



The Concierge Medical Practices of
Lenholt & Schlossberg

News

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A New Direction in Health Care



Salt Watch



Coffee



Eat Properly

Dear Members,

Welcome to our new practice. We are thankful to each of you for placing your trust in us as your personal physicians and joining us in this new endeavor to provide the most attentive care possible.

In this first issue of our quarterly newsletter, we want to introduce you to some of the features of the new practice. We are pleased that Lisa Cassidy, R.N. will be joining us in the practice. Some of you will recognize her as Dr. Lenholt's current nurse. Others of you will come to know her excellent skills and compassionate care as you meet her for the first time during your visit to the office.

As we have indicated in our mailings and discussions, our desire is to provide a proactive approach to our patients' health care needs. Whether you suffer from chronic conditions, desire to live the healthiest lifestyle possible, or want responsive and convenient appointments, the practice is now structured to provide you with the personal attention you deserve.

In future issues of this newsletter, we want to introduce you to new developments in medicine, tips for a healthier lifestyle, a patient's forum where you can ask questions, and general medical information. As you know, health care is in the news every day and more of you are showing an interest in the latest information. Through this publication, we hope to help you cut through the clutter and keep you abreast of knowledge you can use to lead a healthier and more satisfying life. Our aim is to be your health care coach, helping you through the maze of this modern, complicated medical system.

We want this newsletter to be suited to you, our patients, and as such we urge you to share your ideas and opinions so that it can be as informative and useful as possible. Together we can make a difference. We look forward to seeing each of you and providing you with the best of care.

Laura S. Lenholt MD

Leonard A. Schlossberg MD



One-Minute Mood Management

Take a deep breath, hold for 3 seconds, and exhale slowly. That is enough time to clear your mind and relax. Try it next time you are stressed or to re-energize.

Is Coffee Good Or Bad For Me?



Coffee has a long history of being blamed for many ills — from the humorous, “It will stunt your growth” to the not-so-humorous claim that it causes heart disease and cancer. But some recent research indicates that coffee may not be so bad after all. So which is it — good or bad for your health? The best answer may be: It doesn’t seem to hurt and it may help.

One large study of 128,000 men and women showed no increase in the risk of heart disease from drinking filtered coffee. The findings — which were published on May 2, 2006, in the journal “Circulation” — indicated that it didn’t matter how much coffee participants drank.

Older studies linked coffee with a variety of ills including pancreatic and breast cancer, as well as heart disease. These studies suffered from design flaws common to many older dietary studies. It is very difficult to isolate the effect of a single food or nutrient given the presence of so many variables in our diets and lifestyles. Indeed, it turns out that, at least in the past, heavy coffee drinkers were more likely to smoke than light or non-drinkers. It is actually the smoking, rather than the coffee, which caused the health problems.

In addition to being a nice pick-me-up, and quite tasty as a cappuccino or latte, coffee may reduce the risk of both kidney stones and gallstones. Coffee may even be a mild anti-depressant, as its use has been linked to lower suicide rates. Preliminary evidence suggests that coffee may reduce the risks of Type 2 Diabetes and colon cancer.

However, this is not to say that you should disregard the old maxim, “Everything in moderation.” Although coffee may not be harmful, other beverages such as 100% fruit juice contain important nutrients that coffee does not. Certainly, there is more evidence of a protective effect from fruits, vegetables and whole grains than from coffee. So enjoy your coffee as part of a healthy diet that includes a wide variety of foods.

Community Happenings

Nature Walks and On-going events at the
Naples Preserve
www.cs.naplesgov.com/parks

Old Naples Walking Tour
Every Wednesday at 9 AM
Organized by the Naples Historical Society
www.napleshistoricalsociety.org



End Your Love Affair With Salt

Doctors at the annual meeting of the American Medical Association (AMA) joined the American Heart Association and other health groups to tell us forcefully to stop consuming so much salt. Here's what's behind this story, which made national headlines recently.

