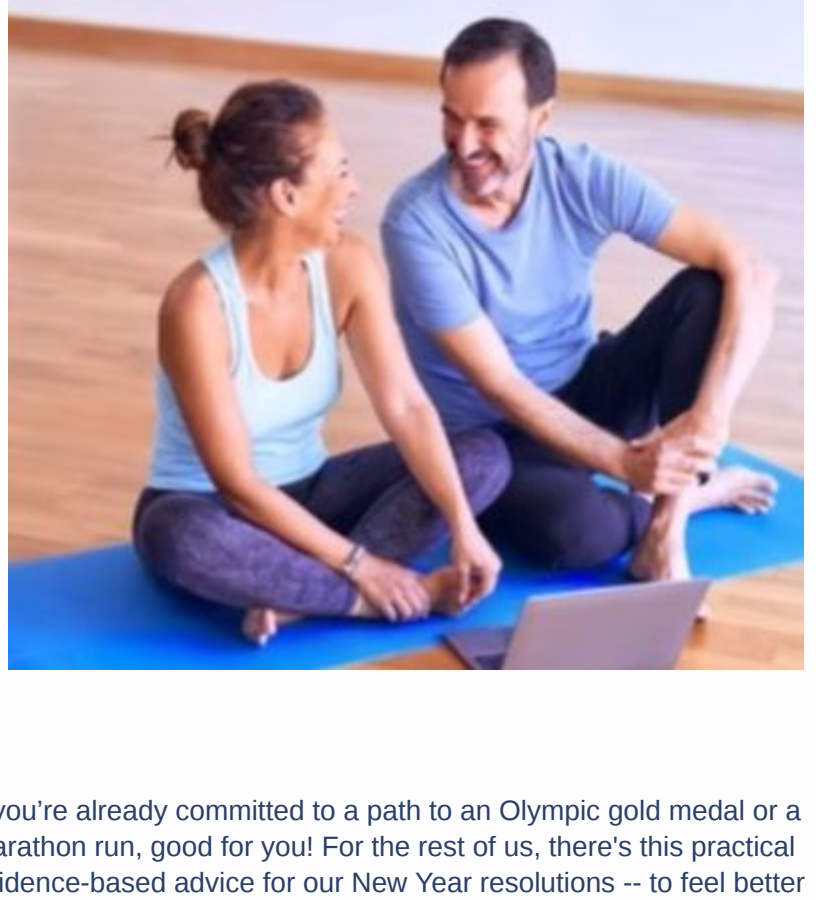
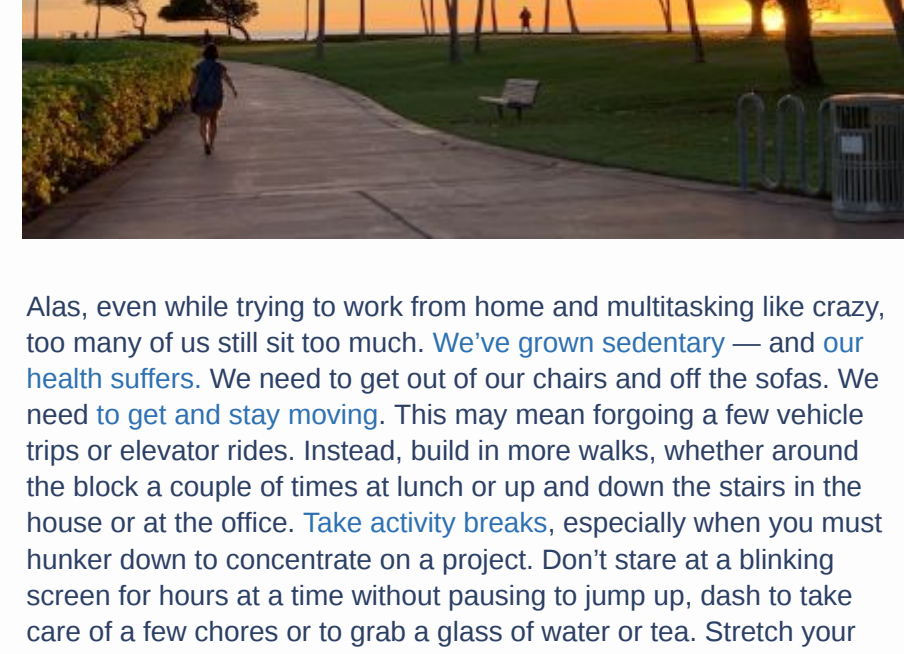


Better Healthcare Newsletter from Patrick Malone



If you're already committed to a path to an Olympic gold medal or a marathon run, good for you! For the rest of us, there's this practical evidence-based advice for our New Year resolutions -- to feel better and fitter without spending a ton of money or time. So, here's our newsletter's annual theme: wellness concern.

