

CLINIC NEWSLETTER

JANUARY 2025 | LET'S TALK: WINTER HEALTH PROBLEMS

TOP 3 PROBLEMS IN WINTER

Winter often brings specific health challenges due to colder weather, indoor activities, and seasonal changes. **Colds and flu** are caused by viruses that thrive in cold, dry conditions. Since people spend more time indoors this increases exposure to these germs. **Seasonal Affective Disorder (SAD)** is caused by reduced sunlight during winter and disrupts the body's internal clock leading to feelings of depression. **Dry skin and eczema** can be worse due to cold weather and indoor heating which strips the skin of moisture. By staying proactive, you can enjoy a healthier and more comfortable winter season!



PREVENTION FOR TOP 3 PROBLEMS IN WINTER

Colds and Flu

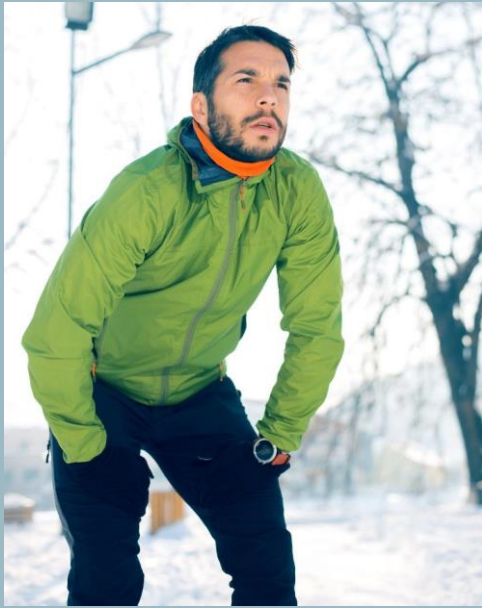
Get Vaccinated
Practice Good Hygiene
Keep Immune System
Healthy
Humidify

Seasonal Affective Disorder (SAD)

Light Therapy
Get Outside
Stay Active
Seek Help

Dry Skin & Eczema

Moisturize Regularly
Avoid Hot Showers
Hydrate
Wear Protective
Clothing



RESPIRATORY HEALTH

To optimize respiratory health during the winter, focus on maintaining good indoor air quality with humidifiers and ventilation, staying hydrated, and boosting your immunity through a balanced diet, regular exercise, and sufficient sleep. Protect yourself from cold and flu with vaccines, good hygiene, and masks in crowded spaces, and dress warmly to shield your airways from cold air. Avoid irritants like smoking, pollution, and strong scents, and manage allergies or asthma with prescribed treatments. Stay active indoors with exercises that support lung strength, practice deep breathing for relaxation, and seek medical attention for persistent respiratory issues.

We're Here For Your Winter Wellness Needs!

Your PMR Clinic was designed to support the vast majority of your healthcare needs- that includes helping you with common winter ailments! Keep our number on hand for any sick visits, physicals, wellness exams, primary care needs, new years resolution support, and more!

Here's how you can schedule your appointment:

1. Call 812-505-9005
2. Email pmrcountrymark@pmrhealthcare.com
3. Schedule Online:
 - Go to www.pmrcountrymark.com
 - Click the white "Enter Your Company Portal" button
 - Enter your company password: CMhealth1!
 - Select the orange "Access My Patient Portal" button
 - A new tab will welcome you to the PMR Healthcare Patient Portal login page
 - First time users should select "Create an Account"
 - If you already have an account, you can schedule an appointment that is convenient for you.

For same-day appointments, please call 812-505-9005. We make every effort to ensure you are seen as soon as possible!

CLINIC HOURS

MON 7:00 a.m. – 7:00 p.m.*
TUE 7:00 a.m. – 3:00 p.m.
WED 10:00 a.m. – 7:00 p.m.
THU 7:00 a.m. – 7:00 p.m.*
FRI 8:00 a.m. – 12:00 p.m.

*M, Th: Closed 12-1 for lunch

Need an appointment? Have questions?

Call 812-505-9005

Email pmrcountrymark@pmrhealthcare.com

Go online to www.pmrcountrymark.com

Use Code: CMhealth1!

Visit 405 Southwind Plaza Dr, Mount Vernon, IN

Check website for current clinic hours

