

# HEALTH *Tips*™

M A G A Z I N E

FEBRUARY '18 | YUMA, FOOTHILLS, SOMERTON, SAN LUIS & IMPERIAL COUNTIES

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INSIDE

Did You **KNOW?**

*Kicking* YOUR SODA HABIT...

**DEMENTIA**

7 Ways to reduce your risk

**Apple Cider Vinegar & Your Health**

**10 TIPS HOW TO:**

IMPROVE YOUR SEXUAL PERFORMANCE NATURALLY

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Bio Clinic is a Multi Specialty Clinic who serves the Yuma community from the Foothills Yuma to San Luis AZ. It provides both Family & Internal Medicine as well as various specialty services to the Yuma community.

The founder of Bio Clinic is Dr. Irfan Fazil. He was named most compassionate doctor for 2016 nominated by his patients.

Bio Clinic, P.C. is a cost effective & innovative health care system, which has heavily increased its efficiency through use of the latest cutting edge technology. It provides various medical services under one roof, hence improving efficiency of health care delivery & comfort of our patients.

# HEALTH TIPS

By Dr. Fazil

One of the most common questions people ask is “How much water should they drink every day?”

To answer this question, Health Tips Magazine approached Dr. Fazil, who is one of the busiest and most popular doctors in Yuma, AZ.

He specializes in both Internal Medicine & Nephrology. (Kidneys and dialysis).



## How much WATER should we DRINK?



Dr. Fazil said, it depends on various factors. Here are some universal recommendations. But the water intake can vary dramatically based on your other health conditions e.g. Heart failure, Kidney & liver failure or if you are on any dialysis treatment. The rule of thumb is, if your legs are swollen then you are probably drinking too much water! In that case, you should cut your water intake by 30% or more. But in any such decision, you should consult your doctor for more guidance first.

## WATER RECOMMENDATIONS

While the eight glasses a day rule is a good start, it isn't based on solid, well-researched information. Your body weight is made up of 60 percent water. Every system in your body needs water to function. Your recommended intake is based on factors including your sex, age, activity level, and others, such as, if you're pregnant or breastfeeding.

### ADULTS

The current recommendation for people ages 19 and older is around 3.7 liters for men and 2.7 liters for women. This is your overall fluid intake per day, including anything you eat or drink containing water in it, like fruits or vegetables. Of this total, men should drink around 13 cups and for women, 9 cups.

### CHILDREN

Recommendations for kids have a lot to do with age. Girls and boys between ages 4 and 8 years should drink 40 ounces per day, or five cups. This amount increases to 56 to 64 ounces, or 7 to 8 cups, by ages 9 to 13 years. For ages 14 to 18, the recommended water intake is 64 to

88 ounces, or 8 to 11 cups. Women of reproductive age, if you're pregnant or breastfeeding, your recommendations change. Pregnant women of all ages should aim to get 80 ounces, or ten 8-ounce glasses of water each day. Breastfeeding women may need to up their total water intake to 104 ounces, or 13 cups.

### Other considerations

You may also need to drink more water if you live in a hot climate, exercise often, or have a fever, diarrhea, or vomiting. Add an additional 1.5 to 2.5 cups of water each day if you exercise. You may need to add even more if you work out for longer than an hour. You may need more water if you live in a hot climate. If you live at an elevation greater than 8,200 feet above sea level, you may also need to drink more. When you have a fever, vomiting, or diarrhea, your body loses more fluids than usual, so drink more water. Your doctor may even suggest adding drinks with electrolytes to keep your electrolyte balance more stable.

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### Diverse Markets

Our magazine is spread across diverse areas across Yuma County and Imperial County, including El Centro, San Luis, Somerton and Foothills in relevant locations including RV Parks for our winter visitors. With our main focus in healthcare our magazine will be available at doctors offices, pharmacies and hospitals. Our printed versions will cover local areas and our digital version will be able to be viewed across the country.

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### Bilingual Editions

Health Tips Magazine will be available in both English and Spanish to reach the diverse audience that resides in Yuma County and Imperial County. Unlike other magazines in the same market who cover only one or the other. Both editions will be available in print and digital.

