



### GREETINGS FROM DR. TONWE 🙌

I think it is funny how we celebrate birthdays , when Mom did all the work that day. “Birthing days” would make more sense don't you think? I had the easy job – I just kind of showed up. 😂

Though I guess that's not fair to say, since Dr. Dad delivered me--he did a fair amount of work that day too. Thanks to all who sent birthday wishes throughout the month!

This year, we celebrated with axe-throwing at Milford’s own Kiss My Axe!

- Dr. Tonwe



### CANCER PREVENTION MONTH 🚫

It is important to highlight the importance of cancer prevention. Regular screenings can save lives by detecting cancers early when they are most treatable. Talk to us about which screenings are right for you and your loved ones. Together, we can take proactive steps towards prevention and early detection.

### AMERICAN HEART MONTH ❤️

Heart disease is a leading health challenge, but many cases are preventable with the right lifestyle choices. Embrace heart-healthy habits like regular exercise, balanced nutrition, and stress management. Remember to schedule regular check-ups for blood pressure and cholesterol levels. By making small changes today, you can make a big impact on your heart health for years to come. Love your heart this month and every month!

### INSURANCE ISSUES 💰

Some of you may receive (or have already received) notices from your insurance company that we are no longer in network with them. So far, this is from Highmark Health Options and Blue Cross Blue Shield DE. Please rest assured we are aware of this issue and this is unintentional and will not be long-term, and we are working on sorting this problem out. You may wish to reach out to us to reschedule until we can guarantee your insurance will cover your visit, or if you prefer you can submit for reimbursement from your insurance after paying out of pocket.

## HOW TO LOVE SAFELY 🍷❤️

During the month of love, it's an opportune time to talk about sexual wellness, an essential aspect of our overall health. Sexual health goes beyond physical considerations; it encompasses emotional, psychological, and social well-being in relation to sexuality. It's about safe and respectful sexual experiences, free of coercion, discrimination, and violence. Studies have shown that a healthy sexual life can contribute to reduced stress, stronger relationships, and overall improved health.

Embracing sexual wellness means practicing safe sex, engaging in open and honest communication with partners, and regularly undergoing health screenings. It's important to understand and respect personal boundaries and consent in any relationship. Research indicates that open communication about sexual health can lead to more satisfying and safer sexual experiences. Moreover, safe sex practices, such as using condoms and regular testing for sexually transmitted infections (STIs), are crucial. The CDC reports that there are about 20 million new STI cases in the U.S. each year, emphasizing the need for awareness and prevention.

This month and beyond, let's educate ourselves and our loved ones about the importance of sexual wellness. It's a significant step towards a happier, healthier life. Remember, taking care of your sexual health is a lifelong journey, and it's never too late to start.

## IMPORTANT TIPS FOR PROTECTING YOUR MENTAL HEALTH 🧠

Punxsutawney Phil may not have seen his shadow this year, but the days are still short and chilly. It's natural to feel a little tired and blue through the winter, and here are some tips to guide your mental well-being upward for the springtime:

**The Power of Rest:** Embrace the restorative power of a good night's sleep. It rejuvenates the mind, body, and soul, preparing you to tackle the day with renewed vigor.

**Exercise is an Elixir:** Regular physical activity is a miracle cure for the body and mind, boosting mood, enhancing energy, and warding off diseases.

**Good Nourishment:** A balanced diet fuels the body, supports brain function, and is foundational to maintaining overall health and vitality.

**Limit Alcohol & Don't Smoke:** Minimizing alcohol intake and avoiding tobacco are key steps to a healthier life, reducing the risk of numerous diseases and improving quality of life.

**Limit Sedentary Time & Cut Back on Screen Time:** Reducing screen time encourages a more active lifestyle and diminishes the risk of sedentary-related health issues, fostering both physical and mental well-being.

**Cultivate Friendships & Social Connections Via Hobbies:** Engaging in hobbies and building social connections enriches life, boosts emotional health, and strengthens community bonds.

