



QUARTERLY NEWSLETTER

NEWSLETTER

January 2024 is the World Health Organization's Cervical Cancer Awareness Month. The aim for WHO and its partners to raise awareness about cervical cancer. This year, the focus is on ending cervical cancer within a few generations as the theme for Cervical Cancer Awareness Month.

HOW DOES THIS APPLY TO ME?

DO I NEED CERVICAL SCREENING?

Having cervical screening lowers your chances of getting cervical cancer. Screening finds abnormal cells so they can be removed before they become cancer. HPV is found on the skin around the whole genital area and can be spread through any type of sexual activity.

WHAT AGE DO I START?

Women aged **21 to 29** should have a Pap test every three years.

Women aged **30 to 65** have three options for testing. They can have a Pap test and an HPV test (co-testing) every five years. They can have a Pap test alone every three years, or they can have HPV testing alone every five years.

If you haven't had your pap smear yet, use the patient portal to schedule your appointment!

I'M A MALE, WHY DO I NEED TO KNOW THIS?

Male involvement and support are important factors for women to participate in screening programs and adhere to treatment and follow-up recommendations,

STEPS YOU CAN TAKE TO START A HEALTHY LIFESTYLE IN 2024

Are you ready to live life to the fullest? A healthy, active lifestyle is the magic key to keeping the scales balanced and the doctors at bay. Want to decrease risk & dodge diabetes, heart disease, asthma, and high blood pressure? Let's get moving! But wait, there's more! If you have a family to take care of, you know that keeping them healthy and happy is the ultimate challenge. Between your to-do list and your kiddos' extracurriculars, it's a real-life juggling act. But hey, nothing worth having comes easy, right? Bring on the family fun with a healthy twist!

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JANUARY-MARCH



SHINE UPDATE

PRACTICE INFORMATION

PATIENT HUB

If you haven't downloaded it yet, our patient hub allows you to see & schedule available appointments from your phone. You can also view multiple locations as well as managing payment options and downloading invoices.

VITAMIN & SUPPLEMENTS

You can now schedule appointments for Vitamin injections. Vitamin injections can enhance the immune system and improve overall health. They provide nutrients to the body quickly and efficiently, resulting in a significant immune response and many benefits.

MENOPAUSE CARE

Dr Romero is excited to announce she has completed her additional certification in Menopause & Perimenopause care from the North American Menopause Society (NAMS).

NEW OFFICE ASSISTANT

Let's welcome Kimberly to the Shine DPC family!



"I believe that we as humans are socially wired to be helpful and compassionate. My goal is to help people find fun and meaningful experiences amongst their daily routines. Enjoying my career while helping others is one of my personal life's missions!"

-Kimberly

With a long background in business development and management she will work to develop and maintain ongoing programs, communication, and existing resources integral to patient care.

During her career she has worked to promote and develop community awareness, outreach and events.

She has a degree in Advertising with focus in economics as well as over 20 years of business management experience. Kimberly has lived in Naples since 2005 coming from central Illinois. She enjoys camping, gardening, volunteering and spending time with her husband and son.



239.429.0125



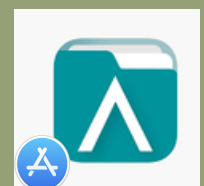
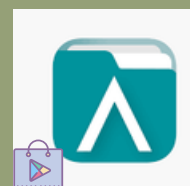
Kimberly@shinepdc.com

LOCATIONS

Introducing Our Set Schedule for Improved Patient Experience

To ensure clarity and maximize patient care time, we've established a structured schedule for each of our locations. Kindly note that appointments for our Bonita Springs office will only be available on Mondays and Tuesdays, while appointments for our Naples office will be available every Thursday and Friday. Our Patient Hub allows you to book appointments at either location, including virtual appointments on those days.

Download Atlas.md Patient Hub App





BUT I THINK I AM LIVING HEALTHY...

Living well is more than just being a lettuce-crunching, water-guzzling machine. Your physical health is just one piece of the puzzle, along with your emotional well-being, workout routine, sleep habits, and how you handle life's curveballs. Don't forget to blow off steam with your favorite hobbies and activities - they're just as important for your health as any pill or doctor visit. The secret to unlocking a healthy and happy life? It's all about balance, baby!

Reduce Your Risk of Disease

- Be Proactive with Well Checks
- Get quality sleep.
- Kick addictions.
- Reduce unnecessary stressors
- Manage portions



Live A More Vibrant Life

- Exercise
- Explore new things
- Spend time with loved ones.
- Minimize Screentime
- Find a quiet place to recharge



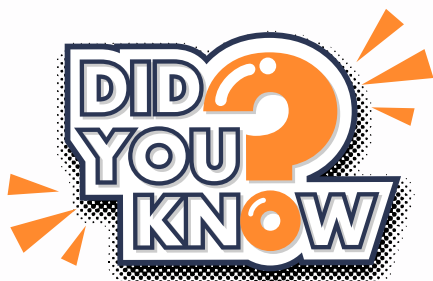
Become More Confident

- Forgive/Let go of negative thoughts & feelings
- Find Joy- laughter reduces anxiety
- Show gratitude.- being grateful can help you feel less lost or overwhelmed



How to Get Started?

Start with a schedule. Make sure you are planning meals, sleep and time to prepare and reflect on your week. Don't plan more hours than you have in a day and neglect what your body needs. No one has time to be sick so start with scheduling taking care of yourself *before* it happens to you!



As a SHINE DPC patient you have access to added wellness services!

WELLNESS ADD-ONS!

- Vitamin Injections
- Weight-loss and Weight Management
- Hormone Balancing & Hormone Therapies
- Menopause & PeriMenopause Care
- Medical Marijuana Prescriptions

Now Available: Vitamin Injections!

MICC

A combination of lipotropic agents that metabolize fat cells and eliminate fat cells stored in the liver AND the body.

Tri-Immune Boost

An immunity blend packed with Gluthaione, Vitamin C, and Zinc. This is the elite immune system enhancer!



Glutathione

Glutathione is a key soldier in the antioxidant defense system and supports the body's metabolic process. This injection will also improve your levels of Vitamin C and E!

Lipo-Mino Mix

This lipotropic blend will help turn the fats, carbohydrates, and sugars, into energy and Vitamin B helping continue your journey to weight loss!

Skinny B12

A combination of MIC and B12 that breaks down fatty deposits, increases metabolism, supports liver detoxification, and increases energy levels.

Lipo-Stat Plus

This power packed blend: Amino acids, B12, B6: encourage your body to release fat cells, ensures liver health as well as healthy skin and hair!

Metabolism Booster

Give your metabolism the boost it needs with this injection!

Vitamin D3

You can strengthen brittle bones with the help of this powerful Vitamin D3 injection!