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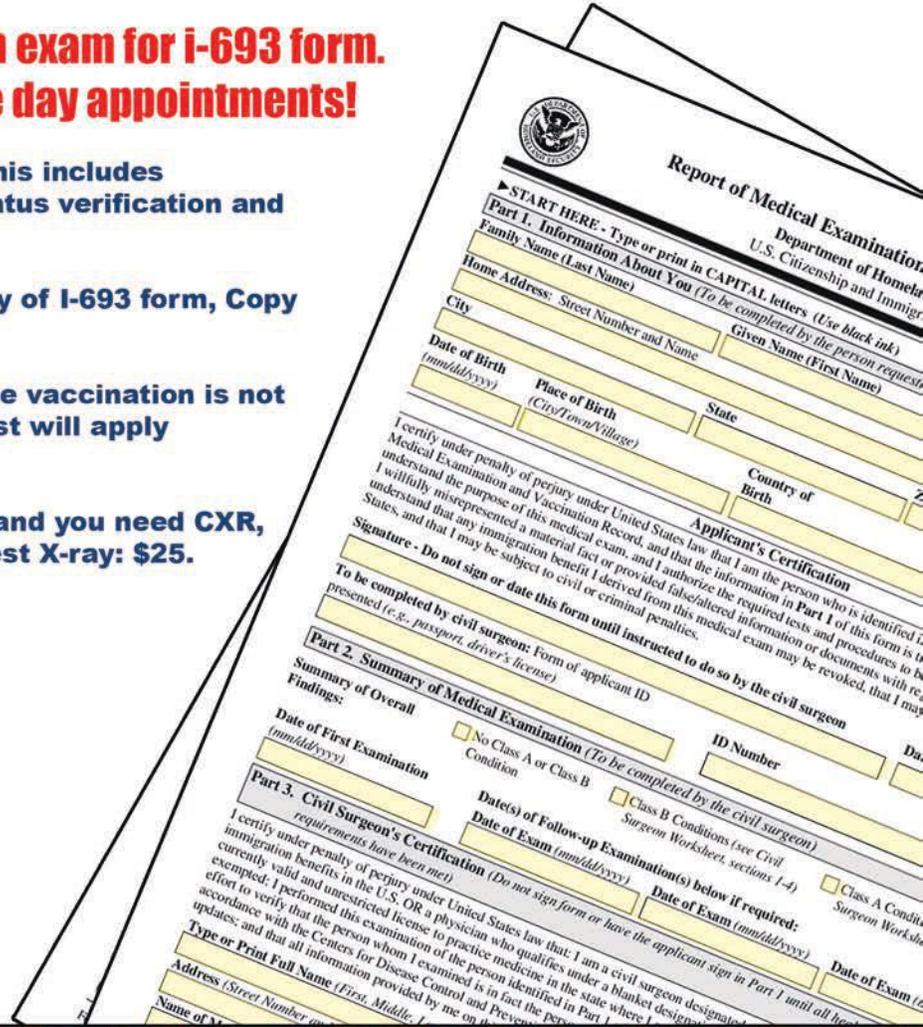
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► **START HERE - Type or print in CAPITAL letters (Use black ink)**

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Family Name (Last Name) \_\_\_\_\_ Given Name (First Name) \_\_\_\_\_  
Home Address: Street Number and Name \_\_\_\_\_  
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**Applicant's Certification**  
I certify under penalty of perjury under United States law that I am the person who is identified in this Medical Examination and Vaccination Record, and that the information in Part 1 of this form is true, correct, and that I understand the purpose of this medical exam, and I authorize the required tests and procedures to be performed on me. I willfully misrepresented a material fact or provided false/filtered information or documents with respect to my immigration benefit I derived from this medical exam may be revoked, that I may be subject to civil or criminal penalties.

**Signature - Do not sign or date this form until instructed to do so by the civil surgeon**  
To be completed by civil surgeon: Form of applicant ID presented (e.g., passport, driver's license)

**Part 2. Summary of Medical Examination (To be completed by the civil surgeon)**

Summary of Overall Findings: \_\_\_\_\_ ID Number \_\_\_\_\_  
Date of First Examination (mm/dd/yyyy) \_\_\_\_\_  
Condition:  No Class A or Class B  Class B Conditions (see Civil Surgeon Worksheet, sections 1-4)  Class A Conditions (see Civil Surgeon Worksheet)

**Part 3. Civil Surgeon's Certification (Do not sign form or have the applicant sign in Part 1 until all listed requirements have been met)**

I certify under penalty of perjury under United States law that: I am a civil surgeon designated to perform immigration benefits in the U.S. OR a physician who qualifies under a blanket designation for the State of Arizona, and I am currently valid and unrestricted license to practice medicine in the state where I am performing this examination; I performed this examination in accordance with the Centers for Disease Control and Prevention updates; and that all information provided by me on this form is true and correct.

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Name of Applicant \_\_\_\_\_



# Kicking YOUR Soda HABIT



Give yourself a goal each morning and keep it at the forefront of your mind. Write down your wish to quit soda on a sticky note and leave it on your computer, wallet or fridge as a helpful reminder to meet that goal every day.



Try boosting your energy with a new routine rather than reaching for a can of the fizzy stuff. This could include having a healthy snack on hand or going for a walk.



Take it slow. Don't feel pressure to go cold turkey; simply reduce your intake by half at first, and cut back a little more each week.



You can reward yourself with a treat for meeting your goals as extra incentive. First try switching to caffeine-free soda.



