

DR. KILGORE'S



AMERICAN HEALTH NEWSLETTERTM



LETTER FROM THE EDITOR

As a practicing physician and health researcher for over 30 years, I've seen firsthand the power quality information wields in optimizing well-being. Thus in founding this publication, I hope to synthesize current medical consensus, lifestyle wisdom, and emerging evidence into an accessible guide.

Our mission is straightforward - equip readers like you with helpful resources to make informed health decisions. Expert perspectives will illuminate best practices across fitness, nutrition, and preventative care realms while also tackling medical myths. Actionable advice from top clinicians and habit strategists will inspire empowered self-advocacy.

Beyond advice, we'll celebrate shared stories, foster community support, and affirm the notion that healthy living resonates differently for each unique body and life stage. Inclusive narratives expand collective understanding.

As Chief Editor, I promise unbiased analysis, level-headed guidance, and facts over fear-mongering. With care and compassion at the helm, our newsletter offers reason for optimism.

This inaugural issue and the road ahead feel particularly meaningful as we recalibrate to post-pandemic norms. As science and societies adapt in real-time, taking ownership of wellness choices brings reassurance. I'll be here each month to help decode complex realities.

Wishing you safety and resilience,

Dr. Paul Kilgore



Dr. Paul Kilgore, MD, MPH, FACP

INSIDE THIS ISSUE

Ask Dr. Paul - A Q&A format to tackle common medical questions.

Health Headlines - Short summaries of the latest medical research or wellness trends to keep you informed.

Nutrition Corner - A column focusing specifically on diet tips, new superfoods, recipes, meal plans, and more to optimize health.

Wellness Wisdom - A regular dose of motivation, inspiration, and mindfulness.

Advocacy Avenue - Keep people abreast of health policy news, reform advocacy efforts, and access issues around care.

From the Clinic - Share clinical perspectives covering new treatments, devices, personalized medicine advances, and more.

Active Beat - Helpful guidance on safe fitness routines, amateur sports injury prevention, and integrating movement for health gains.

OUR GUIDING TENETS

Our Health Vision

American Health Newsletter emerges at the intersection of two core beliefs - that health knowledge should empower everyday people, and that individual well-being uplifts community prosperity. We exist to manifest this vision through educational content and inclusive narratives.

Our Mission

To deliver practical, evidence-based health perspectives that inform and inspire readers to transform their wellness pathways.

Our Values

Compassion - We lead with empathy, respecting the diversity of health experiences.

Equal Access - Healthcare is a fundamental human right, not a privilege.

Scientific Rigor - Medical facts and conscientious research ground our analysis.

Holistic Frame - We weigh physical, mental, and social health factors.

Self-Efficacy - Readers have the agency to direct their wellness journeys.

Our Goals

Build Health Literacy: Equip readers to interpret health research, leverage resources, and self-advocate care decisions.

Boost Prevention: Encourage proactive lifestyle and routine health screenings for individual and public health gains.

Clarify Complexity: Decode medical language and terminology simplifying opaque health system dynamics.

Expand Access: Spotlight health disparities, policy changes, and access inequities needing solutions.

Our Long-Term Objective

Drive better health outcomes through knowledge sharing - while centered on readership needs today, American Health Newsletter also strives to educate future patients, support caregivers and nurture the next generation of health professionals rising to serve local communities.



ASK DR. PAUL

Introducing our newest forum directly answering your pressing health questions! Ask Dr. Paul serves as an accessible platform for candid reader inquiries on medical concerns, treatment options, recent diagnoses, chronic conditions management, and wellness optimization.

With over 30 years of medical practice and research spanning family medicine, Dr. Paul Kilgore brings comprehensive experience in decoding health challenges through a compassionate lens. Submit confidential questions to receive thoughtful responses distilling complex issues into understandable advice.

While not a substitute for professional medical care, consider Ask Dr. Paul a sounding board for unraveling healthcare nuances through science-backed guidance and practical at-home remedies when appropriate. Let evidence-based insights bring reassurance so you feel empowered tackling health issues head-on!

We eagerly await your vital questions on all matters related to well-being. Ask away!



QUESTION I

Managing Blood Pressure

Question. My blood pressure creeps up over 140/90 despite medications. What else can I try to get it down?

