

Dr. Bordenave y

SU SALUD

La Revista

Spring 2024

Year 9 Edition 40

HABITS
TO MAINTAIN
CARDIOVASCULAR
HEALTH

IDENTIFY
THE SYMPTOMS
OF DEPRESSION

**PRP EFFECTIVE
TREATMENT FOR PAIN**



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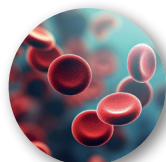
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SU SALUD

La Revista

YEAR

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DOCTOR'S LETTER

SPRING 2024

Dear readers,

With the arrival of spring, we are presented with an exciting opportunity to renew our commitment to health and quality of life.

Spring is a time of rebirth and rejuvenation, and what better way to harness this revitalizing energy than by adopting healthy habits that help us stay strong and fit. Nutrition is fundamental to our health, so it is important to opt for a balanced diet rich in nutrients. Incorporating more fruits, vegetables, and whole foods into our diet can have a positive impact on our cardiovascular, digestive, and immune health.

Additionally, spring is the perfect time to kickstart an exercise plan. Whether it's going for a walk outdoors, practicing yoga in the park, or trying a new workout class, staying active is essential for strengthening our muscles, improving our endurance, and reducing stress.

We cannot forget the importance of caring for our mental health. Spring allows us to renew our focus on emotional well-being, whether through meditation, engaging in talk therapy, or taking time to relax and enjoy the things that make us happy.

In summary, spring is the perfect time to renew our commitment to health and adopt healthy habits to strengthen our bodies, calm our minds, and prepare ourselves to enjoy this beautiful season to the fullest.

May this spring be a time of growth, renewal, and health for all of us!

Healthy regards

Read all our editions
www.medgroupcenter.com



MEET
DR. BORDENAVE



Like his father and grandfather, Dr. Jorge Bordenave practices medicine in the old-fashioned way: as a friend and advisor to his patients.

After graduating from medical school, he received his training in Internal Medicine at St. Barnabas Hospital in New York and later at West Suburban Medical Center in Chicago.

Dr. Bordenave's training in integrative medicine and residency have made him a leader in comprehensive preventive medicine and wellness in South Florida.

His practice is dedicated to Preventive and Integrative/Functional Cardiology, with a strong emphasis on individualized treatment.

"A physician is someone who provides their patients with the necessary information and education to facilitate their own health care and to stay healthy."

Dr. Bordenave

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Cardiovascular Health Habits

Por. Jorge Bordenave MD

Maintaining heart health is essential for overall well-being and longevity. Remember that cardiovascular health includes preventing and reducing the risk not only of heart disease and coronary artery diseases but also of carotid artery diseases resulting in strokes, peripheral artery diseases, and aneurysms.

Adopting some of the following recommendations can significantly reduce the risk of heart diseases, which remain one of the leading causes of death worldwide. Here are some key healthy habits to support heart health:



DIET

As every patient who has seen me knows, the main medicine is nutrition.

You are wasting your time if you take pills and do not make a change in your diet. Maintain a healthy diet. A Mediterranean-type

diet. Eat natural, unprocessed foods: vegetables, greens/herbs (chard, spinach, cabbage, kale) that are rich in vitamins, minerals, fiber, and antioxidants. Fruits, but do not juice them. This is because a glass of juice contains portions of sweeteners and, in turn, contains the fruit's sugar (fructose) which, in large portions, causes weight gain.

Choose whole grains instead of refined grain products for more nutrients and fiber.

Include healthy fats found in fish, avocados, nuts, and olive oil, while limiting saturated fats and trans fats.

Limit salt (sodium) intake to help prevent high blood pressure.

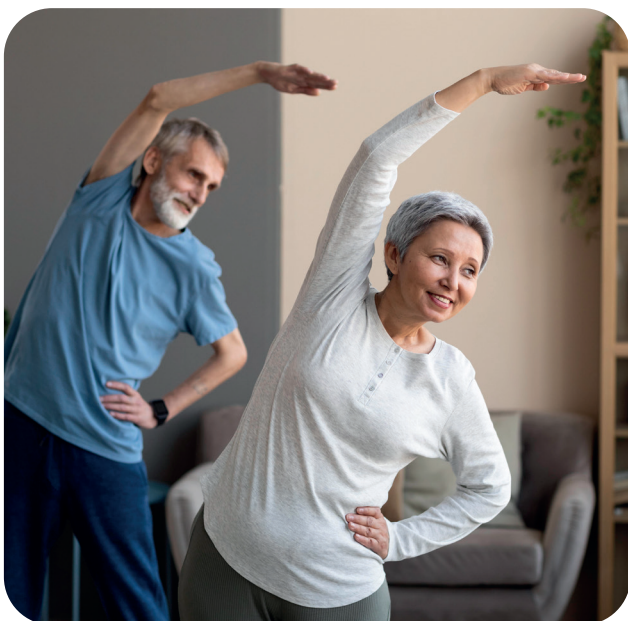
Reduce red and processed meat consumption and choose lean protein sources such as poultry, fish, beans, and legumes. Also, mix and choose plant-based protein sources to eliminate saturated fat.

