

MUCHA *Salud*

An informational magazine for **LEON** patients

MEET OUR DOCTORS

Dr. Damián Díez Cabrera

ALZHEIMER'S AWARENESS MONTH

Useful tools to maintain a better mental health

HURRICANE SEASON IS HERE

Important information for you

SUMMER TIME!

Enjoy the season while watching your health





A Letter from our President & CEO

Dear Member,

Summertime is here and we are halfway through 2023... how quickly time passes!

We are amidst Hurricane season, a time of year where we carefully plan to make sure each of you remain healthy and safe. Our Leon team of professionals are standing beside you, assuring your uninterrupted healthcare and personal attention, at all times. During this season, as always, we take pride in our commitment to provide each of you with quality healthcare and excellence in service.

All of our centers are ready to open immediately after a hurricane avoiding any lapse in your health care. Each center is equipped with industrial generators and impact glass on all our windows and doors. You can always count on us to keep you healthy and safe, especially during this season. We are all ONE Leon and YOU will always be our #1 priority.

I ask you to be informed of our communications and stay in touch with news and updates.

I hope you enjoy this summer's edition of the Mucha Salud newsletter which includes important information about hurricane season and many topics that are both informative and entertaining; it is designed to provide you with educational resources oriented to optimize a healthy and happy lifestyle.

Once again, all of us at Leon thank you for entrusting us with your health and we always look forward to providing you with the Medical Excellence and Personal Attention that has become the foundation to our organization. There is only ONE LEON!

Best regards,

Albert Maury

President, Chief Executive Officer

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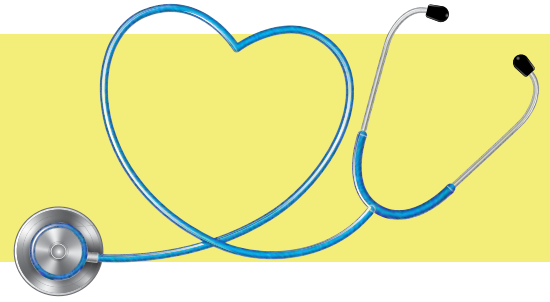
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Meet our Doctors



Dr. Damián Diez Cabrera – Urgent Care

In Cuba, I grew up with a family of physicians where the patient's wellbeing and respect were essential. The passion with which they spoke about the profession was contagious and grew with me. I graduated from medical school in 1998 from the University of Villa Clara.

After graduating, I spent years practicing at an urgent care center in a rural area. Until 2006, when I decided to leave my country for political reasons. We, the physicians, were slaves to the communist regime, and the only way to emigrate was to take to the sea by boat and navigate 90 miles to the land of freedom.

As Benjamin Franklin said, *"where liberty dwells, there is my country,"* and in this new country, after working



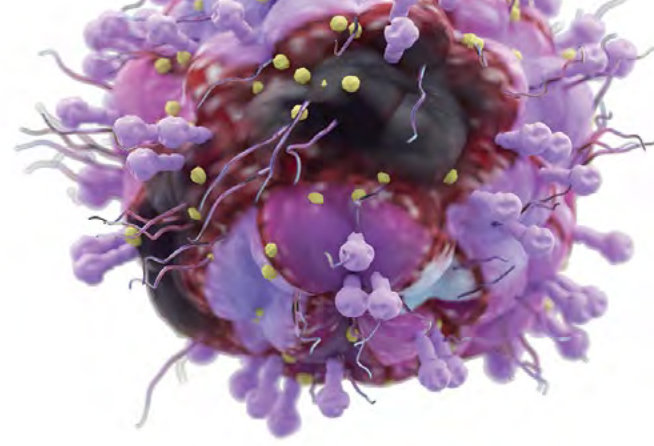
various jobs, I was able to validate my medical license. I did my residency in Family Medicine at the Wyckoff hospital in Brooklyn, New York, and became chief resident. But, my greatest blessing has been the opportunity

to be part of the Urgent Care medical personnel at Leon Medical Centers since 2013.



