of the people who have glaucoma do not know they have it. The lack of awareness and the absence of symptoms make it difficult for people to detect the disease in its early stages.



Glaucoma causes fluid buildup increasing pressure, which can damage the optic nerve. The only way to know if you have glaucoma is by means of a comprehensive eye exam, which contributes of pupil dilation to widen them and look for signs of the disease in the optic nerve.

Did you know that African Americans over 40; adults over

60, especially Hispanics; and people with a family history of glaucoma, are at higher risk? That is why early detection is crucial.

Make the choice to have a healthy eyesight.

Schedule an appointment with your ophthalmologist today.

WORLD KIDNEY DAY

The second thursday in March was designated *World Kidney Day*, to bring awareness to early detection of kidney disease.

The kidneys are the body's filters which help expel, by means of urine, all the toxins we produce or ingest. If this filter does not work or is obstructed, we could suffer intoxication that can reach lethal levels. The good news is that detecting any kidney malfunction is very simple, because all it takes is a blood and urine test.

Below you will find some advice on how to help maintain optimal kidney function:

Diet is essential, if you eat well, it makes it easier for your kidneys to perform their task and there will be fewer toxins that cannot be eliminated through urine.

Beneficial foods: cranberries, whole cereal, fruits and vegetables that are rich in potassium (such as banana, papaya, broccoli, and spinach), food that is rich in calcium (such as sardines in oil, almonds, and chickpeas), and herbal teas (such as horsetail and parsley).

Food to be avoided: salt, whole dairy, highly processed foods, artificial sweeteners, caffeine and alcohol.





Willy Chirino

His voice is the voice of people.

His song is a song of freedom.

Few artists in popular music have managed to overcome the barriers of time, fashion and geography, maintaining their own style. In this reduced list is Willy Chirino. His contribution to the culture of his country, together with the ongoing struggle in favor of freedom for his people, make him one of the most important exponents of popular music of our times. Sensitive, simple and talented, Willy Chirino has managed to live with the same passion that drives his art.

He was born in Consolación del Sur, a small town in western Cuba, in the province of Pinar del Río. The fourteen years he lived there were influential in his personal formation. The son of the town prosecutor, he spent his playtime by the river and preferred riding a horse to a bicycle, which made him become an expert horseman at the age of five. His first emotions are tied to his homeland: the value of friendship, his first love and his greatest passion, music.

Although he considered himself a man of the land, his taste for music was not limited to folk music. He listened to records by Glenn Miller and Louis Armstrong as well as by Little Richard, Elvis Presley or The Beatles, whose work he considers himself a connoisseur of. "It was in Consolación del Sur when I decided that I wanted to be a musician," Willy states.

At the age of thirteen, his family thought of giving their only son, among three sisters, the possibility of knowing what the world was like beyond the limits that communism was marking on his country. The exit door was opened through Operation Pedro Pan. "I thought it was only a visit for a few months," he emphasizes. "Although it

was a big shock to leave my friends, my family, my life behind," he recalls, "but it was not traumatic because I thought of it as temporary." To this day, he does not accept his departure as definitive.

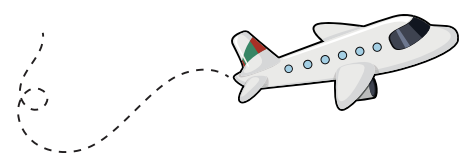
"Miami is a blessing, it is the best of both worlds, the best place for anyone who values democracy," he says, speaking of the city where he has lived for 60 years, and which has reflected his growth as an artist and his evolution as a human being. This city, of constant changes, bears the stamp of his music. Around the world, his rhythm is known as the Miami Sound. "It's like a salad where the fundamental ingredient is Cuban music, but is mixed with contributions from rock genre, Brazilian and Caribbean music."

His songs have traveled the world, performed by himself and others. But there is a composition in his long catalog of songs that expresses his experience as an exile and the cry of hope of the Cuban people to regain their freedom. It is "Nuestro día (ya viene llegando)" (Our Day Is Coming), the song that has become the Cubans' second national anthem. "An artist touches different human emotions and that's my job," he explains.