Caffeine is mildly addictive, which is part of the reason soda is so hard to quit. So gradually decrease your caffeine intake each day. "It takes a few weeks to truly forget the craving."



Try soda alternatives. Sparkling water without sugar and sweeteners can be a healthy carbonated drink alternative. If you simply need more flavor, try to spice up your water naturally by infusing it with fruit, cucumber or fresh herbs. Tea also can be a healthy choice.



If you drink regular soda, try to calculate how much exercise you would need to work those calories off. For example, the calories in a 20-ounce bottle of soda takes 5 miles of walking, or 50 minutes of jogging, to burn off.



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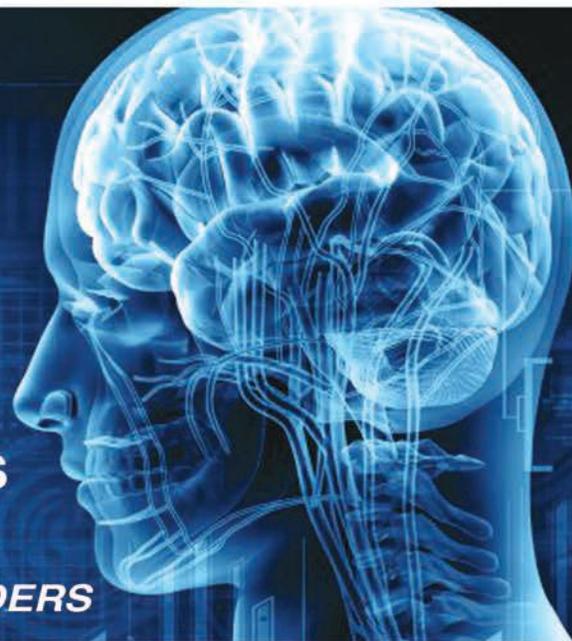


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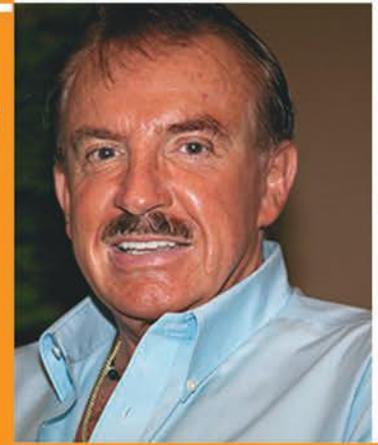


At The Yuma Dentist, we offer a wide range of services covering a variety of different areas of dental care. By offering a wide range of services we feel that we can offer better service and better treatments, all from one convenient location.



### Dr. Franklin Hulme

Received his dental degree from the University of Pacific Dental School in San Francisco. Prior to studying there, he attended Brigham Young University, the University of California-Davis, and the University of California at Berkeley. He is licensed to practice dentistry in Arizona, California and Utah, and belongs to a number of professional organizations, including the Academy of Cosmetic Dentistry, the Arizona Craniomandibular Group, and the Pacific Aesthetic Continuum.



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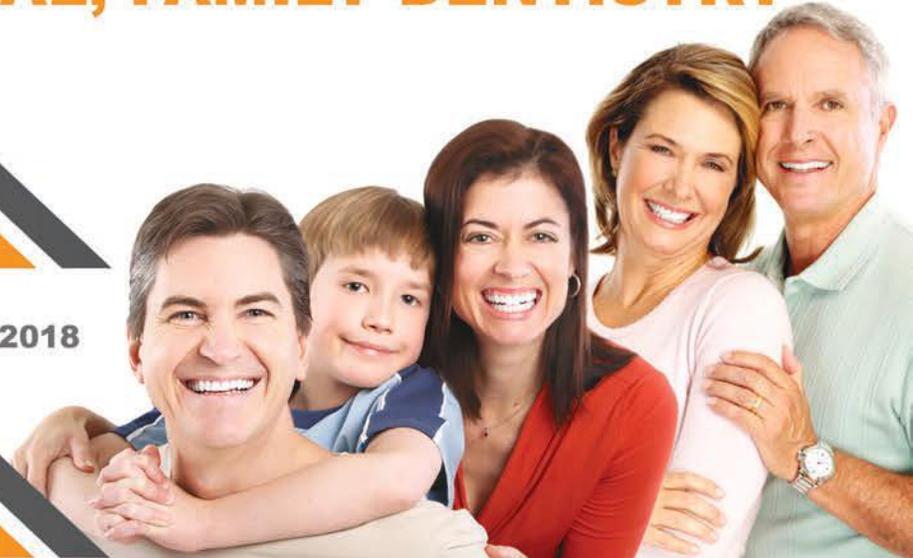
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# 7 tips to REDUCE your Risk of

# DEMENTIA

1

Good social network may also reduce your dementia risk. Visit people or have them visit you, join a club or volunteer keep physically active – for at least 30 minutes, five times a week. You'll need to be active enough to raise your heart rate and get a bit out of breath. You could walk, cycle, swim or join an exercise or dance group. Exercise like this brings health benefits even if you're not losing weight.

