



# Care as Individual as You

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## Three Years in the Mid-Willamette Valley

February marks three years since Praxis Health opened South Salem Primary Care and began serving the Salem community! None of us could have known that within the first couple of weeks of opening our doors, the world would be faced with a pandemic, making for a wild first couple of years. With all these challenges, we are proud that we have been able to keep growing in our mission to serve all of you – opening additional clinics in Dallas, Albany, and Salem since 2020.

In this time we have also remodeled spaces in Salem and Dallas, looking to continue to invest in giving all our patients the space and environment you all deserve. By the end of 2023, we also have plans for an expanded facility in Albany that will be another larger and newer option for all our patients.

We want to say thank you as we celebrate three years!

### Fun Facts

1. We are a family-owned and operated organization
2. We have clinics from Vancouver down to Eugene and east of the Valley
3. We now have endocrinology in Salem
4. Our CEO started as a clinic supervisor at Praxis over 14 years ago





Praxis Health

## Ask a Provider

# Is Preventive Medicine Worth Your Time?

We recently asked Christine Rue, a Family Medicine Provider at our South Salem Primary Care clinic to learn why she encourages all of her patients to be seen for a Complete Physical Exam.



*Preventative exams are an important piece of the annual care plan, developed together with each patient and their provider. They allow time to review needed health maintenance screenings (colonoscopy guidelines now start at 45 years old!), update your medical records, medications and referrals, and discuss your health goals. Prevention is the best medicine, so please call to schedule your annual exam soon!*



**Christine Rue, PA-C**

South Salem Primary Care  
Salem, OR

## What is included in a Complete Physical Exam?

- ☒ Review of Vital Signs
- ☒ Hands-on Exam
- ☒ Personal Health Concerns
- ☒ Medical Care Preferences
- ☒ Comprehensive Lab Work
- ☒ Risk Assessment
- ☒ Care Planning
- ☒ Vaccinations
- ☒ Health Lifestyle Counseling

## Schedule Today

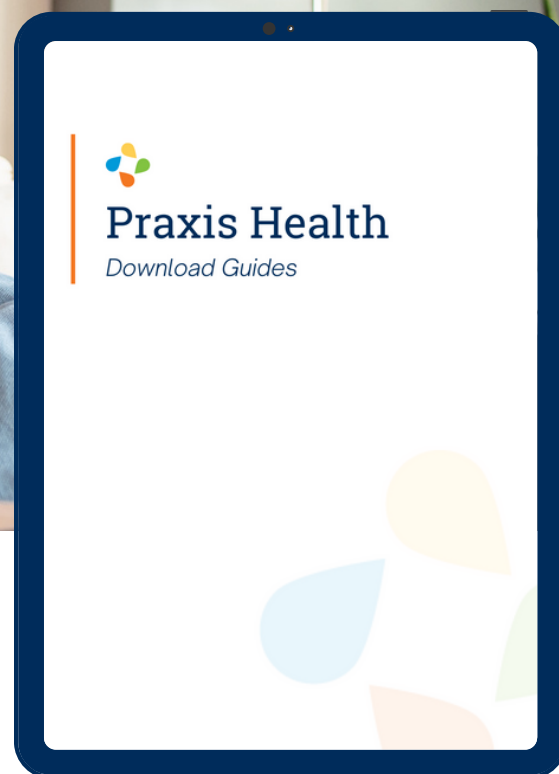
[Albany Primary Care](#)

[Dallas Family Care](#)

[South Salem Primary Care](#)



## Patient Portal



Communicate with your care team directly without ever picking up the phone!

Gain access to your health information including:

- Current vitals
- Immunizations
- Lab results
- Important health information



**PATIENT PORTAL**

[Try Our Patient Portal](#)



**Need Help with Patient Portal?**

[Download the Guide](#)

# 5 Ways to Keep Your Heart Healthy

With February being American Heart Month, it makes me think of ways we can improve cardiovascular health. As a family medicine doctor, my patients often ask me what changes they can make to their lives to live healthier and longer. I normally suggest the recommendations below.

*A message from*



**Paul Goebel, MD**

**Pacific Medical Group,  
Praxis Health**  
*Tigard, OR*

## 1. Quit Smoking



The biggest bang for your buck is nicotine replacement.

This suggestion may seem obvious, yet I still have patients that come into the office that are smokers. Although it is much less than it used to be, thanks to the evidence that we have of tobacco links to cancer, cardiovascular disease, and chronic lung disease, I'm still surprised that I'm still seeing it. Despite all of this, it can be extremely difficult to stop smoking once you've started (not to mention a waste of money). Luckily, there are medications that can help. The biggest bang for your buck is nicotine replacement. People who find it easier to quit smoking set a quit date, like a birthday or holiday. It takes an average of around seven (or more) times to quit smoking depending on the study, so if this is you keep at it.

## 2. Get Active

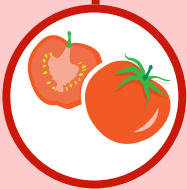


*"A journey of a thousand miles begins with a single step."*

- Lao Tzu

Patients think that I want them to run a marathon in a few weeks, but this isn't the case. The American Heart Association and the American College of cardiology recommend at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity. I usually tell patients to start anywhere. If you can only walk to the corner of the street and back, then start there and build.

### 3. Eat Healthy



## The Mediterranean diet demonstrates superiority (over other diets) in cardiovascular health.

This one seems easy as well, but I've had patients think that I wanted them to eat only salads every day, but this isn't the case. Many patients ask about what the healthiest fad diet is. There are militant fans about the Paleolithic diet, vegetarian diet, or diets for your blood pressure. For cardiovascular benefit there is no beating the Mediterranean diet. Year after year this diet demonstrates superiority in cardiovascular health.

### 4. Control Your Blood Pressure



If the above things don't seem to lower your blood pressure you may want to see a physician and consider starting medications. Blood pressure guidelines from 2017 were lowered significantly from the previous JNC eight criteria.

Normal	Elevated systolic	Stage one systolic	Stage two systolic
Less than 120/80	Between 120 through 129 and diastolic less than 80	Between 130 – 139 or diastolic between 80 – 89	At least 140 or diastolic at least 90 mmHg

Above these numbers are considered serious concerns that may need emergency care.

***\*Uncontrolled blood pressure can double your risk of cardiovascular complications compared to those with normal blood pressure.***

### 5. Manage Stress



## Set aside time for yourself each day just like you were prescribed the medication.

Do something that you enjoy every day and prioritize those activities. If you don't have anything that you can enjoy, try doing something new. Get enough sleep most people need 7 to 8 hours. Practice relaxation - there are several free apps online or websites that can help you through guided imagery, yoga, tai chi or mindfulness practices. Accept your needs and recognize things that increase your stress and try to reframe your reactions through grounding techniques. If these steps do not provide adequate control, you may need to see a mental health professional and consider other options for treatment.