Limit or try to eliminate sugar and processed foods, especially those with high added sugar and refined carbohydrates. Remember that chemical sugars (corn fructose) are even more harmful than white sugar.

**DID YOU KNOW THAT, ON AVERAGE,
A PERSON IN THE U.S. CONSUMES 120 LBS
OF SUGAR ANNUALLY?**

120 POUNDS!

**REMEMBER THAT WHAT YOU EAT
EITHER KEEPS YOU HEALTHY OR
CAUSES YOU ILLNESS.**



EXERCISE REGULARLY

Try to do at least 20 minutes of moderate-intensity aerobic exercise 5 days a week. Staying active throughout the day counteracts the effects of sedentary behavior.

Exercise is to stay healthy. The heart has to pump harder and faster, the joints move more, the muscles contract, this maintains physical and mental fitness. Do not worry about weight. It is body composition that is more important.

IF YOU SMOKE, WHAT ARE YOU DOING?

Try to quit smoking. There are patches, gums, and the best thing is that your partner or someone in your environment can help you quit this habit.

Remember that vaping is even worse than smoking, due to the chemicals used which, once inhaled, go straight to the lungs.

Limit alcohol consumption to moderate levels, if you choose to drink.

Manage stress. Practice mindfulness, meditation, deep breathing exercises, and yoga.

Seek healthy outlets for stress, such as physical activity, hobbies, or socialization.

GET ENOUGH SLEEP

Sleeping and sleep quality are extremely important for staying healthy. It's something that many do not recognize.

When we sleep, blood pressure and pulse decrease, relaxing the vascular system. It reduces systemic inflammation. There is cellular repair and allows physiological processes to occur more effectively. While we sleep, brain toxins are eliminated through a lymphatic system called the lymphatic system. So physiologically, sleep is as important as activity and exercise.

This makes me think of the philosophy of ancient Chinese medicine practitioners of Ying and Yang, or opposing forces that should be in harmony to maintain health.

You should try to sleep for 7 to 9 hours.

Practice good sleep hygiene by maintaining a consistent sleep schedule, creating a restful environment, and avoiding caffeine and electronic devices before bedtime.

Adopting these habits can lead to improvements not only in cardiovascular health but also in overall health and may reduce the risk of chronic diseases.



MedGroup Medical Center

In November 2012, the idea of opening MedGroup Medical Center, located in the heart of Miami, was already in place! It was the beginning of a dream to serve our community with honesty and integrity. In a short time, it went from being a small clinic, barely with physical space to walk, to becoming a very spacious center, delicately designed for our patients.

In response to the community's needs, our space in Coral Gables quickly became a spacious wellness center and social hub. The number of specialists, primary care physicians, and services serving our members under one roof increased, and today we have two primary care centers. That's why more people in our community choose MedGroup Medical Center as their health center.

Social Services Processing:



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- Bingo
- Dominoes
- Arts and Crafts

**The group of
doctors you were
expecting is in our
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like you.**

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- Application and renewal for Food Stamps
- Medicaid application • Government Phones
- Medicare Savings Program
- Emergency Money (if you qualify through the state of Florida)



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PRP: One of the Best Treatments for Pain Management



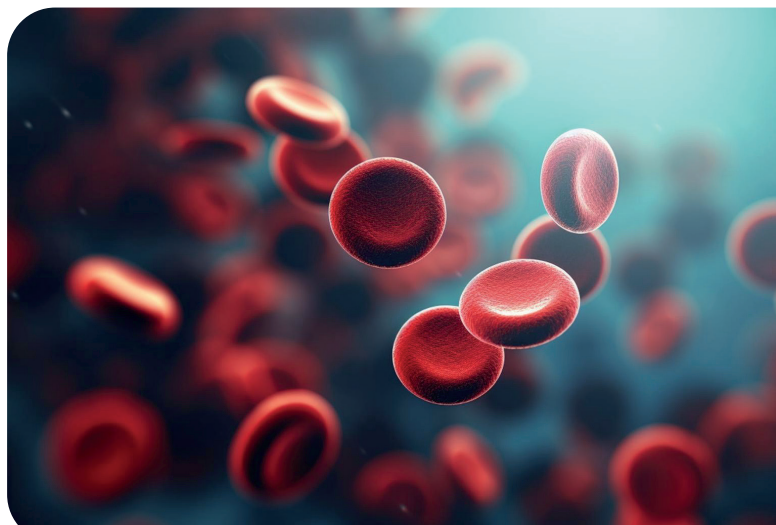
By Benito Rodríguez, APRN
Specialized In Pain Treatment

