

Dr. Vliet Announces: We are expanding and have a new name!

from

HER Place®

to

Hormone Health Strategies, P.A.

now DBA

Vive! Life Center™

Hormone Connections & Solutions for Men & Women



SOLUTIONS for ENHANCING HEALTH from PUBERTY through LATE LIFE

To My Patients:

Here are my Top Ten Take Aways:

1. **SUPPORT YOUR MIND AND SPIRIT.** During these unprecedented times of uncertainty and challenges with this COVID-19 national emergency, remember the ancient wisdom of PSALM 46:1 God is Our refuge and strength, an ever present help in trouble. Through the ages, we have seen that FAITH plays a huge role in our overall health and ability to be resilient during times of adversity.
2. **WATCH the President's DAILY PRESS BRIEFINGS** where our national experts explain the latest updates and recommendations based on DATA. This virus is different from others we have faced, and the situation -and risk factors we are learning-is changing rapidly. Our Corona Virus Task Force is the ONE source that has the most actual data and the detailed knowledge of the changing situations. In reviewing other media sources, I find a lot of misinformation and hyperbole that concerns me and can add to fear. As a physician, I cannot emphasize how important it is to have reliable information to

keep risk in perspective to help counter our human tendency to fear the worst when we face uncertainty.

3. **EMERGING THERAPIES** - I am reviewing national and international research daily. There is very HOPEFUL NEWS on several fronts:

a) **NEW USES for TREATMENT** of patients with positive COVID19 tests, especially those who are very ill in the hospital with use of OLDER FDA-APPROVED DRUGS in use worldwide since 1945 for the treatment of MALARIA (**chloroquine**) and its derivative, **hydroxychloroquine** (Brand name **Placquenil**) used worldwide to treat Lupus, Rheumatoid Arthritis, and others. Studies from more than 10 countries, including Canada, Israel, France, Australia, China, and Johns Hopkins in the US, show remarkable safety and effectiveness against COVID19.

b) **NEW DRUGS** in the pipeline: the antiviral Remdesivir by Gilead Sciences is showing promise, you can read more here (insert link to website).

c) **EXISTING** medications that appear to reduce risk of getting COVID-19 Virus infections:

(1) losartan, one of the Angiotensin Receptor Blocker Type II group of medicines for lowering blood pressure that blocks the receptor used by the virus to enter our body cells,

(2) hydroxychloroquine (see above)

(3) estradiol acts on several pathways to improve function of the immune system. Experts from several countries speculate this benefit contributes to the observed lower death rate in women vs men with COVID19.

4. **DO NOT MEDICATE YOURSELF** for Corona Virus! Self-medication can be fatal in several ways:

1) you miss window of opportunity to be properly tested and treated by your physician

2) you may not know risks of OTC therapies

3) you may mistake chemicals for Rx medicine as happened to the Phoenix couple who self-medicated with a fish tank cleaner thinking the chemical in a Fish tank cleaner was the same as the Rx MEDICINE used for over 70 years to treat malaria and now being used in hospitals to treat documented COVID19.

4) trying to do it yourself is dangerous because you don't know all the risk factors to consider in deciding which medicine

and which dose is safe or effective. Always work with your physician on deciding medication approaches (and whether "natural" medicines are safe with Rx you are taking!)

5. **TAKE RESPONSIBILITY- DO YOUR PART** to reduce spread. COVID-19 we now see is more easily transmitted from person to person than we were initially told by the Chinese authorities. We now know that, like colds and traditional flu, COVID-19 is transmitted via respiratory "droplets" when people cough or sneeze, AND viruses may live on surfaces for hours to days. Avoid touching surfaces where coughing/sneezing of others has deposited live virus particles. Clean surfaces at home daily with solution of ½ cup bleach to one quart water, or use 70% alcohol (rubbing alcohol). Researchers have also reported that this virus can be transmitted on clothes, so change clothes when you come home after being out in public.

All of these new understandings mean that the CDC and Presidential Task Force recommendations for SOCIAL DISTANCING and avoiding large crowds are even more important to reduce the infection rate. Vice President Pence said at Press Conference 3-24-20: If EVERY American will follow the guidelines we have laid out, we can substantially reduce the risk of more Americans getting sick with this virus. We will get to the day of re-opening our country quicker if every one of you will follow the Corona Task Force Guidelines. **PLEASE DO YOUR PART!**

6. **BOOST YOUR IMMUNE SYSTEM** - helpful strategies. My patients know that we have addressed these approaches many times, but I want to re-emphasize now because they are even more critical with COVID19:

- a) Adequate sleep, one of the best "immune enhancers" of all!
- b) Remember to take your prescription medicines -especially thyroid, estrogen, testosterone ON TIME and at the doses prescribed for you.
- c) Zinc, vitamin C, Vitamin D all are important in improving immune function and reducing risk of COVID-19 infection - check my dosage recommendations for my patients on your Treatment Plans we have discussed.
- d) Foods that boost immune function: Especially powerful are berries, onions/garlic, mushrooms, cruciferous vegetables. Try to avoid processed "convenience" foods, eat more fresh produce which is readily available.
- e) Regular aerobic exercise, such as brisk walking. See #7
- f) Prayer/Meditation, Tai Chi, QiGong: all help reduce anxiety

and stress which boosts immune function.

7. **KEEP YOUR BODY AS HEALTHY AS POSSIBLE!**

- a) Maintain your healthy eating habits. Stores have plenty of fresh produce so try to avoid the highly processed convenience foods. Stick to your normal meal schedule and avoid excessive snacking.
- b) Get outside and enjoy some sunshine and fresh air. Take a walk. Put it on your daily schedule. Engage in regular physical activity and don't abandon your exercise routine just because the gyms are closed.
- c) Kathy Kresnik, our clinical exercise specialist and wellness coach has started posting fitness videos and exercise classes on her Facebook page "Workout with Kathy". Send her a friend request or just like her page to receive notices of new posts. Prior classes can be found under the pages video tab.

8. **TUNE IN TO RELIABLE RESOURCES** for emerging medication therapies, risk reduction approaches based on current data. I recommend these 4 top ones: CoronaVirus.gov, Johns Hopkins and Mayo Clinic news releases and websites, AAPSONline.org

9. **BE SKEPTICAL OF SCAMMERS FALSE CLAIMS POPPING UP ON INTERNET.** Be especially alert for phishing attempts with more people working at home on computers that may be less secure than in office settings.

10. **SHOW LOVE TO THOSE AROUND YOU!**

We still have phones and internet to stay connected with friends and loved ones. Call an elderly friend or neighbor who is alone, offer to help pick up groceries. Call family who don't live nearby. Pray for our leaders, first responders, and people like truckers who are working around the clock to bring us critical supplies and food.

My staff and I are here to help with your questions as new information becomes available.

Stay safe, stay healthy and stay calm! We **WILL** get through these new challenges!

Best wishes,
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