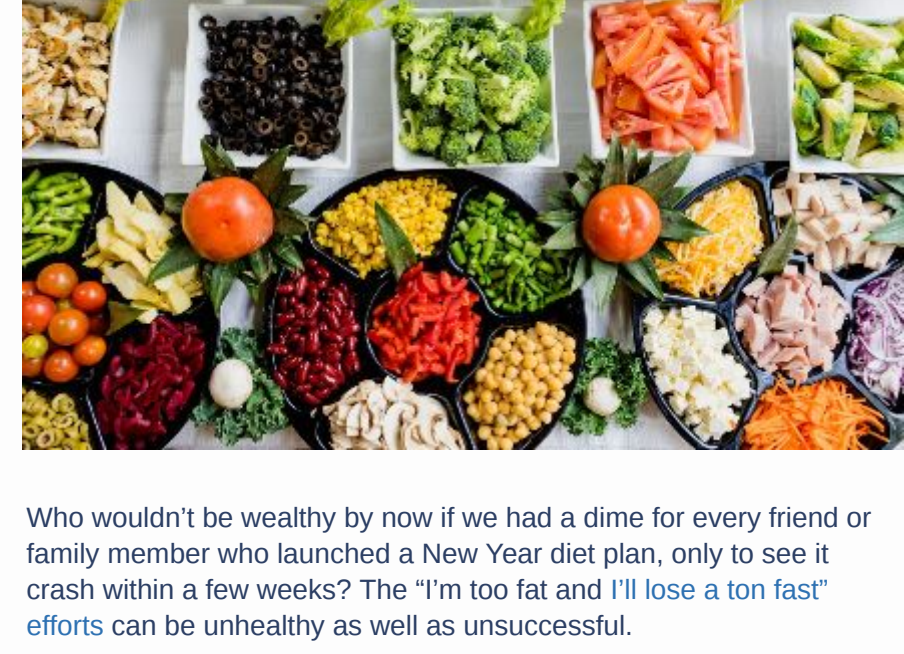
1. Sedentary habits harm your health. Get moving, and fitness will follow.



Alas, even while trying to work from home and multitasking like crazy, too many of us still sit too much. We've grown sedentary -- and our health suffers. We need to get out of our chairs and off the sofas.

That fancy new fitness tracker you got for the holidays may help prod you to move more. Don't become obsessive, though, especially about that 10,000-steps-per-day goal. It was developed as a Japanese marketing gimmick.

2. Healthful eating isn't about no-nos, speedy diets, or just losing pounds

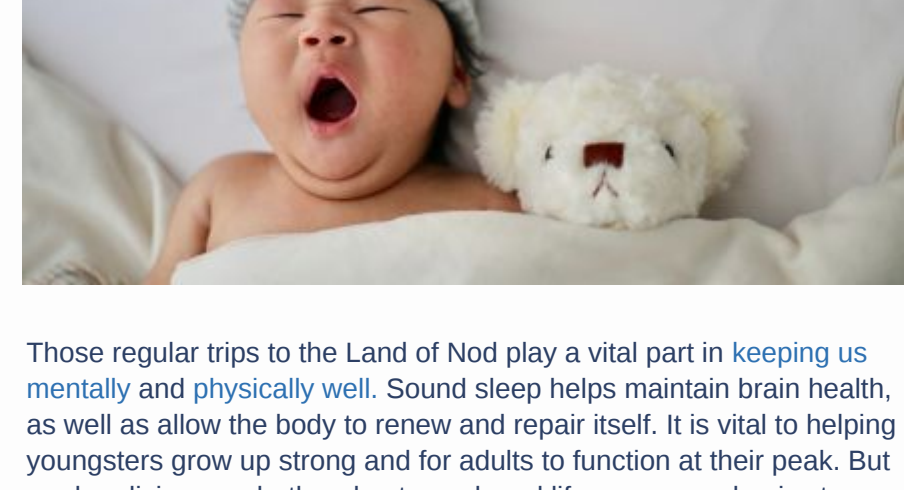


Who wouldn't be wealthy by now if we had a dime for every friend or family member who launched a New Year diet plan, only to see it crash within a few weeks?

Weight loss is tough, and for many it may not be the right goal. Instead of just focusing on pounds and negative notions about individual foodstuffs, health-seekers should think about eating in quality ways, at regular times, in reduced portions.