Shingles

Signs and Symptoms

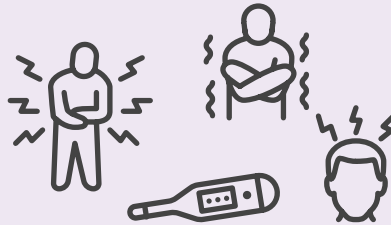


If you have had chickenpox, the virus that causes shingles is already dormant inside you and can reactivate as shingles later in life.

Shingles (herpes zoster) is a painful rash that occurs on one side of the face or body. This rash consists of blisters that usually crust over in 7 to 10 days and clear up in 2 to 4 weeks.

Before the rash appears, people usually have pain, itching, or tingling in the area where the rash will appear. This can happen several days before the rash appears.

When shingles occurs on the face, it can affect the eye and cause vision loss. In very rare cases (usually in people with weakened immune systems), the rash spreads over the entire body and looks very similar to chickenpox.



Other symptoms of shingles can include:

- Fever
- Headache
- Shaking chills
- Stomach ache

Talk to your doctor or pharmacist today about how to prevent shingles.





Alzheimer's Awareness Month

FOUR TIPS FOR BETTER BRAIN HEALTH

We know taking care of our bodies is important, but what about our minds? It is important to take care of brain health at any age. There are many ways we can take better care of our brain. Here are four tried and true ways we can take action:

1. Mediterranean Diet

Research has shown that the Mediterranean diet is one of the healthiest diets. Packed full of nutrients, this way of eating is effective in reducing the risk of cardiovascular disease and overall mortality. New research indicates that the Mediterranean diet may also prevent memory loss and dementia.

The evidence posed in the latest study, published by the American Academy of Neurology, suggests that the Mediterranean diet is great for your brain because it supplies the brain with Omega-3 fatty acids, reduces inflammation, and may reduce buildup of tau and amyloid proteins in the brain, which are linked to dementia.

The Mediterranean diet consists of low-fat foods, and fruits, vegetables, whole grains and beans. In terms of animal-based proteins, the Mediterranean diet relies heavily on fish that have high levels of Omega-3, which “helps preserve brain function and facilitate communication

through the cells” (Healthline).

2. Exercise Your Brain

Brain exercises can reduce or prevent memory impairment. We know the importance of exercising our bodies regularly, but we don't always apply that same importance to exercising our brains. There are a lot of brain exercises out there, but exercises that stimulate the brain's prefrontal cortex, which controls memory retrieval, show great results for those concerned with memory loss.

One program designed specifically to stimulate the prefrontal cortex is StrongerMemory by Goodwin Living. Participants of StrongerMemory spend 20 to 30 minutes a day reading out loud, quickly completing simple math problems, and writing by hand. These three basic exercises activate the prefrontal cortex and both hemispheres of the brain, which in turn can improve memory and reduce symptoms of mild cognitive impairment (MCI).

Exercises like the ones in StrongerMemory can also be

done as a preventative effort. Spending 20-30 minutes a day on these exercises keeps your prefrontal cortex activated. The key to success with brain exercise is consistency—try to do a little bit of brain exercise every single day to maintain a healthy brain.

3. Walking, Even Just Three Times a Week

A common idea regarding brain health is this: “What is good for your heart is good for your head.” That is certainly true when it comes to exercise. Exercise improves our heart’s ability to function, which then allows more blood to pump to our brains. Increased blood flow to our brains improves our cognitive abilities.

A recent study analyzed participants who did light aerobic activities several times a week. They found that the individuals who exercised several days each week had increased blood flow to their brains. Even taking a brisk walk three times a week can be a huge step toward better brain health.

4. Socialization

During the COVID-19 pandemic, people experienced a level of isolation that for most, was quite different than anything they had previously endured. While we were aware of the effects socialization has on brain health before this past year, it is getting renewed attention as society slowly starts to reopen.