His daily life is very much like that of any worker and very little like that of a star. "I don't need luxury or special things to be happy," he says. His hobby is sports, especially soccer and his favorite team, the Miami Dolphins. His weakness, without a doubt, is Cuban food. He has been married to the acclaimed Cuban singer Lissette for 42 years, has six children and five grandchildren. "I am passionate about family life and I am always looking after their well-being. Every time I ask God for something I do it for my family; if they are fine, I am fine," he acknowledges.

Many of the dreams of the boy from Consolación del Sur are now achievements, but he still refuses to stop being that boy who lives dreaming. "If there is something that an artist should not do, it's to stop dreaming".

This year, he became the official spokesperson for Leon Medical Centers, one of the most prestigious medical institutions in the nation and, like him, a South Florida icon. "I had heard of Leon's medical excellence, but until I visited its centers, I had not confirmed it. Their attention to detail is impressive, and their staff is second to none. Here I feel like I am part of the family. I feel like I'm where I always should have been."



Paris, the French capital, has earned the title of most romantic city in the world for the endless romance found in its literature, poetry, music, and more particularly in its architecture which creates a magical atmosphere.

Why not visit some of the most romantic spots in Paris?

Let's start with **Montmartre**, the city's most charming neighborhood which maintains a bohemian air of times gone by, when painters such as Picasso and Van Gogh lived there.

We can write expressions of love on the famous Le mur des je t'aime, a wall that represents union and reconciliation.

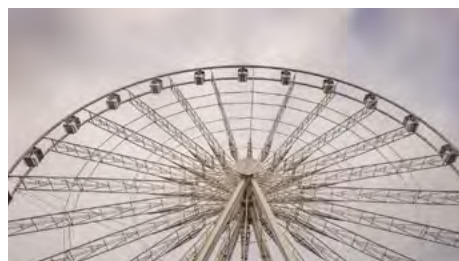
Now, let's visit the Louvre, the most famous and most visited museum in the world, where you can find some of the most important works of art in history, such as the Mona Lisa by Leonardo da Vinci and the Venus de Milo.

Finally, let's enjoy spectacular panoramic views of the entire city from the top of **the Eiffel Tower**, the quintessential

symbol of Paris. This iron tower is located next to the Seine river and is the highest structure in Paris.

And, if we want to emphasize its romantic flair, let's visit it at night when the tower is illuminated with over 20,000 golden lights every hour on the hour.

**Did you enjoy the trip?
Don't unpack yet,
because we will visit
another enchanting
city in the next edition
of Mucha Salud.**



BONSAI, *World of Plants*

by Bertila Ramos

Bonsai is a Japanese term that means planted on a tray or shallow pot, and said term is used to refer to a tree grown with these characteristics as well as to the techniques used in the growth process.

RULES TO FOLLOW:

- All bonsai should be planted in appropriate pots.
- The ideal size of a bonsai in relation to its height is 6 times the width of the trunk base.
- The size of the pot used should be 2/3 the height of the tree from its roots, and if the tree is wider than its height, then the pot should be 2/3 the width of the tree.
- The depth of the pot should be similar to the diameter of the trunk base.
- All bonsai have a front, which is the best looking side, which will be planted on the side that coincides with the front of the pot.
- Bonsai develop only from wood producing trees or bushes.

CHARACTERISTICS THE SELECTED PLANT SHOULD HAVE:

- The smallest leaves possible.
- Woody trunk.
- A good root system on both sides of the trunk.
- Should have plenty of branches so that the best ones can be selected.
- The base of the trunk should be bell-shaped.

SOIL:

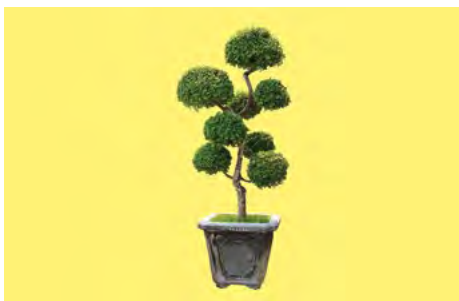
There are various soil mixtures, but what is most important is to have proper drainage. An easy one to make is 50% peat moss with 50% thick sand which can be substituted with vermiculite or perlite.

PROCEDURE FOR GROWING A BONSAI:

- Determine which is the front of the plant and remove it from the pot. The soil should preferably be dry.
- With a thin wooden stick remove half of the soil from the roots.

