

CLINIC NEWSLETTER

JANUARY 2025 | LET'S TALK: WINTER HEALTH PROBLEMS

TOP 3 PROBLEMS IN WINTER

Winter often brings specific health challenges due to colder weather, indoor activities, and seasonal changes. **Colds and flu** are caused by viruses that thrive in cold, dry conditions. Since people spend more time indoors this increases exposure to these germs. **Seasonal Affective Disorder (SAD)** is caused by reduced sunlight during winter and disrupts the body's internal clock leading to feelings of depression. **Dry skin and eczema** can be worse due to cold weather and indoor heating which strips the skin of moisture. By staying proactive, you can enjoy a healthier and more comfortable winter season!



PREVENTION FOR TOP 3 PROBLEMS IN WINTER

Colds and Flu

- Get Vaccinated
- Practice Good Hygiene
- Keep Immune System Healthy
- Humidify

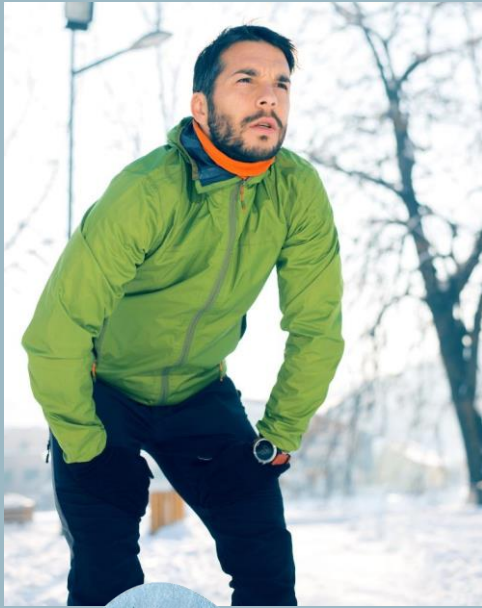
Seasonal Affective Disorder (SAD)

- Light Therapy
- Get Outside
- Stay Active
- Seek Help

Dry Skin & Eczema

- Moisturize Regularly
- Avoid Hot Showers
- Hydrate
- Wear Protective Clothing





RESPIRATORY HEALTH

To optimize respiratory health during the winter, focus on maintaining good indoor air quality with humidifiers and ventilation, staying hydrated, and boosting your immunity through a balanced diet, regular exercise, and sufficient sleep. Protect yourself from cold and flu with vaccines, good hygiene, and masks in crowded spaces, and dress warmly to shield your airways from cold air. Avoid irritants like smoking, pollution, and strong scents, and manage allergies or asthma with prescribed treatments. Stay active indoors with exercises that support lung strength, practice deep breathing for relaxation, and seek medical attention for persistent respiratory issues.



WELCOME BACK!

*Welcome back, Dr. Comstock!
The team and your patients have truly missed you—
it's great to have you back in the clinic!*

Need an appointment? Have questions?

Call 317-346-7970

Email pmrjmh@pmrhealthcare.com

Go online to www.pmrjmhfranklin.com

Use Code: *PMRjmh2023!*

Visit 1159 W Jefferson St, Ste 101, Franklin IN

Check website for current clinic hours