Answer. Great question! First, ensure you properly measure BP consistently at the same time using a good arm cuff technique - incorrect readings happen. Assuming accuracy, several lifestyle strategies significantly lower numbers:

- Stress management via meditation/yoga - huge impact!
- Lose any excess weight which reduces strain.
- Increase cardio exercise - walk briskly 30+ minutes daily.
- Limit alcohol which is a stealth BP booster.
- If you smoke, quitting is vital. Nothing constricts blood vessels worse than cigarettes! Work with your doctor for cessation help.
- Maximize minerals magnesium and potassium.
- Review medications with your doctor in case adjustments are needed.

Don't get discouraged - a holistic approach combining meds plus nutrition and stress-busting self-care will help gain control!

ASK DR. PAUL

QUESTION II

Vital Vitamin D

Question. I heard everyone nowadays needs more Vitamin D. What's your take?

Answer. Valid observation! Upwards of 40% of people show deficient blood vitamin D levels because we spend less time outdoors. This matters because vitamin D acts more as an influential hormone regulating hundreds of processes - immune function, inflammation, mood, bone health, protein synthesis, and much more.



Optimizing vitamin D makes good sense, especially during fall/winter months. Get your 25(OH)D blood level tested then supplement accordingly with 1000-5000 IU of D3 until you reach ideal 60-80 ng/ml zone. Recheck levels every 6 months for dosage adjustments. No toxicity risk at those amounts. Smart prevention strategy!

QUESTION III

Seeking Sinus Relief

Question. Every winter my sinuses get clogged and inflamed no matter what I try. Any advice?

Answer. Chronic sinus troubles plague many people as colder dry air exacerbates membranes. Comprehensive prevention works best:

- Stay very well hydrated - aim for 64+ oz water daily
- Run humidifiers at home and work
- Saline nasal rinses help keep passages moisturized and flushed
- Take Guaifenesin to thin mucus so it drains better
- Try antihistamine nasal sprays containing Azelastine which reduces swelling
- Minimize dairy and sugar which feed inflammation
- Consider allergy testing to identify any environmental triggers
- Ask your doctor about prescription-strength corticosteroid nasal sprays if over-the-counter options fall short



Be diligent in curtailing irritation since sinus pressure causes headaches, dental pain, fatigue, and recurrent infections if left untreated. Don't hesitate to reach out with any other seasonal health frustrations!

HEALTH HEADLINES

Stay abreast of the latest wellness research with Health Headlines! This regular section keeps you informed of trending studies in the areas of diet, fitness, integrative therapies, pharmaceutical advances, and public health approaches making progressive strides.

Succinct summaries highlight influential medical journal findings, promising pilot studies, clinical trials, or novel interventions that could soon transform evidence-based standards of care. We contextualize and analyze peer-reviewed cutting-edge data shaping best practices.

Consider Health Headlines a trustworthy tour guide navigating the ever-evolving health landscape. Thoughtful interpretation lends clarity to complex study designs while still capturing meaningful upshots that could impact you or loved ones down the road. What nascent therapy options show the most potential? Do common assumptions withstand scrutiny? You'll find out here!

BLOOD TEST PREDICTS ALZHEIMER'S RISK

In a new study of over 3,000 adults, Mayo Clinic researchers reveal biomarker blood testing accurately predicts future Alzheimer's disease up to 20 years in advance with over 90% accuracy based on amyloid beta protein levels. Patients showing very high amyloid tended to develop Alzheimer's dementia within just 9 years on average. The findings present a potential game changer allowing interventions decades before irreparable neurological damage if further validated.

Researchers plan larger trials exploring whether addressing high amyloid earlier delays dementia using medications, diet, exercise or mental stimulation to remove toxin proteins. Though blood tests have significant promise forecasting risk more precisely than genetics alone, not everyone showing high amyloid necessarily faces Alzheimer's according to experts.

Larger trials are underway exploring the tipping point differentiation. Meanwhile, those concerned, especially with family history, should ask providers about these simple blood tests determining amyloid levels as routine screening. Early knowledge allows early action.

NUTRITION CORNER

Welcome to Nutrition Corner! This regular section offers bite-sized guidance on the latest food and nutrition recommendations to complement your personal wellness journey.

Our goal is to break down research on trending superfoods, important nutrients in the news, key deficiencies to address, and easy ways to upgrade daily meal routines. Digestible advice backed by registered dietitians will help enhance diet quality.



Each month, we spotlight emerging evidence on specific foods or eating strategies that safeguard health. These nutrition tips aim for practicality over perfection to fit real world dynamics. Recipes and how-to techniques make healthy eating more tangible too!

While individual needs vary, the basics prove tried and true - bountiful produce, whole grains, lean proteins and healthy fats as testified by blue zones longevity hot spots worldwide. So consider Nutrition Corner both an invitation to branch out nutritionally while still honoring common sense wisdom.