4

Keep your alcohol within recommended limits – and remember that these limits changed in 2016. They are now a maximum of 14 units each week for men and women, spread over 3 or more days. This is the same as four or five large glasses of wine, or seven pints of beer or lager with a lower alcohol content. Regularly exceeding these weekly limits increases your dementia risk.

2

Don't smoke – if you smoke, try to stop. By smoking you are at a greater risk of developing dementia and harming your lungs, heart and circulation.

5

Take control of your health – If you're invited for a regular mid-life health check at the doctor's, be sure to go. It's like an 'MOT' for your body and will include a check of your blood pressure, weight and maybe cholesterol level. These are linked to dementia and conditions that are strong risk factors for dementia (heart disease, stroke and diabetes).

6

Keep to a healthy weight – this will reduce your risk of type 2 diabetes, stroke and heart disease – and hence probably dementia. A good place to start is to follow the advice on exercise and diet. Keep a diary of your food intake and exercise for each day, and remember that alcohol contains hidden calories.

3

3. Eat a healthy balanced diet - A healthy diet has a high proportion of oily fish, fruits, vegetables, unrefined cereals and olive oil, and low levels of red meat and sugar. Such a diet will help reduce your risk of dementia and heart disease, stroke and type 2 diabetes. Try to cut down on saturated fat (e.g. cakes, biscuits, most cheeses) and limit sugary treats. Keep an eye on your salt intake too, because salt raises your blood pressure and risk of stroke. Read food labels to see what's in them and seek out healthier options.

7

Give your brain a daily workout – This could be reading, doing puzzles, word searches or crosswords, playing cards or learning something new - maybe another language. If you can keep your mind active you are likely to reduce your risk of dementia. There is a bit less evidence, but keeping socially engaged and having a good social network may also reduce your dementia risk. Visit people or have them visit you, join a club or volunteer.



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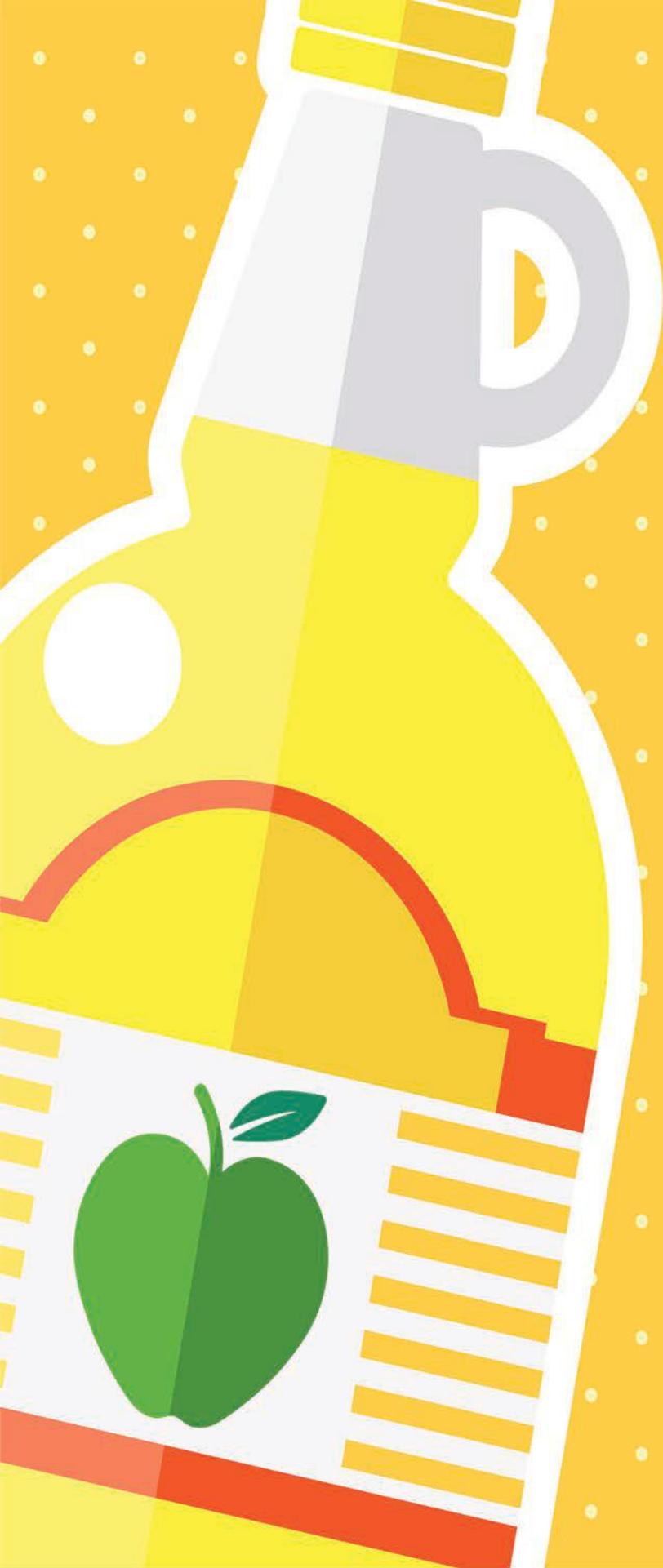


