



April, May, June 2024

Summer Break Ahead



Inside:

- Important Dates • P2
- New Changes • P2
- Meet your staff • P3
- Summer Tips • P4
- Shine Community • P5

What's New?

SHINE DIRECT PRIMARY CARE PERKS!

We've been on a mission, hustling to bring more connections and competitive choices to our game. Get ready to dive into top-notch networks with prices that might even outshine insurance deals! No need to fret about insurance woes or sky-high deductibles - we've got your back. As part of the Shine DPC crew, you get to tap into Ulta Labs at special physician rates! We'll send you the lab orders, you'll get the bill, pay online, then it's just a trip to the nearest Quest location for your lab work. Quick, breezy, and a total wallet-saver!





Dates to Note

SCHEDULED CLOSURES

Diving into summer here are a few dates to remember. Please request refills prior to these dates to ensure you do not run out:

May 27- Memorial Day- Office Closed

June 3-June 7 Office Closed- Dr Romero on Vacation

July 3-July 5- Closed for Independence Day

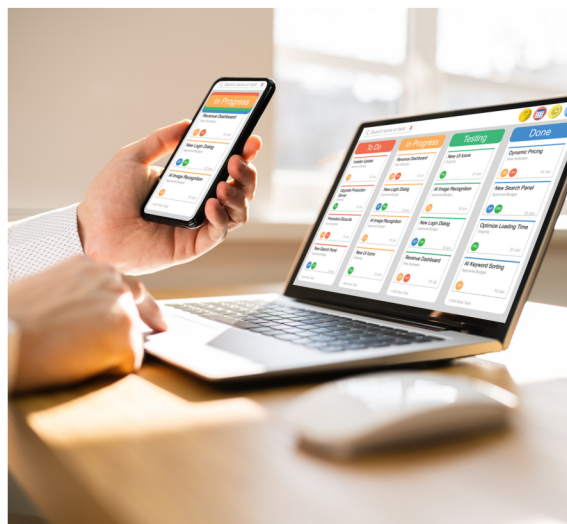
August 2nd & 3rd Back To School Physicals Clinic

Get ready for a clinic glow-up this summer! We're cooking up some exciting upgrades to boost communication and availability. Your patient experience is getting a makeover, thanks to your valuable feedback! Get pumped for access to better pricing on imaging and lab services, plus easier access to budget-friendly meds. We are working to bring you in house lab draws so you won't have to wait in those long lines any longer!

We will have some downtime on traditionally slow weeks to reduce the impact to YOU our most valuable patients. Stick with us there is so much more to come!

Meds Not In Stock?

You are not alone! Between insurance and mergers some of the big box pharmacies have been struggling to maintain inventory. A lot of patients have been switching to local pharmacies and seeing not only a discount when using cash price but finding better availability for some hard to get prescriptions!



Local Pharmacy Option

Uptown Chemist



2700 Immokalee Rd Suite 24
Naples, FL 34110

Welcome!

TAMIA

Medical Assistant



Tamia Buttler is a fun loving Medical Assistant joining our team. Tamia aims to earn a Bachelors in Psychology degree, a PsyD, and establish a nonprofit focusing on mental health. Some of her proudest achievements include maintaining honor roll status for 5 terms and passing medical assistant certification on the first attempt. Originally from Jamaica, An endearing quality about Tamia is her love for corny jokes.

MEETING YOUR TEAM

You may have noticed more people replying to your messages! Here is who you're talking to!



Frances Romero MD
Family Physician
DABFM, MSCP

DrRomero@shinedpc.com



Kimberly N
Administration
& Office Support

Kimberly@shinedpc.com



Tamia B
Medical Assistant

Tamia@shinedpc.com

CALL / TEXT 239.237.5688
WWW.SHINEDPC.COM

Summer Plans



Drink More Water!

Take it Easy.



DID YOU KNOW?

You Can Easily Reduce your Cancer Risks

The biological mechanisms through which alcohol causes cancer are complex. The most important one involves the metabolism of ethanol into acetaldehyde, a metabolite that causes DNA damage and mutations that potentially result in cancer. In the case of breast cancer, alcohol consumption also affects estrogen levels.

Estrogen plays a significant role in the development and progression of many breast cancers, and alcohol's impact on these hormone levels could partly explain the heightened risk.



What is a Mocktail?

Let's dive in – parties, beach days, and poolside hangs all scream for a cool drink in hand (even if it's not the healthiest choice). When the crowd is all about the booze, mocktails step in to save the day, giving everyone a chance to join the fun sans alcohol. Cheers to inclusivity and waving goodbye to any social drinking pressures!

Ask your bartender for a cool mocktail or stop by your local liquor store where most distributors have created a N/A option to quench your thirst!

Summertime Reminders

Summer is all about fun in the sun, but remember, safety first! Sun exposure is part of the package, but too much can turn your summer glow into a lobster-red disaster. Fear not, sun-seeker! Here's your guide to making the most of the sunshine while keeping your skin happy.

First up, meet your sun safety squad: sunscreen, shades, and a stylish hat. Sunscreen isn't just a beach essential; it's your skin's best friend. Look for broad-spectrum protection with SPF 30 or higher. Slather it generously on all exposed skin, and don't forget those easy-to-miss spots like ears, neck, and tops of feet. Reapply every two hours, especially after swimming or sweating.

Now, let's talk fashion – sun-safe style, that is! Timing is everything! Avoid the sun's peak hours, typically between 10 a.m. and 4 p.m. Hydration is key to keeping cool and comfortable under the summer sun. Channel your inner hydration hero by sipping water throughout the day. Add some flavor with fruity infusions or chilled coconut water for an extra tropical vibe.

Summer is all about outdoor adventures, from beach days to pool parties and hiking trails. Embrace the sunshine, but remember to listen to your body. If you start feeling overheated or dizzy, take a break in the shade, sip some water, and cool down.

Finally, don't let cloudy days fool you – UV rays can penetrate clouds and cause sunburn. So, even when the sun plays hide-and-seek, keep up with your sun safety routine.

With these sun-smart tips in your arsenal, you're ready to conquer summer like a pro. So, lather on that sunscreen, grab your shades, and dive into endless sunny adventures. Let the good times shine! ☀️🕶️🏖️



Stay Connected!

Just a reminder when we are where!

BONITA SPRINGS

24830 Burnt Pine Drive, Suite 3

Bonita Springs, FL 34134

(Inside of Gulfshore Chiropractic Clinic)

Virtual Appointments: M/T/TH/F

NAPLES

7550 Mission Hills Drive, Ste 316

Naples, FL 34119

(Inside of Van Wagner Chiropractic Clinic)

MONDAY & TUESDAY

THURSDAY & FRIDAY



OWN A BUSINESS?

If you're part of our business squad, call us to plan a clinic day at your spot! We get it, squeezing in a check-up is tough, but hey, preventing illness is the secret sauce to staying healthy!

SEE THE DOC

Do you have a health event for women or girls? As part of our community outreach Dr Romero is willing to offer limited speaking engagements for your group or organization's significant event. Contact Kim to inquire



SHINE COMMUNITY

Supporting keeping our youth active and thriving. A body in motion stays in motion. We are proud sponsors of GGNLL and Estates Softball 2024



www.shinedpc.com