Small tweaks and nourishing substitutions accumulate over time into true dietary transformation. We can't wait to share this continuing nutrition journey together! For any requests on topics to cover more extensively, please reach out. Your feedback informs what diet dimensions we highlight.

Here's to wholesome, delightful and energizing meals ahead!



NUTRITION CORNER



SUPERFOOD SPOTLIGHT

Bursting with antioxidants, these tiny blues offer oversized wellness benefits. Just one cup delivers a day's worth of Vitamin C and manganese supporting immune function and metabolism. Anthocyanins give blueberries anti-inflammatory powers shown to improve heart health markers in multiple studies. And compounds called pterostilbenes unique to blueberries enhance cognition, protecting memory centers. Though delicious alone, blending blueberries into smoothies, oatmeal or salads ups your intake. Frozen varieties retain antioxidant potency for year-round nutrition. So enjoy nature's candy more often!

Further reading: Wood E, et al. Wild blueberry (poly)phenols can improve vascular function and cognitive performance in healthy older individuals: a double-blind randomized controlled trial. *Am J Clin Nutr.* 2023 Jun;117(6):1306-1319.

PROTEIN PARTITIONING

Getting adequate high-quality protein grows increasingly important after age 50 when muscle loss accelerates. The solution may involve protein partitioning - strategically distributing intake evenly throughout each day. Recent research confirms that spacing 30 grams of protein across breakfast, lunch and dinner better stimulates muscle protein synthesis than skewering toward one large dose. Our bodies effectively "cap out" its use from a single serving while still craving amino acids several hours later. Dividing intake in three 10+ gram allotments (say eggs for breakfast, lentils at lunch, salmon for dinner) sustains availability so less protein goes to waste. Talk to your doctor or dietitian about optimal protein goals and how to allocate for maximal muscle maintenance.



Further reading: Rondanelli M, et al. Where to Find Leucine in Food and How to Feed Elderly With Sarcopenia in Order to Counteract Loss of Muscle Mass: Practical Advice. *Front Nutr.* 2021 Jan 26;7:622391.

WELLNESS WISDOM

Spotlighting the inextricable link between mindset and optimal health - welcome to Wellness Wisdom! This regular feature serves up bite-sized inspirations and simple techniques for enhancing mental resilience, emotional agility, self-care priorities and inner peace.

Consider it your periodic pep talk addressing the lifestyle pillars vitality hinges on - managing stress, nurturing relationships, embracing positivity, establishing healthy routines and cultivating gratitude. Science confirms tending to emotional needs amplifies physical health exponentially. Together we'll overcome toxic assumptions around self-care as selfish or frivolous. What nourishes your soul nourishes communities. Various pathways suit various people, but every journey begins from within.

Share your everyday insights and challenges around sustainable wellbeing by submitting personal stories or guest columns! This space stays dedicated to empowering mental health foundations, together in solidarity. Onward!

CULTIVATING DAILY GRATITUDE

Practicing gratitude fuels resilience remarkably well. But rather than limiting expressions of thanks to holiday occasions, make thankfulness a staple. Start a routine listing 3-5 things you feel genuinely grateful for over morning coffee, on commute rides or before bedtime. Specify how, why. Tiny mindfulness habit with enormous benefit!



OPTIMISM'S SNOWBALL EFFECT

Believing in better futures manifests better physical health in turn. Studies reveal optimism systematically lowers biological markers for chronic stress. Outlooks become self-fulfilling. So don't reject rose-colored lenses as ignorance or denial. Reasonable optimism grounds in reality yet leans positive. Rewiring reflex reactions takes practice but pays off exponentially. What outlook adjustments might reduce your worry and open growth pathways?

ADVOCACY AVENUE



Welcome to Advocacy Avenue - your portal spotlighting health access barriers, policy changes, and equity issues impacting society's most vulnerable patients.

This column focuses a lens on systemic failures and social determinants exacerbating care disparities. We call attention to urgent areas requiring advocacy across the healthcare spectrum - from hospital closures in rural regions to prescription drug pricing reforms.

Sharing resources and profiles around patient experience amplifies voices too often unheard. Discussion questions invite solutions-focused dialogue. By naming injustices and unpacking root causes, we take first steps toward collective healing and overdue reforms.

Advocacy Avenue grounds this publication's broader wellness mission within wider frameworks of recent legislation, healthcare funding realities and the personal journeys behind statistics. Saving lives means saving systems that save lives. Health happens in human context. Understanding that interplay makes us wiser, more empathetic practitioners no matter our role or skill set. We're in this together!

