WHY PRIMARY CARE?
STAYING WITH THE SAME DOCTOR CAN HELP YOUR HEALTH

An estimated 209,000 (physicians in the U.S. practice primary care, caring for a population that is approaching 325 million). Yet, of roughly 18,000 U.S. medical graduates every year, only 25% go into primary care. What is the importance of primary care and how do statistics support this case?

Primary care includes family medicine, internal medicine, nursing, nurse practitioners, pharmacy, pediatrics, general ob/gyn, gerontology, behavioral health, community health, optometrists, and the other people and professions who fulfill the general medical needs of patient populations.

Primary care professionals serve on the front lines of healthcare. For many, they are the first point of contact with the healthcare system. That means they are often the first to see depression, early signs of cancer or chronic disease, and other health concerns. They ensure patients get the right care, in the right setting, by the most appropriate provider, and in a manner consistent with the patient’s desires and values. Primary care professionals are, essentially, the quarterbacks of healthcare.

Why exactly is primary care important? Through routine check-ups, primary care can head potentially serious problems off at the pass. As a result, adults in the U.S. who have a primary care provider have 19% lower odds of premature death than those who only see specialists for their care.

And if prolonged life were not enough, primary care is important because it lowers costs, too. People who have a primary care provider save 33% on healthcare over their peers who only see specialists. Access to primary care helps keep people out of emergency rooms, where care costs at least four times as much other outpatient care. A study in a North Carolina ER found that nearly 60% of the patients’ problems could have been addressed in a primary care clinic for a savings of a whopping 320-720%—that’s a value of three to seven times less.

Catching and treating problems early, which happens during annual check-ups, is also cheaper than treating severe or advanced illness, which often bring patients to specialists. If everyone saw a primary care provider first for their care, it would save the U.S. an estimated $67 billion every year. Another study found that for every $1 increase in spending in primary care resulted in $13 in savings in overall spending.

Source: www.primarycareprogress.org/primary-care-case/

If everyone saw a primary care provider, the US would save an estimated $67B every year.

**MD LIVE AND WHEN TO USE IT**
- As a low-cost alternative to the emergency room or urgent care
- Emergency room or urgent care medical issues
- Your primary care physician is not available
- At home, traveling or at work
- 24/7/365

Log in to mdlive.com or use the mobile app
HOW MUCH SLEEP DO YOU REALLY NEED?

It is one of those facts that have gone pretty much unquestioned for decades: Get 8 hours of sleep every night. It’s a convenient starting point for adults, but not so much for older adults, children, and teens.

Now, the National Sleep Foundation has updated its guidelines on how many hours of sleep people need, adding age brackets and widening the acceptable ranges of sleep every night for most existing age groups.

“This is the first time that any professional organization has developed age-specific scientific literature relating sleep duration to health, performance, and safety,” said Charles A. Czeisler, PhD, MD, chairman of the board of the National Sleep Foundation, in the statement. “The National Sleep Foundation is providing these scientifically grounded guidelines on the amount of sleep we need each night to improve the sleep health of the millions of individuals and parents who rely on us for this information.

Source: prevention.com/health/sleep-energy/a20448583/are-you-getting-enough-sleep-based-on-your-age/

DAILY RECOMMENDED SLEEP BASED ON AGE

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns (0-3 months)</td>
<td>14-17 hours</td>
</tr>
<tr>
<td>Infants (4-11 months)</td>
<td>12-15 hours</td>
</tr>
<tr>
<td>Toddlers (1-2 years)</td>
<td>11-14 hours</td>
</tr>
<tr>
<td>Preschoolers (3-5)</td>
<td>10-13 hours</td>
</tr>
<tr>
<td>School-Age Children (6-13)</td>
<td>9-11 hours</td>
</tr>
<tr>
<td>Teenagers (14-17)</td>
<td>8-10 hours</td>
</tr>
<tr>
<td>Young Adults (18-25)</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Adults (26-64)</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Older Adults (65+)</td>
<td>7-8 hours</td>
</tr>
</tbody>
</table>
4 WAYS TO BEAT WINTER WORKOUT BLUES

Staying active during winter can not only help maintain your weight, research published in The American Journal of Psychiatry found that as little as an hour of exercise a week can also help combat against depression and seasonal affect disorder during those colder, darker days.