Social interaction can improve brain health and help prevent cognitive decline. According to the Cleveland Clinic, *“a rich social network provides sources of support, reduces stress, combats depression, and enhances intellectual stimulation”*.

Some ways to increase your socialization can be to get involved with a hobby group. Maybe you’ve always loved playing cards—you can look into joining a group that regularly meets to play rummy or bridge. Joining a book club or getting involved in local community events are other great ways to

make friends and increase your social interaction. Pets can also provide great benefits to mental health and social interaction.

In conclusion, if you’re looking to better your brain health, there are many options out there. Scientists continue to research new ways we can improve our cognition. These four tips to better your brain have been studied in a variety of different ways and have been proven effective. Start by just adding one of these strategies to your lifestyle and see if you notice a difference in your brain health!



How to Prepare for

Hurricane season began June 1st and ends November 30th. Whether you live along the coast, or inland, you should know how to be prepared.



Have a plan:

- Write down emergency phone numbers and have them stuck on the fridge or near every phone in the home.
- Prepare an emergency supply kit.
- Locate the nearest shelter and the different routes you can take to get there from your home.
- If you own pets: identify in advance a shelter or a hotel that accepts animals, or a friend or relative.

Gather emergency supplies:

During and after a hurricane, you may need supplies to keep your family safe. Remember, that a hurricane can interrupt the supply of water and electricity.

Be sure to prepare the following:

- A reserve of food and emergency water.
- A stock of medicines.
- Power sources for emergency, such as flashlights (don't forget to have additional batteries).
- Safety items and personal items.
- Important documents, including medical documents, wills, passports and personal identification.

- A fire extinguisher.

Watch for alerts from the National Weather Service on television, radio, or search the Internet for information.

Prepare a vehicle:

Make sure your car is ready before the storm hits.

- Fill up the gas tank.
- Keep cars inside the garage or under a rooftop.
- Always have an emergency kit in your car.

If you don't have a car, consider making plans with friends or family, or calling authorities to pick you up in case the area needs to be evacuated.

Prepare your home:

- Clear the yard, be sure that there is nothing that can fly away during the storm and damage the house.
- Cover doors and windows. Close the blinds or put plywood on the outer frames of the windows to protect them.
- Be prepared to cut the electricity. If your home floods and you see power lines down near your house, turn off the electricity.

Hurricane Season?



- Fill clean containers with drinkable water. You can also fill sinks and bathtubs with water to wash.
- Check the battery of the carbon monoxide detectors (CO) to prevent carbon monoxide poisoning.
- Stay away from windows to avoid being injured with pieces of broken glass or debris the wind may lift during the storm.
- Stay in a room that has no windows or get into a closet.
- Be prepared to go: If the authorities order you to leave, or if there's damage to your home, you may need to go to a shelter or a neighbor's home.

In case you have to evacuate:

- Bring your emergency supply kit and only what you really need like your cell phone, charger, documents (eg, passport or driver's license), your medicines, and cash.
- Unplug home appliances. If you have time, cut the gas, the electricity, and water.
- Follow routes that emergency workers recommend, even if there's traffic. The other routes could be blocked or flooded.

If you need to stay home:

- Keep your emergency supply kit in a place of easy access.
- Stay informed about the hurricane.
- Stay inside. Although it may look calm, don't go outside. Wait for an official message saying that the hurricane has passed.



★ HAPPY ★ *Fourth of July*

■ SINCE 1776 ■



What we know today as the United States was originally made up of 13 colonies belonging to Great Britain; however, on July 4, 1776, representatives from those colonies signed the Declaration of Independence, a document recognizing the United States as an independent nation.

On June 28, 1870, Congress declared July 4th as a federal holiday, making this day a wide spread celebration in the United States for everyone young and old.

The 4th of July is celebrated with spectacular fireworks, ceremonies, speeches, parades and concerts among others. In addition, Americans have family reunions and barbecues.

