

GALINOS NEWSLETTER

The Galinos Medical Clinic Inc



KILLING ME SILENTLY

by Carolina R. Reyes, MD, MAN, MHA, DFM, FPAFP

Seafarers, I know you are aware of this. Deny all you want but this is true since ages ago. One of the most dangerous health conditions is also one of the sneakiest.

High blood pressure is often called the "silent killer" because most people who have it don't have any symptoms. And that silence can be deadly. High blood pressure can lead to a host of serious problems, including heart attack, heart failure and stroke. That's why it's important to know your risk factors for developing high blood pressure – and to take steps to lower your risks.

As told oftentimes, High blood pressure can cause significant damage to your heart, eyes, kidneys, brain, and blood vessels. Left untreated, this can lead to kidney failure or vision loss. Your ability to think, remember and learn can also be affected by high blood pressure. There's even a type of dementia – vascular dementia – caused by high blood pressure.

What can you do? Know your numbers – and act on them.

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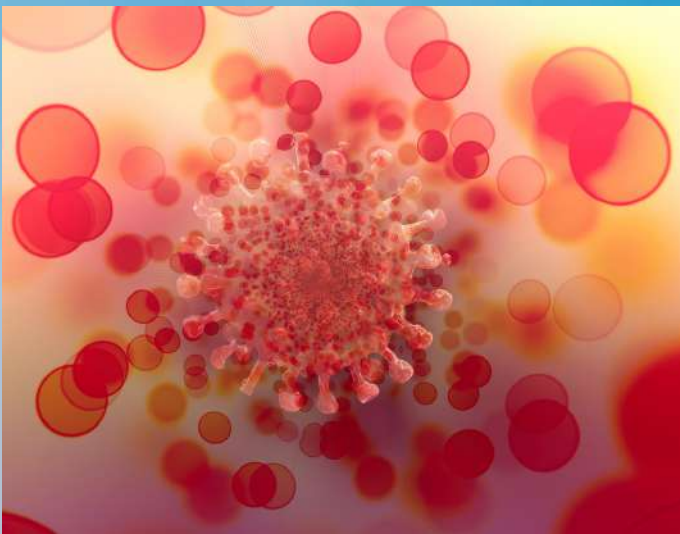
UPDATE- DIABETES AND COVID-19

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SPEND WISELY



It has long been clear that COVID-19 has had a devastating effect on people with diabetes. That's especially true for people with less-than-optimal blood glucose control — studies have shown that people with a higher HgbA_{1C} level (a measure of long-term blood glucose control) are more likely to be hospitalized with COVID-19, and blood glucose control over the previous two to three years is linked to the risk of needing admission to the intensive care unit (ICU) after being hospitalized.



Overall, men with diabetes are more likely than women to die from COVID-19, and older people with diabetes are more likely to die from the infection than younger people. And people with diabetes who also have advanced kidney disease are at especially high risk for poor outcomes.

With this update from CDC and WHO, assessing, monitoring and controlling of blood sugar is crucial and should be put into importance in people with comorbidities.

COVID-19 AND DIABETES

by Carolina R. Reyes, MD, MAN, MHA, DFM, FPAFP

Several factors are linked with a higher risk of mortality from Coronavirus disease-19 (COVID-19), including male gender, increased age, hypertension, diabetes mellitus, obesity, cardiovascular diseases, chronic obstructive pulmonary disease, and cancer. Hyperglycemic COVID-19 patients have severe clinical problems, increased ICU admittance, machine-driven ventilation, and a substantial rise in inflammatory markers. Among all patients, those with diabetes or hyperglycemia have a two- to four-fold increase in mortality and severity of COVID-19 than those without diabetes.

So aside from vaccination, let's keep our blood-sugar levels under control with medication, diet, and lifestyle changes.



SOURCE:
[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NGOV/VARIANTS/OMICRON-VARIANT.HTML](https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html)
Credit: Dr. Reyes (April 2021)



HOW TO COPE WITH CHRISTMAS AWAY FROM HOME

by Iris Joy Montano

Skype your way through Christmas dinner. Regardless of what you decide to do on the dreaded day, plan to have a video chat session with your family – perhaps during Christmas dinner or lunch. Prop up your webcam on your kitchen table and enjoy your meal as you share jokes and smiles with your family... While it won't be quite the same as being there in person, it's the next best thing. Remember: just because you can't be home for Christmas doesn't mean you should completely cut yourself off from your family. Nothing beats a Skype call when you're feeling homesick.

Find some time for your favorite self-care activities. Take care of yourself and give yourself a little pampering. Think about those relaxing activities that make you feel good, happy and relaxed. Have a moment with your co-workers in your workplace and discuss happy thoughts that make all smile or simply go a walk with a friend and enjoy what you see around.

Get yourself a gift. Don't miss out the chance to get yourself a gift. Think about a priceless gift you would like to give to yourself. Some ideas are: give yourself the gift of more time by learning new time management strategies; give yourself the gift of an emotional outlet by channeling stress into fitness; give yourself the gift of making new friends by taking on new hobbies.

Have a local festive feast and add in some familiar treats. Hopefully the days of travelling anywhere with a suitcase full of traditional food are behind us. Doesn't mean you can't pack a few familiar treats for the big day when you're not on home territory.

Have fun. Basically embrace being away. It can be hard not to spend time wondering what's going on back home but I've found the best way for me not to dwell on home, is to crack on with having a good time and making the most of a trip away.

Source:

<https://www.letmegiveyousomeadvice.com/pack-christmas-away-from-home>
<https://meandbmakeeta.com/2017/02/15/working-away-from-home-tips>
<https://www.topuniversities.com/blog/7-ways-cope-christmas-away-home>
<https://familytraveller.com/travel-tips/family-christmas-away-from-home>





SPEND WISELY

by Jose Arnel Bernabe

BUDGET. This helps you figure out your long-term goals and work towards them. A budget forces you to map out your goals, save your money, keep track of your progress, and make your dreams a reality.

Switch to only CASH. If you have a severe problem with credit spending, this is the way to go. Some folks swear by this method even if they don't necessarily have trouble with credit cards.

Consider HOMEMADE. Homemade presents are great ways to save money while creating something memorable. These gifts might not work for everyone on your list, but they're good options for some. Consider photos for grandparents or cookies for your kids' teachers

Start SAVING EARLY. If you put aside money each month to cover your holiday expenses at the very start of the year, you will stress a lot less about your holiday spending when the time comes. Consult last year's budget to see how much you spent, then divide that number by 12. This is how much you need to put aside each month in order to cover the next year's holiday spending.

Make a LIST of things that has value to you and things that gives **JOY** to your life. If you know the definition of Joy.

Bottom line: avoid spending too much money on things that aren't at the top of your "joy" list.



For some people, trying to stick to a holiday budget is frustrating. Trying to restrain their spending seems to suck all the joy and magic out of this special time of year. But if you think about it, that doesn't really make sense. What makes the holidays most enjoyable isn't the money you spend, but the time you spend with the people you love.



Source:

<https://www.moneycrashers.com/ways-save-money-holiday-season>

<https://www.investopedia.com/financial-edge/1109/6-reasons-why-you-need-a-budget>

<https://www.cloudways.com/blog/startup-founder-holiday-season-tips>

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