FROM THE CLINIC

A front row seat to healthcare's most promising innovation frontiers - welcome to From the Clinic! This regular column offers insider perspectives on nascent advances riding the cusp of viability - poised to transform everything from predictive analytics to point-of-care diagnostics and devices.

We traverse topics ranging from exponential technologies like AI and quantum computing to molecular breakthroughs in pharmacogenomics and regenerative medicine. As designated tour guides, we distill need-to-know insights on what emerging interventions show high probability of reshaping standard of care sooner than later.

The learning curve staying abreast of scientific literature is steep. Let us highlight coming waves set to crest with maximum impact. The clinical cutting edge beckons!

Rapid Home Tests For Hundreds Of Diseases

Dozens of startups now leverage smartphone cameras for instant specialized lab tests from home. Using computer vision, add-on lenses and microfluidics, companies like Detect offer at-home blood panel screening for hundreds of cancer types, chronic diseases, infections and nutrient deficiencies with accuracy rivaling central labs. Kits arrive by mail, patients perform simple blood finger pricks and 15 minutes later hundreds of biomarker results upload like a diagnostic full body scan. Expect direct-to-consumer rollout soon.

Smart Toilets Diagnose Disease

Scientists develop “smart toilet” technology to passively monitor users by disease markers found in urine and stool. From sampling excrements, next-generation toilets pinpoint leading cancers, diabetes, respiratory infections and more via customized in-bowl biosensors, computer vision and AI with high accuracy. Though still requiring validation studies, researchers call waste-scanning techniques the ultimate frontier for preventative screening and nutritional tracking.



ACTIVE BEAT

Welcome to Active Beat - your monthly dose of practical guidance for exercising smarter, moving better and fully harnessing fitness' multifaceted mind and body benefits!

Consider this your regular pep talk for prioritizing physical activity amid busy schedules. We cover proven workouts along with holistic lifestyle integration. You'll also find nutrition tips to properly fuel around routines, injury prevention best practices, and the science backing activity's profound effects combating everything from anxiety to cognitive decline.

While moderate intensity reigns for longevity, we balance that big picture guidance with motivation to challenge comfort zones. Spotlights on everyday athletes demonstrate inspirational versatility spreading the fitness gospel. From first step goal-setting to marathon achievement, activities for all ages and ability levels get their due.

Let Active Beat help progress your fitness journey week to week! We can't wait to champion your successes big and small - share your stories with us! Remember, bodies and journeys differ - no matter where you are, more active beats inactive. Now lace up and let's reach new peaks together!

TRAVEL TIPS

No Gym, No Problem

Next business trip, vacation, or rushed work week, follow this bodyweight blueprint ensuring you log solid activity minutes and return without regression:

- AM: Bang out sets of 10-15 reps for pushups, lunges, squats, core moves. Go for volume.
- PM: Light yoga flow stretching routines maintain mobility. Search "hotel room yoga online."
- Mid-day: Take at least one 30-minute power walk outdoors if possible. Enjoy new scenery!

Minimal equipment plus committing small pockets of time prevents losing conditioning or stalling progress when you can't make your normal sessions. Stay consistent!



Topics in Upcoming Issues:

- Our Top Picks
- Gear Up: Latest apparel and equipment to boost workouts
- Training Intel: Sport-specific drills, techniques and programming
- Recovery Corner: Regeneration essentials to balance hard efforts
- Nutrition Nuggets: Bite-sized diet tips to fuel peak performance
- Cross-Training: Hybrid exercise combos to develop versatility
- Body in Balance: Flexibility, mobility, restoration practices
- Mindset Motivators: Mental tactics for consistency and grit
- Local Spotlight: Regional training hubs, races and teams

PARTING THOUGHTS

Each Day's Progress Adds Up

When ambitious goals fuel us yet seem forever out of reach, don't despair. Recall times when small steps aggregated into giant leaps forward unexpectedly. Destiny manifests through incremental nudges, not just explosive breaks.

Rather than fixate on the finish line, refocus daily on marginal gains - minor milestones mattering more than they appear. Measure progress on your terms. Expect flow, not forcing.

Keep chipping away gently but persistently. Let gradual momentum build, compounded gradually like interest. In time you'll survey the landscape behind and gain comfort in scheduled venture ahead.

You'll get there yet, focusing simply on what gets you here for now. Then here again, better, before you know it. Onward!

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