For members of the Hispanic community it is also cause for celebration because it is one more opportunity to integrate with respect and emotion into the nation that is our new home.

Let's wish this great nation a Happy Birthday!





Spend time outside and stay sunsafe

It's natural to want to get out in the sun as the weather warms up, and it's safe too, as long as you protect your skin.

Ultraviolet (UV) rays – from the sun and other sources like tanning beds – are the #1 cause of skin cancer. Too much exposure can also cause sunburn, eye damage, and premature wrinkles.

Take these steps to stay sun-safe:

- Seek shade: Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.
- Cover up: When you are out, wear clothing and a wide-brimmed hat to protect as

much skin as possible. Protect your eyes with wrap-around sunglasses that block at least 99% of UV light.

- Use a broad-spectrum sunscreen with an SPF of at least 30
- Avoid tanning beds and sunlamps: Both can cause serious long-term skin damage and contribute to skin cancer.

Choosing the right sunscreen

When choosing sunscreen, read the label before you buy. Remember that no sunscreen protects you completely.

US Food and Drug Administration regulations require the labels on sunscreens to follow certain guidelines:

- Choose a sunscreen with “broad-spectrum” protection.
- Choose a sunscreen with a sun protection factor (SPF) of at least 30. Higher SPF numbers do mean more protection, but the higher you go, the smaller

the difference becomes. For example, SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 filters out about 97%. SPF 50 blocks about 98%, and SPF 100 about 99%.

- “Water resistant” does not mean “waterproof.” For best results, reapply sunscreen at least every 2 hours and even more often if you are swimming or sweating. Sunscreen usually rubs off when you towel yourself dry, so you will need to put more on.
- Check the expiration date before using a sunscreen. Most sunscreens are good for at least 2 to 3 years. Sunscreens that have been exposed to heat for long periods, if they were kept in the car all summer for example, may not work as well.



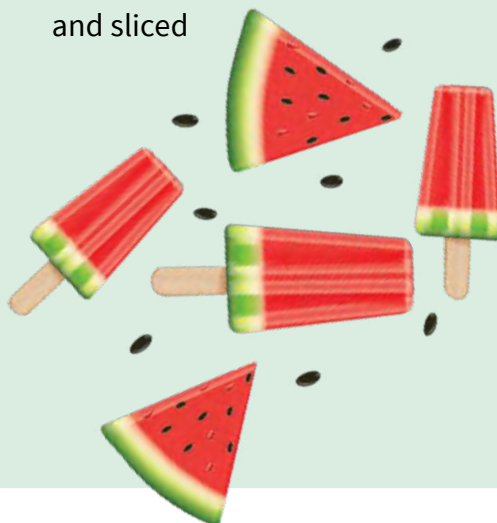
Stay Hydrated with a Summer Snack

There's nothing better than a slice of cold watermelon on a warm summer day. For older adults, this can be a particularly healthy fruit. Not only is it low in calories, but it also has incredibly high water content—each bite is about 92% water! Older adults face a higher risk for dehydration. This risk only increases in the hot summer months. Snacking on watermelon is a tasty and refreshing way for older adults to stay hydrated and healthy.

WATERMELON AND KIWI POPSICLE Service size 6

INGREDIENTS

- 2 cups watermelon, pureed (one small watermelon)
- 2 medium kiwi, peeled and sliced



INSTRUCTIONS

1. Place all watermelon in a blender and process until smooth. Place kiwi slice in mold and fill popsicle wells with watermelon juice. Continue layering like that until wells are full. Insert popsicle stick and let freeze until solid.

Remember these tips for staying safe in extreme heat:



Hydrate: Whether you feel thirsty or not, drink plenty of water to avoid becoming dehydrated, especially when you're working or exercising outside.

Educate yourself: Keep up with the latest temperature and heat index forecasts. Take actions to stay cool and safe when the temperatures hit 85 degrees or the heat index hits 90 degrees. Know the warning signs of a heat illness and how you can stay cool.

