

Dr. Bordenave y

SU SALUD

La Revista

Summer 2024

Year 9 Edition 41

HOW DIET
CONTRIBUTES
TO FATTY

LIVER DISEASE

**SAY GOODBYE
TO PAIN**

LEARN THE BENEFITS
OF SARRACENIA

**HEART
CURIOSITIES**



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SU SALUD

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DOCTOR'S LETTER

SUMMER 2024

Greetings,

Thank you for continuing to leave us your comments about the content of this informative magazine. Our purpose is to educate you.

I am committed to providing you, in this edition, with tips that can help during these months when we are all feeling the effects of the heat.

It is undeniable that the global temperature has increased. This year, we have experienced record temperatures that have surpassed the highs of previous years.

I am sure many of you have noticed the rise in ambient temperature. Therefore, it is essential to remember the importance of staying hydrated, with water being the healthiest drink to prevent dehydration.

Most people do not need to consume sports drinks like Gatorade, as these products contain electrolytes such as potassium and sodium, which can cause problems for people with high blood pressure or kidney failure.

You can read more about this and other health topics in this edition.

Thank you for your interest in our magazine.

Dr. Jorge Bordenave

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.

"I wish you good health, as good health is something that no amount of money or fame can replace."

Best regards,

Dr. Jorge Bordenave

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Fatty liver disease, or hepatic steatosis, is a condition where an excess of fat accumulates in the liver. Dietary factors play a key role in its development. Here's how diet contributes to this disease:

DIETARY CAUSES

High calorie intake: Consuming more calories than the body can use, especially from foods high in fats and sugars, leads to fat accumulation in the liver.

High fructose consumption: Fructose, found in many processed foods and sweetened beverages, is metabolized in the liver and contributes to fat accumulation. This sugar, manufactured in laboratories, is used for its low cost and high sweetening power.

High carbohydrate intake: Foods like pastries, breads, cookies, sodas, and juices convert to sugars when digested. Excess carbohydrates are stored in the liver, causing fatty liver.

High intake of saturated and trans fats: Diets rich in these fats, found in fried foods, baked goods, and processed snacks, increase fat accumulation in the liver.

Low protein intake: Insufficient protein can affect liver function and contribute to fatty liver disease.

Excessive alcohol consumption: While not strictly a dietary cause, alcohol can worsen fatty



liver disease, especially with poor dietary habits.

Low fiber intake: Diets low in fiber, found in whole grains, fruits, vegetables, and legumes, can lead to poor gut health and increased fat accumulation in the liver.

It's important to include leafy green vegetables like kale, Swiss chard, spinach, and arugula in your diet as they are healthier. Lettuce, being mostly water, does not count.

TAKING CARE OF YOUR LIVER IS CRUCIAL FOR YOUR OVERALL WELL-BEING. ADOPTING HEALTHY HABITS CAN PREVENT AND REVERSE FATTY LIVER DISEASE, IMPROVING YOUR QUALITY OF LIFE.

How Diet Contributes to

FATTY LIVER DISEASE



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:



Application processing for Medicaid
Food stamp vouchers
Temporary financial assistance
Medicare savings programs
Immigration and citizenship
Assistance with forms for
low-income housing

WELLNESS PROGRAM FOR OUR MEMBERS

Programa Silver Sneakers.

- Dance
- Bingo
- Dominoes
- Arts and Crafts

**The group of
doctors you were
expecting is in our
center; we are just
like you.**

SOCIAL SERVICES

We are community partners with the Department of Children and Families through the Access program to offer you a variety of social services:

- 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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**Professionalism,
Kindness, and
Respect for
the Patient are
Our Priority**

BEWARE OF THE HEAT!

Por. Jorge Bordenave MD

Summer can have various effects on health, both positive and negative. Below is a comprehensive analysis of how the summer season can affect your health:

POSITIVE EFFECTS

Increased Physical Activity

Warmer weather and longer days often encourage more outdoor activities such as walking, running, cycling, swimming, and playing sports, which can improve cardiovascular health, strengthen muscles, and enhance overall fitness.

Exposure to Sunlight

Moderate exposure to sunlight helps the body produce vitamin D, which is essential for bone health, immune function, and mood regulation. Adequate sunlight exposure can help reduce the risk of osteoporosis, depression, and certain types of cancer.