- Cut the roots to 1/3 their size.
- Place mesh over the hole at the bottom of the pot and a bit of fine gravel, followed by the soil. Place the plant in the correct position in the pot and fill it to the brim with soil.
- Water abundantly and place the pot in partial shade for 3 weeks and then little by little place it in a sunny location, in other words, for a couple of hours one day, then for 3 hours another day and so on until it is placed where there is full sun.

As a general rule, any time roots are cut it is imperative to also trim foliage. This is due to the fact that the plant loses its ability to absorb water until new roots grow. If the plant has few leaves, do not eliminate them, only cut them in half toward the leave stem.



EXERCISES for cardiovascular health



When you suffer from cardiovascular disease, exercise becomes an essential part of the healthy habits you should adopt. Practicing Tai Chi

as well as Yoga, provides great benefits.

TAI CHI consists of low impact exercise that combines martial arts with meditation through breathing exercises, relaxation and mental focus,

which helps build strength, flexibility and balance. Some research studies have confirmed that practicing tai chi lowers systolic and diastolic blood pressure, low density lipoproteins (LDL or bad cholesterol), and triglycerides. It also helps lose and control weight, reduce anxiety, and prevent blood clot formation, among many other benefits.

YOGA frequently evokes images of flexible participants, but this activity is much more than just stretching and handstands. Yoga includes poses, breathing exercises and meditation. It also has several variations like restorative and hot yoga, each with a particular emphasis, such as alignment or relaxation. Clinical tests have found that practicing yoga reduces blood pressure levels, cholesterol, heart rate, stress, body mass index and other cardiovascular risk factors, just like aerobic exercise does.

Although **TAI CHI** and **YOGA** are recommended activities for almost anyone, if you have a condition you should consult your physician to discuss what exercise routine is best for you.

Love starts in the kitchen... *and goes straight to the heart!*

Vegetable, lentils and chickpea stew.

INGREDIENTS FOR 8 PORTIONS

- 3 cups of peeled squash, without seeds and cut into 1" cubes
- 3 large carrots, peeled and cut into 1/2" pieces
- 2 large onions, chopped
- 3 garlic cloves, chopped
- 4 cups of vegetable broth that is low in sodium
- 1 cup of red lentils
- 2 tbsp of tomato paste with no added salt
- 2 tbsp of fresh ginger, peeled and chopped
- 2 tsp of ground cumin
- 1 tsp of turmeric
- 1/4 tsp of saffron
- 1 tsp of ground pepper
- 1/4 cup of lemon juice
- 1/16 ounce can of chickpeas, drained and rinsed
- 1/2 cup of fresh chopped cilantro

INSTRUCTIONS

Slowly steam the vegetables (squash, carrots, onion & garlic) at medium-low heat. Once they are cooked, add the vegetable broth, the lentils, the tomato paste and the seasoning. Cover and continue cooking at medium-low heat (1 to 1 1/2 hours) until the lentils are tender. Stir frequently. Add the lemon juice and the chickpeas.

Serve warm, topped with chopped cilantro, and let us know the result through our social media.

LEON*licious*



1 Register!

- At your first medical visit, you will receive an activation code to enroll in **MyLeon**.

2,

- If you forget or lose your code, you can still enroll by visiting the website and answering some personalized security questions about yourself.

3.

- If you want to give a trusted caregiver, family member, or friend access to your **MyLeon** account, just fill out a form indicating that you want someone else to view your electronic health record.

- Remember that we are available **24/7** to help you sign up and to answer all your questions.

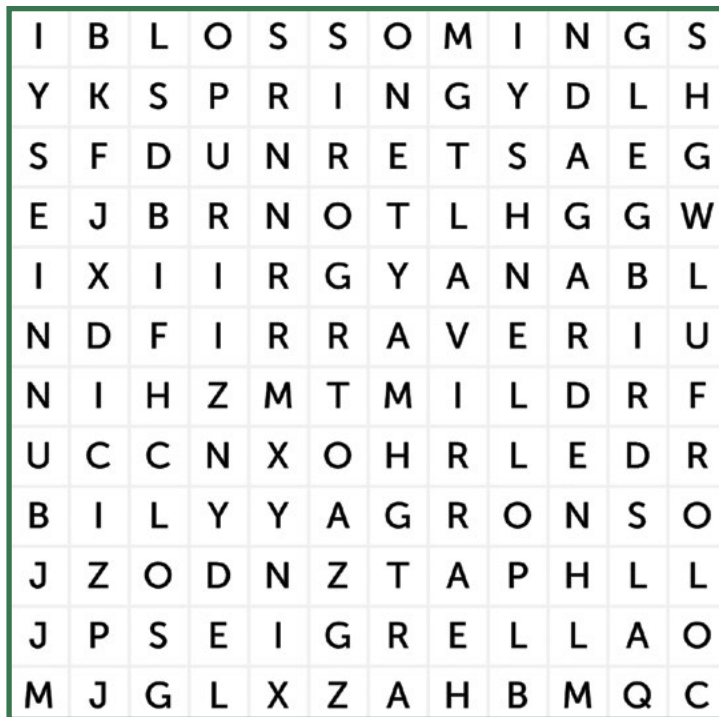
Be part of the latest electronic health record system to stay connected to our medical staff from wherever you are.