Act quickly when a heat illness is suspected: Seek medical attention immediately for any of these warning signs: cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea, vomiting.

Take it easy: Anyone working or exercising outdoors should avoid overexertion, especially between the hours of 11 am and 6 pm. Take hourly breaks in the shade or in air conditioning.

The secret of plants

the language of Roses

by Bertila Ramos

Since ancient times, roses have been a bridge of communication to express all kinds of feelings; they have been cultivated throughout the ages not only for their beauty, but also for their captivating aroma.

Their structure, made up of delicate petals and pointed thorns, makes roses very attractive and fascinating.

Roses convey a delicate language of love and friendship through their colors which has been manifested throughout history.

Red Roses

They express passion and true love. When you receive them, you know that there is a strong interest in you from the sender.

Pink Roses

They show tenderness, affection, sweetness, and love. These roses come from someone who is trustworthy and discreet.

Yellow Roses

They reflect an authentic feeling of friendship towards the other person and are very versatile as gifts for any occasion.

White Roses

They express true love, purity, innocence, and a deep spirituality. They symbolize intimacy, silence, and are a favorite of brides.

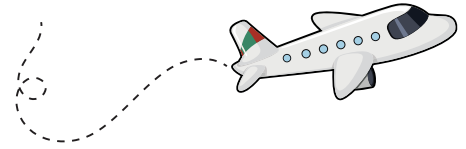
Orange Roses

They evoke and symbolize admiration, brotherly love, respect between brothers, parents, and children.

For more information about roses and other plants, look for Bertila Ramos' videos on our social networks.



LET'S *travel*



culture and understand the importance that this community has had in the formation of the island.

There you can see a great Buddhist temple that will make you feel that the whole trip was worth it.

Before saying goodbye to this wonderful archipelago, we want to share some useful words for visiting Hawaii.

Aloha – Hello, Goodbye, Love

Pehea 'oe – How are you?

Maika'i – Good

'O...ko'u inoa – My name is...

Un hui hou – Until the next time we meet

Hawaii is very famous for its impressive beaches and landscapes. It is the only US state that is located outside of North America and its capital is Honolulu.

Laalao beach offers impressive sunsets. In Holoholokai you can go diving and discover a wonderful endemic marine universe. Kolekole is a beautiful paradise surrounded by vegetation, and the Volcanoes National Park, a declared World Heritage Site, is a wonderful place and very different from anything you have seen before.

Dance lovers can learn to hula, a uniquely Hawaiian dance

accompanied by singing that perpetuates the stories and traditions of Hawaii.

Admirers of history and culture will be able to visit one of the iconic sites of World War II, Pearl Harbor, (a US Navy port that was bombed during the great war) or the Valley of the Temples, a walk through time, to get closer to Japanese



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

Grilled Salmon Salad with Creamy Cilantro Lime Dressing

Creamy Cilantro Lime Dressing:

- 1/3 cup olive oil
- 1/4 cup lime juice, more to taste
- 1/2 cup mayo
- 1/2 teaspoon salt
- 2 garlic cloves
- 1/2 a jalapeno, sliced (more for more heat)
- 1/2 teaspoon honey, more to taste
- 1/2 cup cilantro, packed (tender stems OK)

Grilled Salmon Salad:

- 4 x 4-6 ounce pieces of salmon
(or sub steelhead or ocean trout)
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 5 ounces O Organics® baby arugula
- 3 Turkish cucumbers, sliced, salted
- 1/4 cup red onion, thinly sliced
- 1 cup cherry or grape tomatoes, sliced in half
- 2 avocados, sliced
- 1/3 cup toasted pumpkin seeds
- 1/3 cup cotija cheese, crumbled
- cilantro leaves for garnish



Instructions:

Preheat the grill to med-high heat.

Make the Dressing: Place all ingredients except the cilantro in a blender, blend until smooth, and scraping down sides as needed. Add the cilantro and blend again. Adjust jalapeno, honey, and lime to your taste.