Fresh Produce

Summer is the season for many fruits and vegetables, providing a rich source of vitamins, minerals, and antioxidants. Consuming a variety of fresh produce can promote overall health and help prevent chronic diseases.

NEGATIVE EFFECTS

Dehydration

High temperatures increase the risk of dehydration, especially during physical activity. Dehydration can cause symptoms such as dizziness, headaches, fainting, rapid pulse, fatigue, and, in severe cases, heatstroke. It is estimated that an adequate amount of liquid (preferably water) to drink is 2.7 liters per day for women and 3.7 liters per day for men.

Heat-Related Illnesses

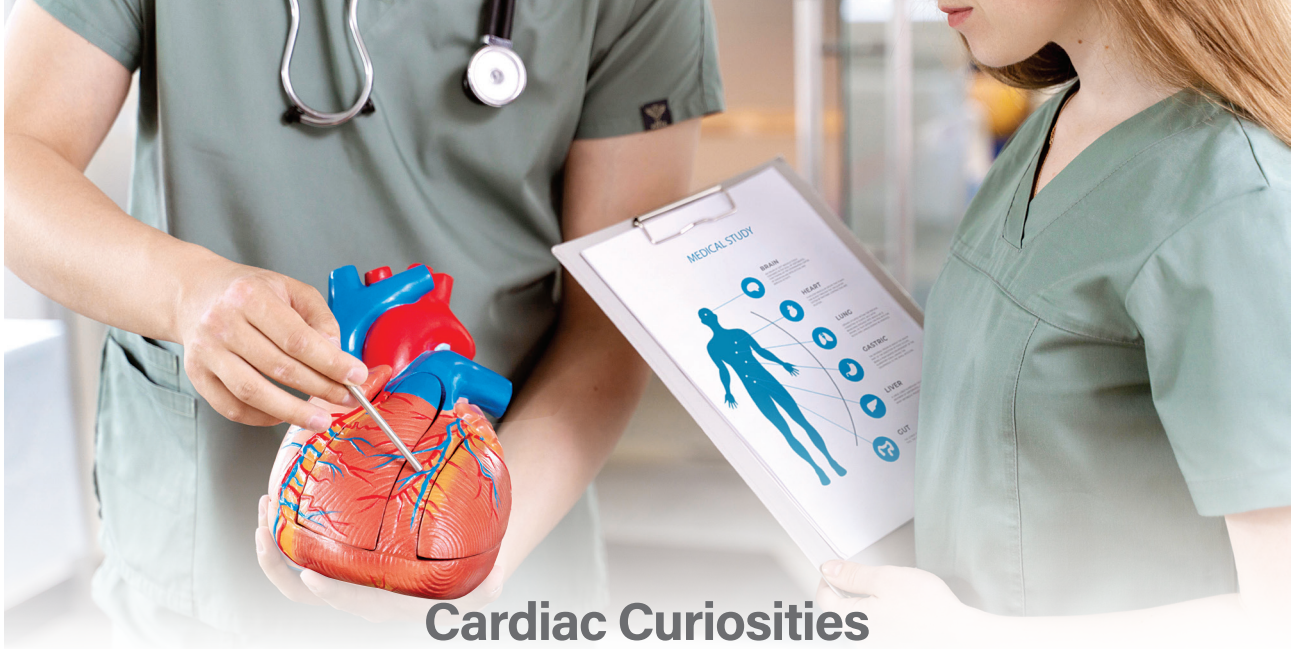
Prolonged exposure to high temperatures can lead to heat exhaustion and heatstroke. Symptoms include excessive sweating, weakness, nausea, vomiting, rapid heartbeat, and confusion. These conditions require immediate medical attention.

Skin Damage

Excessive sun exposure without protection can cause sunburn, premature aging, and increase the risk of skin cancer such as melanoma, although melanoma also has a genetic component.

During this time, it is important to use sunscreen, wear protective clothing, and avoid peak sun hours. Wear hats and long-sleeved shirts if you expect to be exposed to the sun for prolonged periods.