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## Apple Cider Vinegar and Your Health

### What's in It?

It's mostly apple juice, but adding yeast turns the fruit sugar into alcohol -- this is fermentation. Bacteria turn the alcohol into acetic acid. That's what gives vinegar its sour taste and strong smell.

### How Is It Used?

Vinegar's used in cooking, baking, salad dressings, and as a preservative. There's a lot of acid in it, so drinking vinegar straight isn't recommended. And it can cause serious problems if you have a lot of it. If you're looking to take some for health reasons, most people recommend adding one to two tablespoons to water or tea.

### The Benefits

Drinking vinegar might help reduce obesity.

Vinegar might improve blood sugar and insulin levels in people with type 2 diabetes.

Vinegar may prevent cancer. It has chemicals known as polyphenols. They're antioxidants that can curb cell damage that can lead to cancer.

### The Downsides

It's highly acidic. Drinking a lot of apple cider vinegar can damage your teeth, hurt your throat, and upset your stomach.

It may also cause your potassium levels to drop too low. Your muscles and nerves need that nutrient to work the way they should.

People with type 1 diabetes found that apple cider vinegar slows the rate food and liquids leave the stomach to be digested. That makes it harder to control your blood sugar level.

It might also affect medications that treat diabetes and heart disease, as well as diuretics (medicines that help your body get rid of water and salt) and laxatives. In short, apple cider vinegar probably won't hurt you. Enjoy it in your diet because it's calorie-free, adds lots of flavor to food, and has health benefits. But it's not a miracle cure.



# Healthy LIFESTYLE

## MEDICAL WEIGHT LOSS Center of Yuma

Medical Weight Loss Center of Yuma is using an out of the box approach for patient's to lose weight. It is supervised by Irfan Fazil, M.D. This program has been a huge success in solving the obesity epidemic in Yuma. This year alone, the combined weight loss of fat from our patients on our weight loss program in Yuma has reached more than THIRTY THOUSAND POUNDS (30,000). For achieving this jaw dropping goal, our program has been featured in various local news channels, including KYMA news.

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# HO

## THE WEIGHT CHANGE



### GERALDINE LEWIS

Geraldine was always been told by many doctors in the past to lose weight!

When she used to ask her doctors how? She would get the standard answer, “eat less and exercise more”. When she asked Dr. Fazil, he explained to her that she needed to lose weight for health reasons. She again asked how? She expected the standard answer. Dr. Fazil smiled and said, it won't be easy. Don't worry about exercise, I will walk you through the weight loss journey. It is 95% of the time about the total

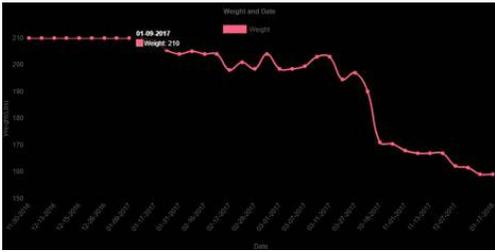
amount of calories you eat. It really does not matter a whole lot what you eat or how much exercise you do, when it comes to losing weight. I was surprised at first. But when I started the program, I immediately realized, he was right.

When Geraldine had lost her goal weight, her BMI (body mass index) dropped less than 30%, she was taken off the program. Now Geraldine has learned the program and she is now a smart buyer of food & smart eater. She still continues to lose weight and enjoys many health benefits. She has officially graduated from the weight loss program in January 2018. She said, this has been one of the best decisions in her life to lose weight.

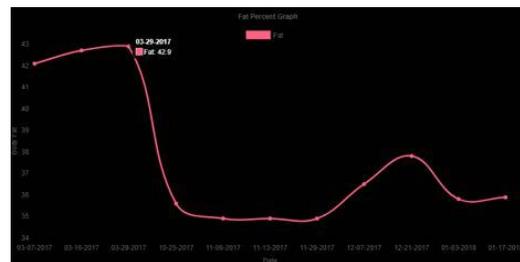
This weight loss program was a combined effort of Geraldine and the weight loss team at Medical Weight Loss Center of Yuma, a division of Bio Family Clinic.

This weight loss program is run by Dr. Fazil. It is a very unique program, as it is heavily driven by a proprietary software, designed by Dr. Fazil.