Grill: Brush each piece of salmon with olive oil, then lightly season each side with salt, chili powder, and cumin. Place the salmon on a greased, hot grill. Check after 2-3 minutes for grill marks, then turn. Continue grilling for a few more minutes, to medium (or your preferred doneness), and turn the heat off.

In a large mixing bowl, toss arugula, cucumber, and onions with a little dressing (you won't need all). Then fold in the avocado, tomatoes, half of the pumpkin seeds, and half of the Cotija cheese. Taste and add salt if needed.

Place on a serving platter or in a big wide serving bowl (or divide among four plates), and top with the salmon.

Sprinkle with remaining pumpkin seeds, Cotija cheese, and cilantro leaves. Serve immediately, and enjoy!

LEON *licious*

NUTRITION

Calories: 585 **Sugar:** 5.2 **Sodium:** 742.9 mg
Fat: 44.2 g **Saturated Fat:** 7.6 g
Carbohydrates: 20.8 **Fiber:** 10.1 **Protein:** 33.7
Cholesterol: 70.2 mg

1 Register!

- During 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 and stay connected to our medical staff from wherever you are.

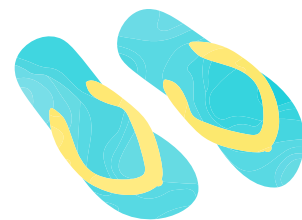
Before closing this magazine dedicated to you, sign up for **MyLeon** right now.

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



Have you ever wondered how you can improve your memory and concentration or that of a loved one?



An ideal and entertaining way to exercise the brain is through games. For this reason, word games are ideal for improving verbal skills, keeping the brain alert, and preventing the risk of cognitive decline. For example, crossword puzzles and word search are very entertaining and effective games.

Try doing this wordsearch and let us know how it went.

Let's play!

T T E K S A B H E I S D E F A
S N A C K S L S T W H T E R A
S S O A S B N T A I E A O E G
T O F M E S U O E N E E T N C
R R O E C N E T H E T M O C A
A E L M I L K S T S A P M H N
W P D B P I B A S E I C A B O
B P I E S M E E P A R D T R P
E E N R C S A T V P L N O E E
R P G T E O A R E E E G E A N
R I C E C I U N G K R T S D E
Y S H S S U M N D A N A I M R
J C A E R A D C T W R A G T W
A H I E N A U T O P I I L E E
M H R E L R E C I O Y C N B S
S L S A U S A G E O L A H E T
I N S E C T S S O S F E I E S
K R K P C O F F E E U N R R S

COOLER COUNTRY

AIR DISH

FOLDING CHAIRS

FRENCH BREAD

GLASSES

HEAT

INSECTS

MARGARINE MEAT

MILK

PARK

PEPPER

SALAD

SANDWICHES

SAUCES

SAUSAGE

SHEET

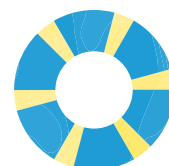
SNACKS

SPICES

STRAWBERRY JAM

TOMATOES

WIN



APPETITE
BASKET
BEVERAGES

BLANKET
BUTTER
CAMEMBERT

CAN OPENER
CHEESE
COFFEE

It's good to be prepared

Advance Directives

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

- Communicate your decisions.
- Read about the Advance Directives and what its components represent.
- Clarify any concerns you may 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?

Advance Directives are a written statement that describes your personal wishes regarding the medical care that you may or may 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 tough calls and carry out your wishes.

Where can I find the Advance Directive Forms?

Your healthcare provider or attorney are available to help you with the forms or any questions you may have. 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



SOCIAL SERVICES AND ECONOMICAL ASSISTANCE

ASK US TO SEE IF YOU QUALIFY **305.642.5366**

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 to work closely with our clinical providers to ensure that both 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.



GAMES SOLUTIONS





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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.

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