

**Nancy E.  
Boyden,  
ARNP**

# June Newsletter

**Vol. 1 Issue 6**

**June 2014**

## INSIDE THIS ISSUE:

<b>Open House</b>	<b>1</b>
<b>BHRT</b>	<b>1</b>
<b>Benefits of Coffee</b>	<b>2</b>
<b>Antidepressant</b>	<b>2</b>
<b>Exercise Corner</b>	<b>2</b>
<b>Testosterone</b>	<b>3</b>
<b>Alzheimers Diet</b>	<b>3</b>

## Open House- 06-18-14, 6p-8p

We are excited to announce our Open House/One Year Anniversary this month. If you would like to save money on Botox and Facial Filler, this is the event for you!! Come celebrate with us! We will have giveaways and discounted packages on cosmetic treatments. We would also love to answer any questions on the other services we offer such as Bioidentical Hormone Replacement, Primary Care Services and Weight Loss. We consider ourselves a Full Service Medical Boutique. A Wellness Center that looks at the entire individual. Come and learn more!!



**5800 Soundview Dr.  
A-101  
Gig Harbor, Wa  
98335**

• Office hours:

Tuesday-Friday 9a-4p

Saturday 9a-12noon

Phone: 253-858-2408

Website:

[www.gigharborhealthclinic.com](http://www.gigharborhealthclinic.com)

## Bioidentical Hormone Replacement

I had the pleasure of attending a BHRT talk given by Suzanne Somers last week in Bellevue. She is a pioneer in spreading the word of the benefits of BHRT. I'm proud to say we are one of very few clinics

that is willing to take some insurance for this approach in hormone replacement. The benefits are: Staying youthful longer, maintaining functionality longer in our lives and overall wellness. We follow blood levels

and test ALL hormones. Suzanne Somers spoke of not only replacing hormones, but assessing nutrition, gut health and vitamin supplementation. We do all that here. We also discuss exercise options.

## Is Coffee Consumption Associated with Increased Risk of Cardiovascular Disease?

Is long-term coffee consumption associated with increased risk for cardiovascular disease? Prospective studies included total coffee, caffeinated or decaffeinated coffee. The outcome of interest was stroke, heart disease, heart failure and mortality. A total of 36 studies to include 1,279,804 subjects and 36,352 CVD cases. The investigators concluded that a nonlinear association between coffee consumption and CVD risk was observed in this meta-analysis. The lowest CVD risk was at 3.5 cups per day and heavy coffee consumption was not associated with elevated CVD risk.



## Higher SSRI Doses Linked to Risk for Self Harm in Youth

Although studies have shown increased risks for suicidal ideation and attempts with selective serotonin reuptake inhibitors (SSRIs) in patients less than or equal to 24 years of age, the effect of dose on risk has not been examined. Researchers looked at this risk (162,625 patients) with

Are younger patients at risk when starting with higher doses of antidepressants?

fluoxetine, sertraline, and citalopram. Among this age group, self-harm was twice as great in those started on high doses (18% of patients) than on modal doses. Most events occurred in the first 90 days. In patients greater than 25, dose had no effect on self harm risk. This study suggests clinicians

treating young depressed patients should begin SSRIs at lower doses. Unfortunately, the study did not look at starting below modal doses. Despite limitations of study, it is thought best to start at low doses and slowly increase over time. The same is to be said discontinuing medication. Always titrate down slowly when it is felt the depression has been treated.

## Exercise Corner

Boost your testosterone with this workout! With 3lb, 5lb or 10lb weights. Do 4 to 5 sets of these:

Ten reps: dumb bells held up by your ears Raise ten times each arm

Ten reps: Hold dumb bells down by your sides. Lift sideways, up away from your body each side

Ten reps: Bicep curls each arm



Lifting weights boosts serotonin levels as well

Ten Burpees

Repeat workout without breaks and it becomes a cardio workout as well

## Why Women Should Care About Testosterone

Testosterone is key in the development and maintenance of bone density, muscle mass, and energy level. It helps with orgasm in both men and women. Signs of low Testosterone are: Decreased libido, muscle fatigue depression, and low motivation. Women take only physiologic doses of testosterone and are followed with blood work. Men can take up to 100 mg 2x/day, whereas women only take 1-2mg a day. It can be applied as a cream or inserted vaginally. There are many options. To increase Testosterone naturally lift some weights. You don't have to lift much, and don't need to look like a bodybuilder.

We can show you how. If you exercise too much you can deplete your own stores of Testosterone. If you don't exercise at all, then start today. We are all living longer and need to stay functional for as long as possible. Hormone replacement is a good way to start. Bioidentical Hormone Replacement.



## My Father's Passing

A sincere thank you to all who reached out to me and my family during my father's time in hospice and eventual passing this week. I felt so much love and concern as did my mother. As most of you know, he was a very kind man

George Pappas  
07-16-25 to 06-03-2014

and crazy about my mother. They were in each other's lives for over 40 years. He was committed to my mother and she to him. He is not suffering any longer and for that I am grateful. We will miss him dearly. Thank you again.

## Anti-Alzheimers Diet

- Take Vit. D/and B vitamins
- Take Omega-3 supplements
- Increase Antioxidants in your diet
- Drink Coffee!!
- Eliminate high Glycemic carbohydrates
- Eat a more Mediterranean Diet
- Replace bad fats with good fats
- Don't combine fats with simple sugars or processed carbohydrates. For example, Fettuccine Alfredo.

