

Health Tips

Your Good Health Information From eDocAmerica

with

Dr. D



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Health Tip: Let eDocAmerica help with your New Year's Resolutions

"Cheers to a new year and another chance for us to get it right."

~Oprah Winfrey



Some people feel that New Year's resolutions are something that "goes in one year and out the other". Others use the occasion to make positive changes in their lives. Two of the most common of these lifestyle changes are losing weight and becoming more physically fit. With the addition of eDietitian and eFitness to the services offered through eDocAmerica, we are well prepared to help those who have made a

commitment in the coming year to one or both of these goals.

Need some reasons to consider losing weight?

How about these:

- Life Insurance is often less expensive
- You are more likely to get hired (and promoted) at a job
- You are less likely to develop chronic health problems such as high blood pressure or diabetes
- You are less likely to become depressed
- You will have a greater clothing selection in stores
- Your self-esteem may be enhanced

eDocAmerica recently launched eDietitian. This service is staffed by Sydney Rephan, a Registered Dietitian. Ms. Rephan's specialty is weight control. She finds it particularly rewarding to assist individuals with chronic medical conditions, such as diabetes and high blood pressure, in achieving their weight loss goals while at the same time noting improvements in their general health.

By now, almost everyone is aware that there are proven health benefits to

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Services Overview

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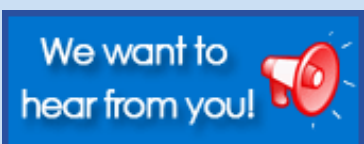
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If you have not yet used eDocAmerica to communicate with our physicians, we urge you to give it a try. Email us about this or

any other topic or question you have!



getting regular exercise. But just in case you need a reminder, consider these facts:

- Regular exercise can help prevent or manage a number of chronic conditions such as high blood pressure, elevated cholesterol and diabetes.
- Exercise has been shown to stimulate certain brain chemicals, improving your self-esteem and leaving you feeling happier and more relaxed.
- Exercise helps to strengthen and improve the efficiency of your cardiovascular system allowing you to do more physically with less effort.
- Exercise burns calories and can help keep your weight under control.
- And perhaps most importantly, exercise has been shown to significantly reduce the risk of premature death from heart disease, stroke and certain types of cancer.



eFitness is a physician staffed service designed to assist those with exercise-related questions. Need advice on starting a walking program? Wondering how to deal with the aches and pains that occur when starting to exercise? Want to learn how to prevent running injuries? Interested in reducing cellulite or getting a flatter abdomen? Contact Dr. Davidson through eFitness for answers to all of your exercise or fitness-related questions.

Don't forget about the other services provided through eDocAmerica that can help with resolutions too:

- Have you resolved to be more conscientious about the care of your teeth? Contact eDent for advice on your dental health.
- Have you, like many others, experienced the Holiday Blues? Consider ePsych as a resource for your psychological concerns.
- Then there's ePharm, staffed by Registered Pharmacists and eDoc, our original service, staffed by Board Certified Physicians, that for over a decade has helped thousands of individuals with their medical concerns.

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

~Edith Lovejoy Pierce

If you or someone in your family would like to know more ways for eDocAmerica to assist you in achieving your New Year's Resolutions, then click on the 'Ask eDoc' icon, to the right, login, and send us your questions.

[Ask eDoc](#)

We would love the opportunity to assist you in getting the help you need.

Have you ever used eDocAmerica?

To register, just [Click Here](#) and follow the simple directions. The entire process should take less than 5 minutes.

You'll be glad you did.



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