Still, feeling motivated enough to do it can often be a hurdle. Use these trainer-backed strategies and tips from Charlee Atkins, CSCS, founder of Le Sweat, to combat winter workout blahs. (Don’t forget to start every work out with dynamic stretches, to help your body warm up and prevent injury.)

SCHEDULE YOUR WORKOUTS
Similar to meal prepping, Atkins says one of the easiest ways to make sure you stay on track during the winter is to sit down on Sunday night and mark the days you’re going to exercise. By writing them down, you take out the “maybe” factor and make them a definite. You can even take it a step further and write out exactly what workouts you want to do, which may help you save on time.

“A gym session doesn’t need to be an hour,” says Atkins. “You can get your workout down in 30 to 40 minutes if you walk in knowing what you want to do.”

SIGN UP FOR A CHALLENGE
Stay accountable by joining a weekly challenge at your gym, try a Fitbit challenge, or commit to a weekly program (like this ab challenge on Le Sweat, which is only 7 minutes a day). By having a daily or weekly goal, you’re more motivated to stay on track. Plus, if you can see your friends and family crushing it, you’re less likely to slack off.

USE STICKY NOTES
Use past emotions—good or bad—to inspire future action. “Whether you’re inspired from a runner’s high or upset that you missed a workout, expel your energy onto a Post-It and help use it to get your rear into gear,” says Atkins. Leave Post-Its on your mirror to help motivate you and remind you how you felt in the moment you crushed a workout or skipped one and felt crummy afterward. “Each scenario can help steer you to start sweating,” says Atkins.

JUST SHOW UP
Getting there is the hardest part, says Atkins. There will be some days you just don’t feel like going to the gym or layering up for a run. Do it anyway, even if you have to modify your original plans. Not only will you feel better once your workout is done, but by staying on course with your routine, you’re less likely to bail on future exercise sessions.

Source: blog.fitbit.com/winter-workouts/

RADICCHIO, PEAR, GORGANZOLA, POMEGRANATE, AND WALNUT SALAD

YIELD 4-6 SERVINGS  •  PREP 10 MINUTES  
TOTAL TIME: 15 MINUTES  
RECIPE BY—A BEAUTIFUL PLATE

INGREDIENTS

Dressing
2 tablespoons fig balsamic vinegar (or high-quality balsamic vinegar)
2 teaspoons fresh lemon juice
3/4 teaspoon Dijon mustard
2 tablespoons toasted walnut oil
2 tablespoon extra virgin olive oil
1 garlic clove
3 pinches of salt
freshly ground black pepper

Salad
1 head of radicchio
2.5 ounces mixed baby greens
2 Bosc pears, cored, quartered, and sliced into 1/2-inch chunks
3/4 cup toasted walnuts, roughly chopped
1/2 cup fresh pomegranate arils
3 ounces gorgonzola cheese, crumbled

DIRECTIONS

1. In a small bowl, whisk together the balsamic vinegar, lemon juice, and Dijon mustard. Slowly pour in the walnut oil, followed by the olive oil, whisking continuously with your other hand, until the mixture is emulsified. Smash the garlic clove with a side of a knife and add it to the vinaigrette. Season with salt and pepper to taste. Set aside.

2. Slice the radicchio in half, remove the core, and slice the radicchio perpendicularly into 3/4-inch-thick ribbons. Combine the radicchio and mixed greens in a large salad bowl. Add the pear chunks, walnuts, and pomegranate arils. Slowly add the vinaigrette to lightly coat the greens, and gently toss the salad. Top the salad with the crumbled gorgonzola cheese and serve immediately.
15 MINUTES OF WALKING A DAY CAN CHANGE YOUR BODY

- Among 10,269 male graduates of Harvard College, walking at least nine miles a week was linked to a 22% lower death rate.
- Among 44,452 male health professionals, walking at least 30 minutes a day was linked to an 18% lower risk of coronary artery disease.
- Among 72,488 female nurses, walking at least three hours a week was linked to a 35% lower risk of heart attack and cardiac death and a 34% lower risk of stroke.

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