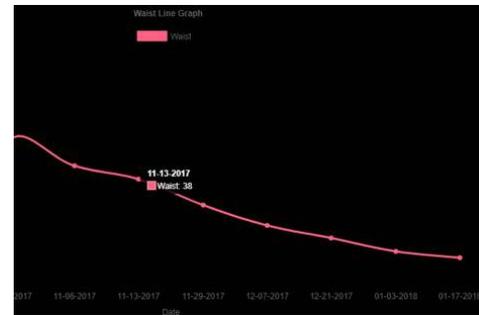
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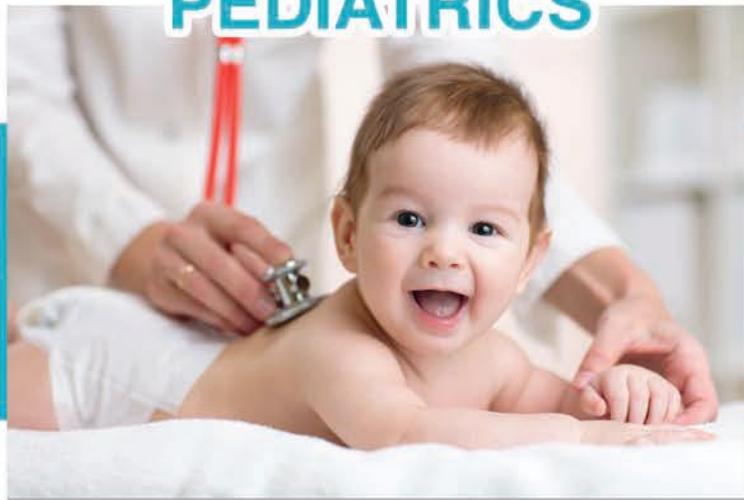
Dr. Panahi graduated from Temple University School of Podiatric Medicine in Philadelphia, 2012. He then completed an extensive three-year training at Hoboken University Medical Center focused on medical and surgical treatment of the foot and ankle. Dr. Panahi is credentialed for complex rear-foot and ankle reconstruction and treatment of congenital deformities. Dr. Panahi is Board Certified in Podiatry by the American Board of Podiatric Medicine and Board Qualified by American Board of Foot and Ankle Surgery.

The Yuma diabetic population can be treated by Dr. Panahi for disease prevention and treatment which involves Podiatry palliative care, routine diabetic risk assessment and extensive surgical reconstruction of diabetes related distortions such as Charcot foot deformity. Dr. Panahi is seeing patients at two locations in the Yuma area.

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## 1. Include Meats & Other Foods

One of the useful tips on how to improve sexual performance for men naturally is to include some meats and other foods. This is because these foods can help you to get a better flow of the blood.

**Vitamin B1:** This vitamin is able to cause the signals in the nervous system to move more quickly, including the signals from the brain to the penis. Vitamin B1 is available in pork, kidney beans, and peanuts. **Omega-3 fatty acids:** These fatty acids aid in increasing your blood flow. You can easily find it in tuna, avocados, salmon, and olive oil. Eggs are a high source of other B vitamins, so eggs help to balance your hormone levels effectively. This is a great way to relieve stress, that is a reason for inhibiting an erection.

## 2. Add Fruits and Vegetables to Your Diet

As mentioned above, a good blood flow plays a key role in sexual performance for men. So, you should add certain foods that help to increase your blood flow well.

**Bananas:** Banana is a potassium-rich fruit that is able to reduce your blood pressure well. This may be beneficial for your important sexual parts while boosting up your sexual performance.

**Onions & garlic:** Although onions and garlic may give you bad breath, they can aid in increasing your blood circulation.

**Chilies & peppers:** The spicy foods in nature can be great for your blood flow by relieving inflammation and hypertension.

# 10

## TIPS HOW TO: Improve Sexual Performance Naturally

## 3. Stay Active

Doing sweat-breaking exercises (such as swimming and running) for about 30 minutes per day may do wonders to give your libido a boost.

## 4. Reduce Stress

Stress can cause a bad effect on your overall health, which includes your libido. Stress contributes to increase blood pressure and increase your heart rate in a bad way. Both of these affect sexual desire & performance. In addition, psychological stress can also have an effect on getting an erection or an orgasm. Doing exercises is considered as one of the great ways to reduce stress & boost your health. You may also talk to your partner about the stress issue, which helps to calm you down and strengthen your relationship.

## 5. Exposure the Sunlight

Another useful tip on how to improve sexual performance for men naturally is exposure to the sunlight. Sunlight may aid in stopping the production of melatonin in the body, which helps you sleep well and quiet the sexual urges. Less of this hormone, better the potential for your sexual desire. Getting out

and exposure to the sun can help you wake your sex drive up, especially in the winter months when your body tends to produce more melatonin.