By careful menu planning and focusing on nutritious meals, most of us can and should forgo a stray of vitamins and supplements that too many consumers spend way too much money on -- without evidence of any benefit.

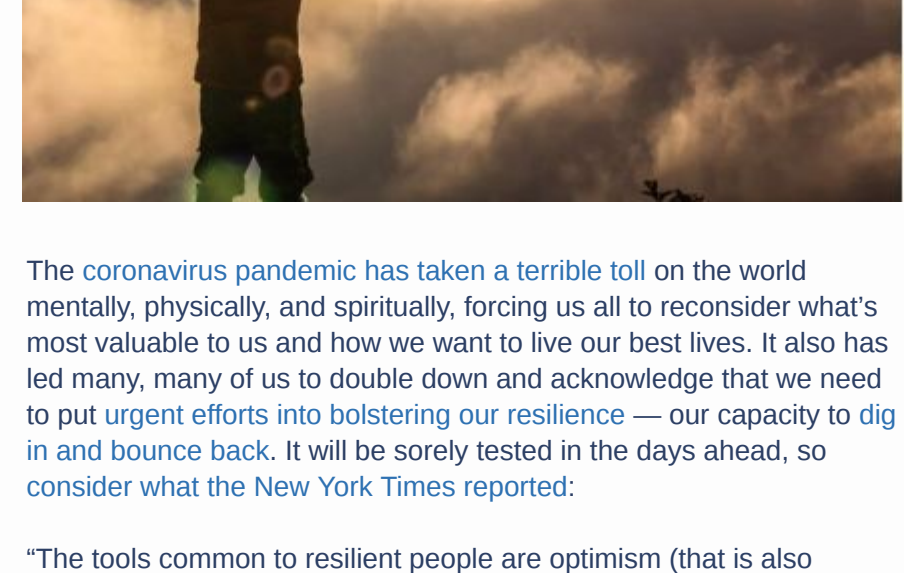
3. The brain and body require good sleep



Those regular trips to the Land of Nod vital a part in keeping us mentally and physically well. Sound sleep helps maintain brain health, as well as allow the body to renew and repair itself.

To turn this around, don't rely on drugs or alcohol, with their negative effects. Do wind down the day at a regular time, especially for kids and with a well-understood routine.

4. Resilience is key, now more than ever

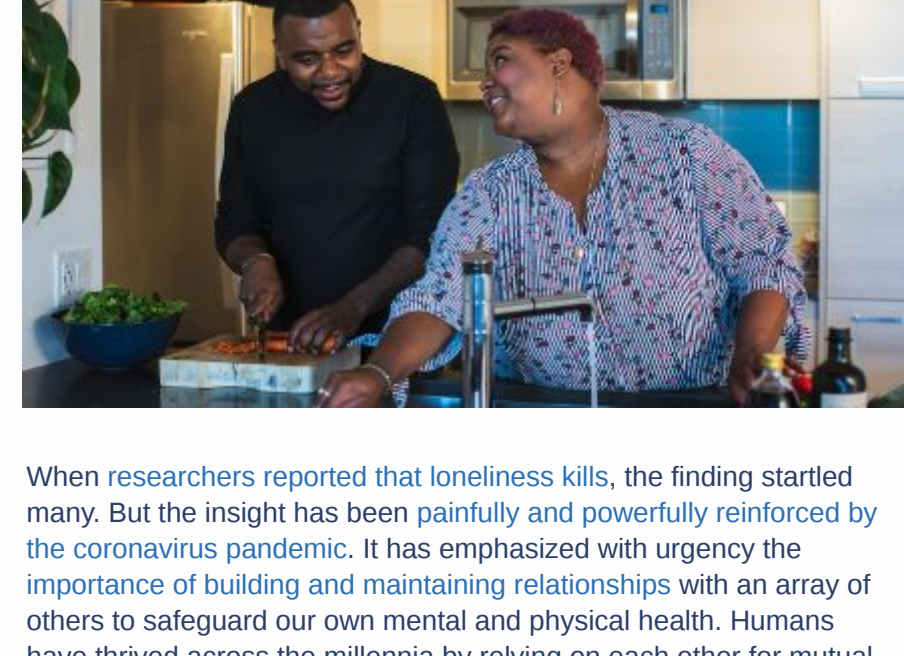


The coronavirus pandemic has taken a terrible toll on the world mentally, physically, and spiritually, forcing us all to reconsider what's most valuable to us and how we want to live our best lives.

"The tools common to resilient people are optimism (that is also realistic), a moral compass, religious or spiritual beliefs, cognitive and emotional flexibility, and social connectedness.

