

MUCHA *Salud*

An informational magazine for  patients



LETTER FROM OUR PRESIDENT

Dear Patient,

We are proud to celebrate **LEON Medical Centers' 30th Anniversary** this year. Since opening our doors in August 1996, we have continued to grow—delivering innovation, expanding services, and increasing access to quality healthcare for each of our patients.

Today, our innovative services are designed to provide **convenient, coordinated care**, always centered around what matters most—YOU!

Remember, at **LEON** you come first, every time.

As summer arrives, it also brings a season that reminds us of the importance of **preparation, care, and community**. With the start of hurricane season, our priority remains unchanged: **keeping you healthy, safe, and informed**.

At **LEON**, we take this responsibility seriously. Every one of our centers is fully prepared to ensure your care continues without interruption. Our facilities are equipped with **industrial-grade generators** and reinforced with impact-resistant glass, enabling us to reopen quickly after a storm and continue serving you when you need us most.

We encourage you to stay connected through our text and social media messaging and broadcast TV communications for timely updates and helpful resources throughout this season.

Thank you for trusting us with your health. We remain committed to delivering on our **LEON GUARANTEE**, ensuring quality access to healthcare rain or shine.

It is our honor to serve you, and we look forward to many more years of **Medical Excellence and Personal Attention At All Times**.

Remember, there is only ONE LEON.

Warm Regards,



Albert Maury

President & Chief Executive Officer



MUCHA *Salud*

An informational magazine for **LEON** patients

INDEX

SUMMER
2026

- 04 LEON EVENTS**
Mother's Day and Father's Day
- 06 WHAT IS HIGH BLOOD PRESSURE**
Why is it important to know
- 08 LIVING A HEALTHY LIFESTYLE**
Stress Management
- 09 COLORECTAL CANCER**
Symptoms and preventions
- 10 UV SAFETY MONTH**
Sun safety tips
- 12 HURRICANE SEASON**
Important information
- 14 LIVING WITH GLAUCOMA**
Learn more about this condition
- 16 URINARY TRACK INFECTIONS**
Things that you need to know

- 18 LET'S TRAVEL**
- 19 LEONLICIOUS**
- 20 REGISTER TO MYLEON**
- 21 LET'S PLAY**
- 22 GAME ANSWERS**

Quarterly publication Leon Medical Centers
8600 NW 41st Street, Doral, FL 33166
305.642.LEON (5366) Available 24 hours a day,
7 days a week

Mucha Salud is a publication of Leon Medical Centers and Leon Health meant to inform, in an entertaining and instructive way about health and medical topics, as well as the events and activities for our patients. All rights reserved. The total or partial reproduction of its written content or images is prohibited. Mucha Salud is not responsible for any damages caused by the use of articles, opinions, or statements expressed in this publication.

CONTRIBUTORS

Editor-in-Chief
Yolanda Foster

Managing Editor
Scarlet Martinez

Graphic Design
Pilar Gaunard

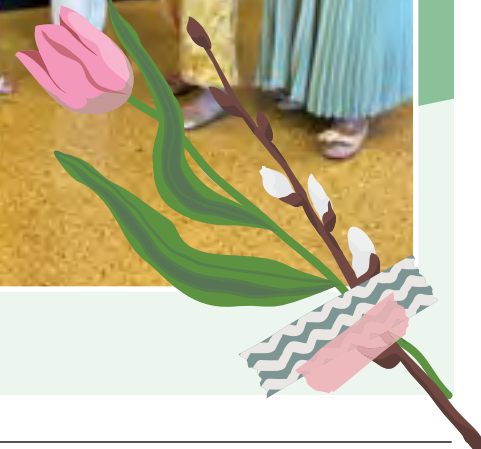
Copy Editor
Ariadna Olive

Chief Medical Officer
Dr. Rafael J Mas
Dr. Luis O Fernandez

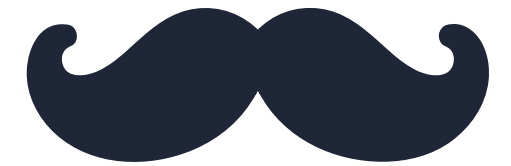
Please contact our Member Services number toll free at 844-9-MY-LEON (1-844-969-5366) or local at 305-541-LEON (305-541-5366) for any questions. (TTY users should call 711). Hours are from 8 a.m. to 8 p.m., seven days a week from October 1st through March 31st and Monday through Friday from April 1st through September 30th.

Mother's Day 2026

At LEON we celebrate the love, wisdom, strength, and countless sacrifices of mothers and grandmothers everywhere. Thank you for the lives you've shaped, the traditions you've passed down, and the memories you've created. Your love continues to inspire generations.