## 6. Quit Bad Habits

Some of the bad habits, such as consuming alcohol and smoking, may also affect your sexual performance. However, while research suggests that drinking a little red wine improves blood circulation, too much alcohol may have many side effects. In addition, taking stimulants may narrow blood vessels and actually have been associated with impotence. Quitting or cutting down smoking is the first step that helps to improve your sexual performance. Remember to replace bad habits with other healthy ones, such as eating well or doing exercises to help boost your sexual health.

## 7. Masturbation and Longevity

If you want to last for a longer time in bed, you need some practice. Sex is one of the best ways to practice for sex while masturbation may also aid you in improving your longevity.

## 8. Use Lubrication

Often, the dryness in your vagina that

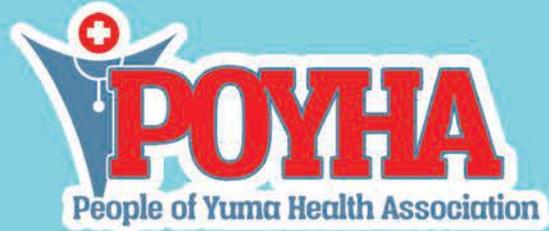
begins in the perimenopause may be simply corrected with using lubrications, including the forms of liquid and gel. Use these products freely to keep away from painful sex, a problem which may snowball into weakening libido and increasing relationship tensions. When using lubricants no longer work well, consult your doctor for other options.

## 9. Getting More Help

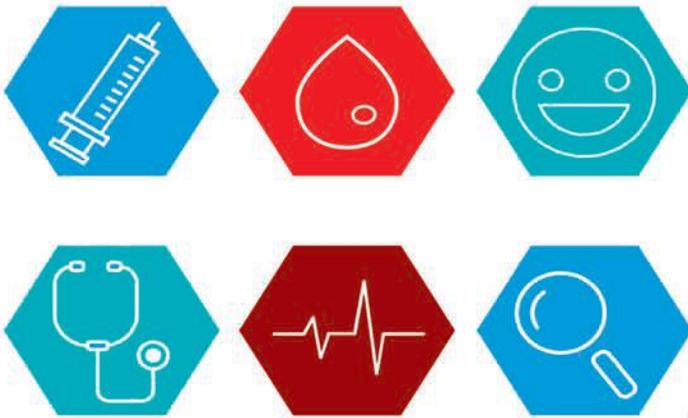
If you suffer from Peyronie's disease, erectile dysfunction, or some other diagnosed disorders, you should need medical treatment. Remember not to hesitate to talk to a doctor about how you may improve sexual performance.

## 10. Do Kegel Exercises

Both women and men can improve the sexual fitness by simply exercising the pelvic floor muscles. To perform these exercises, the simple step is to tighten the muscle you use if you want to stop your urine in midstream. Remember to hold the contraction for 2 or 3 seconds and then release. Repeat it 10 times. Try to perform 5 sets per day.



People of Yuma Health Association or **POYHA**, is a non profit organization. It's motto is to involve people of Yuma in promoting health by preventing diseases. This mission is achieved by multiple means including:



## FOR THE PEOPLE BY THE PEOPLE

One of the goals of **POYHA** is to improve the economy of Yuma. It can be done by two means, One, improving the health care system in Yuma County and second, improving medical tourism to Yuma County.

[www.poyha.org](http://www.poyha.org)

01

Obesity prevention & treatment

02

Prescription opioid prevention and treatment

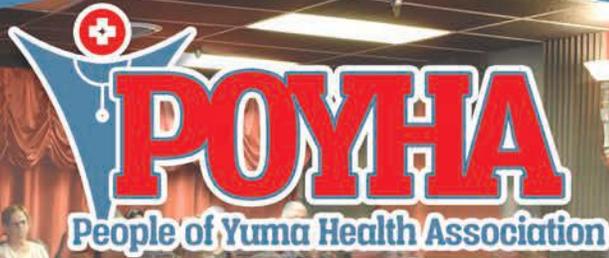
03

Helping to get a second opinion for the patients when they need it

04

Patient advocate. To help patient's voice reach their providers, health organizations, hospitals & legislatures.