Before closing this magazine dedicated to you, sign up for **MyLeon** right now.

Don't forget to call us at **305.642.5366** for more information and help from our trained staff on using our digital platform.

MyLEON

Let's play!



BUNNIES
BLOSSOMING
SPRING
EASTER
GARDEN
COLORFUL
BIRDS
BIRTH
ALLERGIES
POLLEN
ARRIVAL
MAY

Find the 11 differences



It's good to be prepared

Advance Directives

Find out your options for end-of-life health care.

- Communicate your decisions.
- Read about what the Advance Directives and its components represent.
- Clarify any concerns you have.
- Build confidence in that your family knows your wishes.
- Express your desired medical care.

Keep communication open

As we get older, we expect life to be longer while we enjoy more opportunities with our loved ones. Preparing Advance Directives just in case something happens to us is another way of keeping communication open and enjoying the time we have without worrying that those who love us won't know what to do or how to fulfill our wishes.

What are Advance Directives?

It is a written statement that describes your personal wishes regarding the medical care that you want, or do not want, if you become unable to make your own decisions.

How can Advance Directives be helpful?

Advance Directives make difficult decisions easier for your family and loved ones. By planning with them and letting them know your personal decisions, they are better prepared to make the tough decisions and carry out your wishes.

Where can I find the Advance Directives Forms?

Your healthcare provider or attorney are available to help you with the forms or any questions you may have. Also call **LEON MEDICAL CENTERS** patient services at 305.642.5366 or talk to your doctor about your options.



ADVANCE DIRECTIVES - POCKET CARD Please fill out and bring the card below. Present it to your health professionals. Keep it in your wallet or purse and indicate that you have already prepared your Advance Directives and where you keep them.

NOTICE TO HEALTH PROFESSIONAL:
I ALREADY PREPARED MY ADVANCE DIRECTIVES

My name _____

My date of birth _____

My phone _____

My doctor _____

Doctor's phone _____

A copy of my Advance Directives can be found:

Other copies are with:

Name _____

Phone _____

Name _____

Phone _____

fold

Leon Medical Centers through its Leon Access program is an Office of Economic Self-Sufficiency partner, which helps families in need apply for benefits and services through the Department of Children and Families (DCF). As a long standing community partner with seven (7) locations throughout Miami Dade County, our mission along with that of the Department of Children & Families (DCF), is to be accountable for

changing lives and strengthening communities. The mission is to protect the most vulnerable citizens of our society and accomplish that by administering different programs and services, such as but not limited too; Medicaid, Food Stamps, Temporary Cash Assistance, Lifeline Free phone program, Medicare savings program, Long Term Care assistance, Citizen Application and much more.

The benefit in establishing this community partnership says Efrain Monzon Vice President of Strategic Partnerships & Engagement at Leon Medical Centers, is to assist our patients and community in obtaining access to much needed resources and programs, and work closely with our clinical providers to ensure clinical and service excellence is at the heart of everything we do.

**Your opinion is very important to us, share in our social media
or call us at 305.642.5366**

Stay tuned and informed on our social media. And if you have any questions about the Flu vaccine or others, contact your primary care physicians or specialists.



Leon Medical Centers

GAMES SOLUTIONS





8600 NW 41st Street
Doral, FL 33166

Presort Std
US Postage
Paid
Miami, FL
Permit #2332

Health and wellness or prevention information.

Leon Health is an HMO plan with a Medicare contract. Enrollment in Leon Health, Inc. depends on contract renewal.

H4286_MuchaSaludSpring23_C