As we age, our bodies undergo various changes, including an increased risk of developing chronic pain conditions. For many older adults, managing pain becomes a daily struggle that affects their quality of life. Traditional pain management methods, such as medication and physical therapy, may offer relief, but they often come with side effects and limitations. Fortunately, there is a promising alternative that is changing the landscape of pain management: Platelet-Rich Plasma (PRP) therapy.

PRP therapy is an innovative treatment that uses the body's natural healing abilities to reduce pain and promote tissue regeneration. It involves extracting blood from the patient - like getting laboratory tests - then processing it to concentrate the platelets and injecting the PRP directly into the affected area. The platelets release growth factors and other bioactive proteins that stimulate the healing process, reducing inflammation and pain.

One of the main advantages of PRP therapy, especially for older adults, according to my experience as a pain physician, is its safety profile. Since PRP is derived from the patient's own blood, there is minimal risk of allergic reactions or rejection. This makes it an ideal option for those who may not be suitable candidates for surgery or traditional medications due to underlying health conditions.

Another benefit of PRP therapy is its effectiveness in treating a wide range of pain conditions, including osteoarthritis, tendonitis, and ligament injuries. Studies have shown that PRP can



significantly reduce pain and improve function, allowing older adults to regain mobility and enjoy a better quality of life.

Additionally, PRP therapy is a minimally invasive procedure that can be performed in the doctor's office with little or no downtime. This means that older adults can undergo treatment without the need for long hospital stays or recovery periods, allowing them to return to their daily activities faster.

In conclusion, PRP therapy offers a safe, effective, and minimally invasive option for pain management in older adults. Its ability to harness the body's natural healing process makes it a valuable tool in the treatment of chronic pain conditions. As more research is conducted and technological advances are made, PRP therapy will continue to play a crucial role in improving the lives of older adults suffering from pain.

If you are interested in this type of treatment, consult with your treating physician, and if you are a patient of MedGroup, know that you can count on this treatment at our center.



DEPRESSION IN ADULTHOOD

THE IMPORTANCE OF SEEKING HELP AND RECOMMENDATIONS FOR PREVENTION



By Psychiatrist Maribel Alfonso

Depression is one of the most common mental health conditions in adulthood, affecting millions of people worldwide. It is characterized by persistent feelings of sadness, loss of interest in previously enjoyable activities, changes in appetite or weight, difficulty sleeping or sleeping too much, fatigue, irritability feelings of worthlessness or guilt, difficulty concentrating, and thoughts of death or suicide.

Despite the common belief that depression is an inevitable part of aging, it is important to recognize that it is not. Depression is a treatable illness, and seeking help is crucial to improving the quality of life for those affected.

Depression can have a significant impact on relationships, work performance, and physical health.

Effective treatments for depression exist today, which may include psychological therapy, antidepressant medications, or a combination of both. It is vital to be aware that untreated depression can lead to serious complications, such as physical health problems, substance abuse, or suicidal thoughts.

Therefore, seeking help can provide invaluable emotional support, allowing the individual to feel understood and accompanied in their recovery process.

The recommendations I give to prevent depression in adulthood are:

- **Maintain a healthy lifestyle:** A balanced diet, regular exercise, and adequate sleep can help prevent depression.
- **Take care of social relationships:** Maintaining strong social connections can be a protective factor against depression.
- **Seek emotional support:** Talking about feelings and concerns with friends, family, or a mental health professional can help prevent depression.
- **Learn to manage stress:** Chronic stress can contribute to the development of depression, so learning stress management techniques can be beneficial.

In summary, depression in adulthood is a common but treatable condition. It is important to seek help if you experience symptoms of depression, as treatment can significantly improve how you feel. Additionally, adopting a healthy lifestyle and caring for social relationships can help prevent depression.

Do not hesitate to consult your primary care physician and request an appointment with your psychiatrist if you believe you have symptoms of depression.



Members of the Drama Club at MedGroup Coral Gables.