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[www.poyha.org](http://www.poyha.org)

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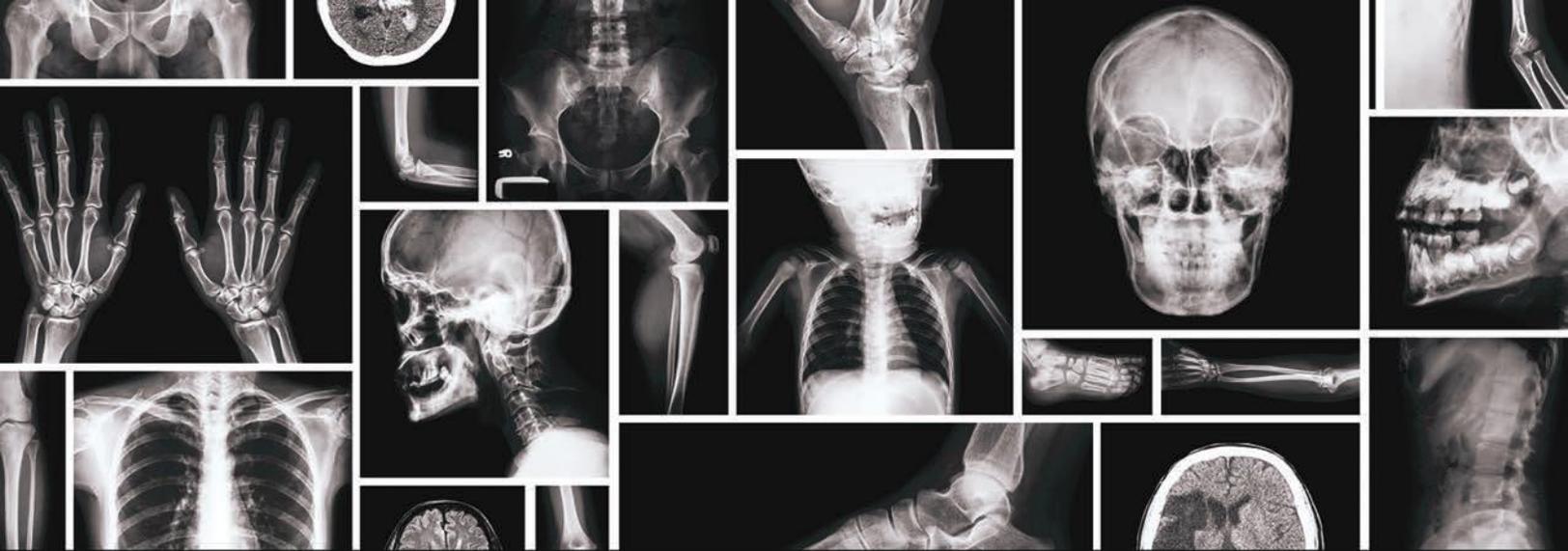


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## PROMOTING ACADEMIC EXPERTISE TO INDUSTRY: BUSINESS DEVELOPMENT SKILLS FOR RESEARCHERS

University-industry partnership is playing an ever increasing role in developing knowledge-based economies. Creation of knowledge and the ability to translate research into economic wealth, health and social equality is becoming a competitive factor of national economies. In 2004, The Global Bank launched the Knowledge Economy Index which included the innovation system as one of its components.

The international research landscape is quickly transitioning towards multidisciplinary activities, in which mobility of researchers, and appearance of new disciplines and generating new ideas and knowledge transfer between universities and industry are becoming a reality. This is leading to a new paradigm of research, which is more collaborative and interdisciplinary, and is focused on developing new products, services and technologies.

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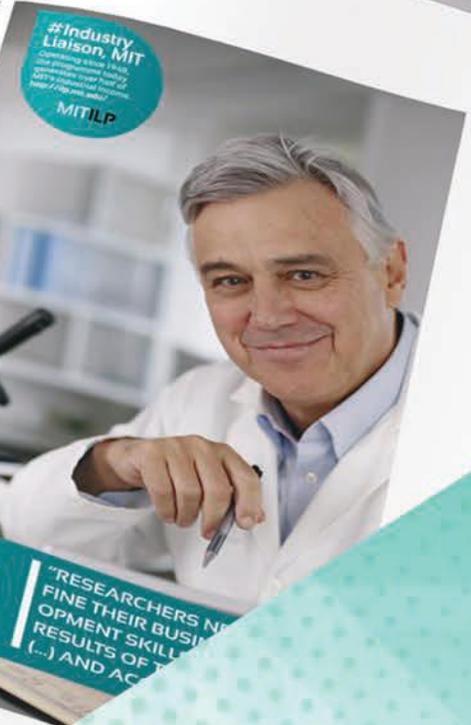
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In such challenging and fast moving economic environment, researchers need to refine their business development skills in order to promote results of their research, secure further funding and accelerate translational impact. There are a number of ways in which researchers can engage with industry to develop relationships. They can use their research skills for conducting literature reviews, researching technology trends, undertaking feasibility studies and testing. There is a growing area for expert witness services, which require an impartial advice from independent experts who are often drawn from academia. Talent development and retention is another area that is estimated to grow. This offer more opportunities to universities to engage with industry and help companies develop their workforce through training, professional development and placement programmes.

In conclusion, university-industry partnership opens new doors for researchers, provides access to real life experimental data, offer real life challenges while placing additional requirements on researchers' business-focused skills.



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