Too many people have tried to deal with isolation, loneliness, economic, and other problems with alcohol and drugs, leading to record overdoses and deaths.

5. Strong relationships bolster health



When researchers reported that loneliness kills, the finding startled many. But the insight has been painfully and powerfully reinforced by the coronavirus pandemic.

At the individual level, too many loved ones saw how public health measures left seniors, especially, locked up, withering, and alone in nursing homes and long-term care institutions.

Health and wellness advice is full of woo-woo. Avoid it. Change is hard, and patience is a virtue worth cultivating.



To improve our health and wellbeing, and, indeed, the world we now live in, we need to exercise one of the most important parts in all of us: our brains.

When people talk about exercise, diet, and fitness, too often they frame the discussions in competitive terms, as if getting healthy and well is about participating in an athletic contest.

The pandemic has provided us with multiple takeaways of value, including that humanity proposes but the divine disposes (to paraphrase the saying).

Americans spend trillions of dollars on their health, and that has flooded the market with wellness "experts" and a whole profit-focused industry.

Recent Health Care Blog Posts

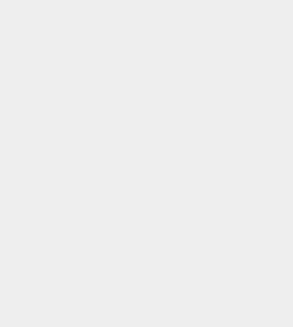
- Here are some recent posts on our patient safety blog that might interest you:
- Regular folks have known it, chapter and verse, forever. They experience it every time they pay for their prescription drugs.
- The battle to safeguard the elderly, sick, and injured residents of the nation's nursing homes and other long-term care facilities is far from over...
- Profit-raking private investors, aka hedge funders, have taken aim at operations intended to help the elderly, desperately ill, and grievously injured experience a dignified death.

HERE'S TO A HEALTHY 2022!

Sincerely, Patrick Malone

Patrick Malone & Associates

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IN THIS ISSUE

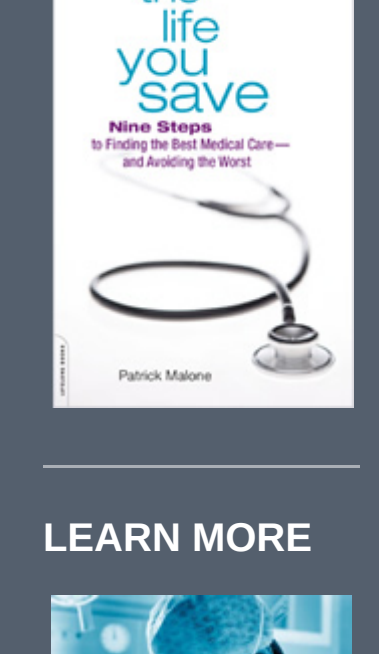
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BY THE NUMBERS

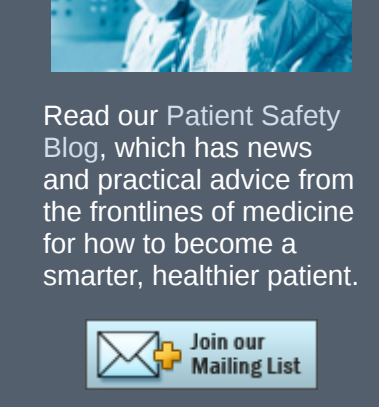
- 73.6% Federal estimate of the percentage of Americans 20 years and older who are overweight or obese.
\$71 billion Estimated dollar size of the U.S. diet and weight-loss industry.
\$411 billion Estimated economic losses in the United States due to Americans' insufficient sleep.
6 Number of key factors found in 80-year study of hundreds of men and how they stayed healthy, lived longer, and were happier.

QUICK LINKS

- Our firm's website
Read an excerpt from Patrick Malone's book: The life you save
Nine Steps to Finding the Best Medical Care -- and Avoiding the Worst



LEARN MORE



Read our Patient Safety Blog, which has tips and practical advice from the frontlines of medicine for how to become a smarter, healthier patient.

PAST ISSUES

- How you can be a medical Good Samaritan -- it's easy and (almost) pain-free, and you get benefits too
Good news in health care helps balance out the bad
A new generation is getting addicted to nicotine based on a false promise that vaping is less poisonous than smoking.
Protecting our health from weather extremes needs planning at home right now.
You Can Eat This... But Why Would You?
Looking Ahead: Preparing for Long-Term Care
Managing Chronic Pain: It's Complicated
Secure Health Records: A Matter of Privacy and Safety
Standing Tall Against a Fall