

Kootenai Member

Health & Wellness Clinic

CLINIC NEWSLETTER

JANUARY 2025 | LET'S TALK: WINTER HEALTH PROBLEMS

TOP 3 PROBLEMS IN WINTER

Winter often brings specific health challenges due to colder weather, indoor activities, and seasonal changes. **Colds and flu** are caused by viruses that thrive in cold, dry conditions. Since people spend more time indoors this increases exposure to these germs. **Seasonal Affective Disorder (SAD)** is caused by reduced sunlight during winter and disrupts the body's internal clock leading to feelings of depression. **Dry skin and eczema** can be worse due to cold weather and indoor heating which strips the skin of moisture. By staying proactive, you can enjoy a healthier and more comfortable winter season!



PREVENTION FOR TOP 3 PROBLEMS IN WINTER

Colds and Flu

- Get Vaccinated
- Practice Good Hygiene
- Keep Immune System Healthy
- Humidify

Seasonal Affective Disorder (SAD)

- Light Therapy
- Get Outside
- Stay Active
- Seek Help

Dry Skin & Eczema

- Moisturize Regularly
- Avoid Hot Showers
- Hydrate
- Wear Protective Clothing



RESPIRATORY HEALTH

To optimize respiratory health during the winter, focus on maintaining good indoor air quality with humidifiers and ventilation, staying hydrated, and boosting your immunity through a balanced diet, regular exercise, and sufficient sleep. Protect yourself from cold and flu with vaccines, good hygiene, and masks in crowded spaces, and dress warmly to shield your airways from cold air. Avoid irritants like smoking, pollution, and strong scents, and manage allergies or asthma with prescribed treatments. Stay active indoors with exercises that support lung strength, practice deep breathing for relaxation, and seek medical attention for persistent respiratory issues.

Appointments are Needed, We Value Your Time

Scheduling an appointment ensures your medical team is available and prepared for your arrival. This minimizes your wait time and allows for a smoother, more organized experience at the clinic. We want to be respectful of everyone's time. Here's how you can schedule your appointment:

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Schedule Online:

- Go to www.pmrkootenaicounty.com
- Click the white "Enter Your Company Portal" button
- Enter your company password: KCmedical24!
- Select the orange "Access My Patient Portal" button
- A new tab will welcome you to the PMR Healthcare Patient Portal login page
- First time users should select "Create an Account"
- If you already have an account, you can schedule an appointment that is convenient for you.

For urgent, same-day appointment requests, please call 208-686-3371. Every effort will be made to ensure patients are seen as soon as possible.

CLINIC HOURS

MON 8:00 a.m. – 5:00 p.m.
TUE 8:00 a.m. – 5:00 p.m.
WED 8:00 a.m. – 5:00 p.m.
THU 8:00 a.m. – 5:00 p.m.
FRI 8:00 a.m. – 5:00 p.m.

Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com

Use Code: KCmedical24!

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene

Open 8a – 5p, Monday through Friday