Did You Know...

Every U.S. bill regardless of denomination costs just 4 cents to make.

One billion seconds is about 32 years.

There are over 1,000,000 swimming pools in Florida, even though the ocean is no farther than 80 miles away.

Coca-cola used to use the slogan "Good to the last drop," in 1908. This slogan was later used by Maxwell House.



Salt intake raises blood pressure, and high blood pressure is a risk factor for strokes, heart attacks, and kidney disease. About one-third of American adults, and a much higher percentage of the elderly, has high blood pressure or hypertension, defined by a systolic blood pressure (the top number) of 140 mm Hg or higher and/or a diastolic pressure (the bottom number) of 90 mm Hg or more.

About 30 percent of people with hypertension don't know they have it, and many millions more have prehypertension, defined as systolic blood pressures between 120 and 139 mm Hg and/or diastolic pressures between 80 and 89 mm Hg, which greatly increases the likelihood that they will develop hypertension.

The AMA made the following resolutions: decrease salt consumption 50 percent over the next decade; reduce salt content in processed foods and in restaurant meals; and remove salt from the list of foods generally considered as safe so that the Food and Drug Administration could regulate the salt content of foods.

Now you might be confused, because some recommendations refer to salt intake while others mention sodium. It's easier to think in terms of dietary sodium rather than salt, especially since food labels list only the sodium, not the salt (sodium chloride, sometimes abbreviated NaCl), content of food. Sodium comprises 40 percent of salt. The goal is to limit dietary sodium, most of which comes from salt.

At more than 4,000 mg per day, the sodium intake of the average American far exceeds the body's requirements for this mineral. Recommendations from the 2005 Dietary Guidelines for Americans limit daily intake of sodium to 2,300 mg (about 1 teaspoon of salt) in healthy people and to 1,500 mg in those with hypertension.

In 2004 the Institute of Medicine recommended even greater restrictions in sodium intake: less than 1,500 mg daily for all adults under age 50, and lower sodium intake with increasing age to less than 1,200 mg for those over 70.

It will take many years before substantial changes are made in the sodium content of the foods we eat. As you'd expect, the food industry has raised serious objections to the AMA recommendations, stating that lowering sodium intake has not been proven to save lives.

But the research is quite clear: even though reducing salt intake lowers blood pressure only modestly in people with hypertension, it's enough to dampen its dangers. And many studies have shown that lowering blood pressure decreases the risk of strokes, kidney disease, and heart attacks.

In the meantime, there's much you can do to limit your own sodium intake:

- Banish salt from the table and in cooking. Of course, the most obvious step is to remove the salt shaker from the table and avoid adding salt during cooking.
- Avoid too much processed food. You may be surprised to learn that less than 15 percent of our sodium intake comes from salt at the table or from cooking. The vast majority comes from the sodium in processed foods. A serving of canned vegetable soup, for example, contains almost 900 mg of sodium. So read the label before you eat (preferably, before you buy).
- Cross these high-sodium foods off your list. Canned fruits and vegetables; cheese; ketchup and soy sauce; microwave popcorn; processed meats like bologna, frankfurters, and cured ham; salted nuts; olives and pickles; smoked or cured fish; salted butter and margarine; and snack foods like potato chips and pretzels.

Eat Properly



Eating less isn't the only way to drop a few pounds.

If you eat the right foods, you can actually eat more and weigh less, says Genesys Regional Medical Center in Michigan.

Skip high-calorie, sugary foods that are quickly eaten and digested, and make you hungry again sooner. Rather, opt for high-fiber, low-calorie foods that take more time to eat and make you feel full longer.

Here are some more good suggestions:

- Eat some fat, but make it healthful fat, like omega 3.
- Eat moderate amounts of complex carbohydrates.
- Include fruit and vegetables in every meal.
- Don't completely deprive yourself; eat treats in small amounts.
- Focus on long-term goals.



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