Cardiac Curiosities

SMALL BUT POWERFUL

The heart is one of the most powerful muscles in the body, despite being the size of a fist, capable of exerting enough force to pump blood over 30 feet.

The human heart beats approximately 100,000 times a day and pumps around 2,000 gallons of blood through the body.

HEARTBEAT SYNCHRONIZATION

When people listen to music together, their heartbeats can synchronize. This phenomenon is also observed in couples who are in love; their heartbeats tend to synchronize when they are together.

ELECTRICAL SYSTEM

The heart has its own electrical system, known as the cardiac conduction system, which controls the heart rate. This system can continue to function and keep the heart beating even when it is separated from the body, as long as it has oxygen.

LAUGHTER IS HEALTHY FOR THE HEART

It has been shown that laughter increases blood flow by about 20%, improving vascular function and reducing the risk of heart disease.

UNIVERSAL SYMBOL

The heart symbol, associated with love, does not resemble the human heart. The origins of the symbol are debated, but one theory is that it may come

from the shape of the silphium pod, a plant used as an ancient form of birth control.

FAST AND SLOW

A newborn baby's heart beats faster, between 120 and 160 times per minute. This rate gradually decreases with age, resulting in an average heart rate of 60 to 100 beats per minute in adults.

The average woman's heart beats faster than the average man's heart.

MAGNETIC FIELD OF THE HEART

The heart generates a magnetic field 5,000 times stronger than that produced by the brain. This field can be detected and measured several feet away from the body.

EMOTIONAL HEART

Extreme emotional events, both positive and negative, can trigger a phenomenon known as "broken heart syndrome" or stress-induced cardiomyopathy (Takotsubo is the clinical name for this condition), which mimics the symptoms of a heart attack.

HEARTBEAT AS A MEDICAL IDENTIFIER

Just like fingerprints, each person's heartbeat is unique. Advanced biometric systems are being developed to identify individuals based on their heart-

Meet the Sarracenia

NATURAL TREATMENT FOR PAIN MANAGEMENT

Dr. Marcos Carvajal

SARRACENIA: A Natural Remedy for Chronic Pain

Managing chronic pain is a priority in modern medicine, and more patients are seeking natural alternatives. Sarracenia, a carnivorous plant native to North America, has gained attention for its analgesic and anti-inflammatory properties. Traditionally used by Native American tribes, it is now the main component of Sarapin.

BENEFITS OF SARRACENIA:

Analgesic Properties: Contains bio-active compounds that relieve pain without the side effects of opioids.

Anti-inflammatory Properties: Reduces inflammation associated with chronic pain.

Improves Well-being: Alleviates pain and inflammation, improving quality of life without the use of steroids.

RELIEF WITHOUT STEROIDS

The most commonly encountered painful conditions in practice that are alleviated by SARAPIN treatment include:

Lower Back Pain: Refers to pain in the lower back, known as one of the most common causes of dis-

ability, ranging from mild to severe and incapacitating pain.

Facet Syndrome: One of the most common causes of lower back pain, originating in the facet joints, which are small joints located at the back of the spine, connecting the vertebrae and allowing spinal movement.

Radiculopathy: Pain caused by nerve root compression, one of the most common causes of lower back pain. If this compression persists for a long time, it can cause sciatica, known for its intense pain radiating to the affected leg.

Cervical, Lumbar, and Articular Osteoarthritis: Conditions benefiting from this natural remedy, which can be injected into the joints with very good pain relief results.

Trigger Points: Pain produced by painful or trigger points in the cervical, thoracic, lumbar, or any muscle area causing pain, which can be treated with local injections at these points.

It is important to highlight that, as a natural remedy, it has no drug interactions or side effects like other medications used for pain management, providing options for treating patients who cannot receive steroid treatments due to their medical condition.

Consult your doctor about this treatment.

35%
OF ADULTS IN
THE UNITED STATES
TURN TO COMPLEMENTARY
AND ALTERNATIVE
TREATMENTS FOR PAIN
MANAGEMENT.



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- CREAR SU CUENTA EN [my Social Security](#)
 - > Vea su estado de cuenta
 - > Administre sus beneficios
 - > Cambie su dirección y teléfono
 - > Planifique su retiro
 - > Solicite Medicare y más

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