Patricia Pontón, Aleida Guerra, Silvia González, Magdalena Bravo, Magaly veloz, Nidia Lluberes, Ana Cordero, Marta Romero, Felicia Milian, Lester Hamlet Profesor

FOSTERING VITALITY

The role of activity centers for older adults is vital for socialization and promotes mental health.

In the pursuit of a full and active life, being over 65 years old does not have to mean a decrease in vitality. Activity centers for older adults offer a vital and stimulating space where community members can stay physically, mentally, and socially active. This is expressed by Edgar Cruz, a member of the managing team of MedGroup Medical Center Coral Gables branch, who considers activity centers to be true engines of well-being, providing a wide range of activities designed to promote health and overall well-being.

One of the most prominent aspects of these centers is their focus on keeping the mind and body active, where members have access to manual activities, stimulating creativity and promoting manual dexterity. Performing arts, such as theater and dance, also have their place, offering members an opportunity to express themselves and connect with others in a meaningful way. This is the case of Patricia Pontón,

a member of MedGroup Coral Gables, who speaks about her experience in the Theater group, where she feels very happy to belong.

Rosy Vera, Coordinator of the Activities Center at MedGroup, tells us that they are aware of the importance of socialization and sharing among members, which is why they pay special attention to the monthly programming with celebrations of popular festivities and members' birthdays, which are not only fun but also strengthen the sense of community and belonging.

MEDGROUP OFFERS AN INVALUABLE SPACE FOR SOCIALIZATION AT EACH OF ITS CENTERS. PROVIDING A WELCOMING ENVIRONMENT, WITH QUALIFIED STAFF, WHERE MEMBERS CAN CONNECT WITH OTHERS, SHARE EXPERIENCES, AND FORM NEW FRIENDSHIPS.

Social interaction is crucial for mental and emotional health, and these centers provide a safe and stimulating environment for this to occur.



Patricia Pontón

"I am happy to be in MedGroup's Drama Club, since February 2023, the teacher is Lester Hamlet Veyra, who is an excellent professional. Graduated in 1991 from the School of Art Instructors in Cuba specializing in Theater Direction. One of the most special performances we did was a tribute to Alzheimer's, a story that asks the virgin to return some of her memories. We are a very united and beautiful group, our pillar is the teacher, who motivates us. We have a meeting every week and it is an opportunity to share, entertain ourselves, and keep our minds active and motivated."

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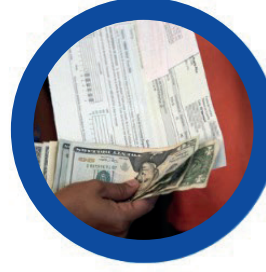
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Protein and Oat Bars

INGREDIENTS:

1 cup of oats
 1/2 cup of almond or peanut butter
 1/3 cup of honey or agave syrup
 1/2 cup of protein powder (flavor of your choice)
 1/2 cup of dark chocolate chips or raisins (optional)
 1 teaspoon of vanilla extract

INSTRUCTIONS:

Mix the oats and protein powder in a large bowl.

In a separate bowl, heat the almond or peanut butter with the honey or agave syrup, stirring until smooth.

Add the almond or peanut butter mixture to the oat and protein powder mixture, and add the chocolate chips or raisins and vanilla extract. Mix well.

Place the mixture in a rectangular mold lined with parchment paper, pressing firmly to compact.

Refrigerate for at least 1 hour, then cut into bars. Enjoy your healthy and protein-rich snack!



12 DR. BORDENAVE Y SU SALUD



Mezcla la avena y la proteína en un tazón grande. En un recipiente aparte, calienta la mantequilla de almendra o cacahuate con la miel o sirope de agave, mezclando hasta que esté suave. Agrega la mezcla de mantequilla de almendra o cacahuate a la mezcla de avena y proteína, y añade las chispas de chocolate o pasas y el extracto de vainilla. Mezcla bien. Coloca la mezcla en un molde rectangular forrado con papel pergamino, presionando firmemente para que quede compacta. Refrigera durante al menos 1 hora, luego corta en barras. ¡Disfruta de tu snack saludable y proteico!

INSTRUCCIONES:

13 DR. BORDENAVE Y SU SALUD

1 taza de avena
 1/2 taza de mantequilla de almendra o cacahuate
 1/3 taza de miel o sirope de agave
 1/2 taza de proteína en polvo (sabor a elección)
 1/2 taza de chispas de chocolate negro o pasas (opcional)
 1 cucharadita de extracto de vainilla

INGREDIENTES:

Barra de proteína y avena