

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:

I know many of you have questions about Corona virus (COVID-19) and what you should be doing to deal with this new viral disease outbreak. Perhaps you are also wondering "What should I do about my upcoming appointment?"

RECENT DEVELOPMENTS of SIGNIFICANCE TO PATIENTS:

1. President Trump declared a National Emergency and has issued new travel restrictions to help reduce the spread of COVID-19, as well as recommendations to postpone non-essential travel and public

gatherings. This declaration is crucial to help reduce regulatory barriers to resource allocation and access to medical care.

2. VERY IMPORTANTLY FOR OUR PATIENTS:

The Governor and TEXAS Medical Board as of March 14, 2020 have suspended ALL restrictions on Telemedicine during this state of emergency. I applaud this practical, pragmatic and helpful action to improve patient access to medical services during an infectious disease pandemic. Specifically, in a Press Release to all licensed physicians in Texas, the TMB the new ruling said:

Following Governor Greg Abbott's state disaster declaration, the Texas Medical Board, with direction and assistance from the Governor's Office, is implementing procedures to waive certain requirements to help the state's physicians, physician assistants and other health care professionals respond to COVID-19.

Governor Abbott approved TMB's request to **temporarily suspend** Texas Occupation Code 111.005 (a)-(b) and Title 22, Chapter 174.6 (a)(2)-(3) of the Texas Administrative Code.

This suspension is in effect until terminated by the Office of the Governor or until the March 13, 2020 disaster declaration is lifted or expires.

Pursuant to this development, the following new procedures are in effect during the declared disaster period:

- **Allowing Phone Consults.** Telemedicine, including the use of telephone only, may be used to establish a physician-patient relationship. This expanded use of telemedicine may be used for diagnosis, treatment, ordering of tests, and prescribing for all conditions. The standard of care must be met in all instances.

As a physician, I support ALL of these steps and others being taken to insure the health and safety of all Americans.

In view of these developments, **I am recommending that ALL follow up appointments for my established patients be handled by Telemedicine (phone, SKYPE, FACE Time, ZOOM, WhatsApp, etc) during this National Emergency.**

To minimize risk of exposure to infectious illness for patients who were planning to travel to see me in Texas for April appointments in the office, I have decided to schedule all of these follow up appointments by phone under the newly released TMB expanded Telemedicine decision. We will plan on an office visit later this year when the pandemic viral infection has passed.

We are dealing with a lot of uncertainty in a rapidly changing situation, so rather than give into fear and panic, I encourage my patients and readers to get the facts from our leaders, decision makers and medical

professionals handling this crisis.

Here is a recent informative briefing of the current efforts to contain and manage this viral outbreak.

<https://youtu.be/8-2wqD1LtF8>.

For the latest updates, check on line at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Dr. Vliet's TOP TEN COMMON SENSE TIPS for YOUR HEALTH:

I also encourage each of you to take the basic precautions I have always recommended to reduce your chance of infectious illness:

1. WASH your hands often and thoroughly. Use hand sanitizer or simple alcohol or antibacterial wipes if you aren't able to wash your hands.
2. COVER your face when you cough or sneeze, avoid touching your face. It also helps to change your clothes when you come home from being out in public.
3. Disinfect surfaces in your home, particularly bathrooms and kitchens. Simple vinegar and water solutions work well, or chlorine bleach and water. You can use ratio of 1/3 vinegar OR bleach to 2/3 water for cleaning.
4. Limit your exposure to large crowds, and especially stay home if you are coughing, sneezing, or have other symptoms of illness.
5. Avoid all non-essential travel for now.
6. ADEQUATE SLEEP improves your immune function - aim for 7-8 hours a night.
7. Stay hydrated, eat healthy foods (lots of good immune boosters available!), and regular exercise - all boost immune function.
8. AVOID overuse of immune suppressants such as alcohol, cigarette smoking, and recreational drugs.
9. Make sure you take your vitamin D, a crucial hormone (not just a vitamin!) that helps improve immune function among its many other benefits. I also take, and recommend extra Vitamin C during flu seasons, generally at least 1000 mg AM and PM.
10. Remember also: my longstanding medical work has focused on helping my patients maintain optimal hormone balance, and THIS is another way that we are working together to improve health of your immune response: Estrogen, Testosterone and Thyroid hormones all play crucial roles in maintaining healthy immune function as we age - so don't forget the importance of taking your prescription medicines on schedule!

In closing, I want to emphasize that our physical health and immune function is greatly helped by our MENTAL OUTLOOK and attitudes.

I encourage all of you to focus on this mind-body Rx for Health. Say to yourself each day:

Today I am:

1. Giving thanks to my Creator for my life.

2. Giving attention to what really matters in my life.
3. Feeling joyful for this moment and the sunshine outside.
4. Giving thanks for family and friends, and for living in a country with many blessings available to us all.
5. Focusing on staying healthy, controlling what I can and not dwelling on uncertainties.

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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