FATHER'S DAY 2026



Thank you for the love, dedication, strength, and guidance of fathers and grandfathers everywhere.

Thank you for your example, your wisdom, and the unwavering support you provide to your families. Your legacy and values continue to inspire future generations.



WHAT IS HIGH BLOOD PRESSURE?

High blood pressure, or hypertension, is a common condition that occurs when your blood pressure—the force of the blood on the walls of your arteries—is often too high.

Half of all American adults have high blood pressure, also known as hypertension. Many don't even know it. High blood pressure develops when blood flows through your arteries at higher-than-normal pressures.

Blood pressures are written as two numbers separated by a slash like this: 120/80 mm Hg. You can say this as “120 over 80 millimeters of mercury” or just as “120 over 80.” The first number is your systolic pressure — that’s the force of the blood flow when blood is pumped out of the heart. The second number is your diastolic pressure, which is measured between heartbeats when the heart is filling with blood.

Your blood pressure changes throughout the day based on your activities. A healthy systolic blood pressure is less than 120 mm Hg. A healthy diastolic pressure is less than 80 mm Hg. Your blood pressure is high when you have consistent systolic readings of 130 mm Hg or higher, or diastolic readings of 80 mm Hg or higher.

Symptoms from high blood pressure don't usually occur until it causes serious health problems. About 1 in 3 U.S. adults with high blood pressure aren't even aware they have it and are not being treated to control their blood pressure.

That's why it is important to have your blood pressure checked at least once a year. Regular monitoring using home blood pressure is also recommended.

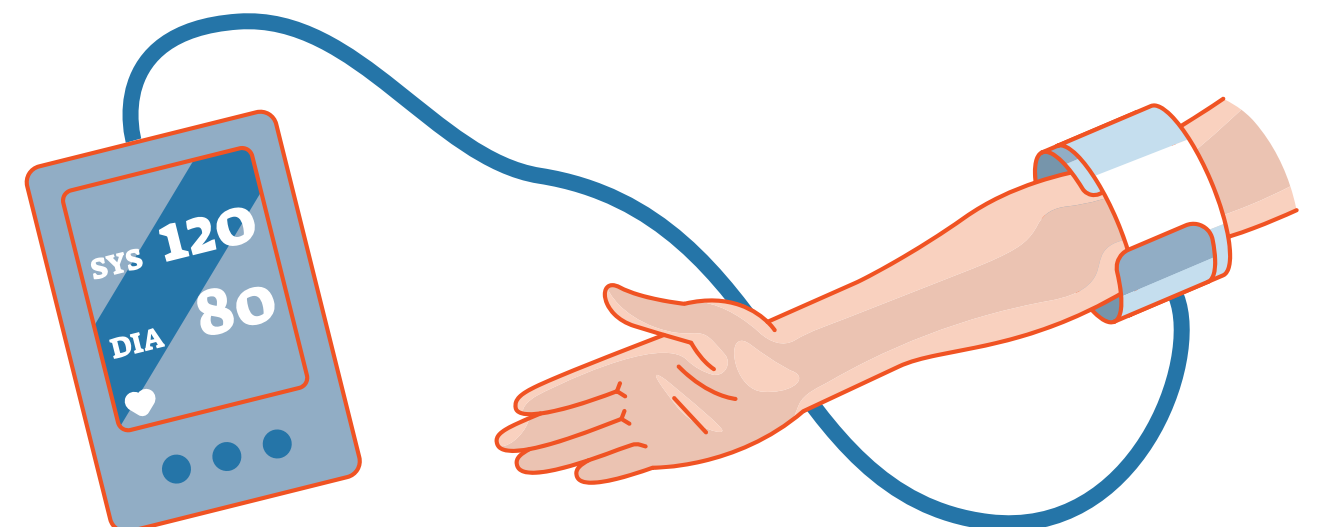
To control or lower high blood pressure, your healthcare provider may recommend that you adopt a heart-healthy lifestyle that includes:

- Choosing a heart-healthy dietary pattern and foods
- Being physically active and reducing sedentary behavior
- Losing weight for people with overweight or obesity
- Quitting smoking
- Reducing stress
- Getting enough good-quality sleep

Your healthcare provider may also recommend medicines to help control your blood pressure.

Controlling your blood pressure can help prevent or delay serious health problems such as chronic kidney disease, heart attack, heart failure, stroke, and possibly vascular dementia.

CATEGORY	SYSTOLIC	DIASTOLIC
NORMAL	120	80
ELEVATED	120 - 129	LESS THAN 80
HIGH BLOOD PRESSURE STAGE 1	130 - 139	80 - 89
HIGH BLOOD PRESSURE STAGE 2	140 OR MORE	90 OR MORE
HYPERTENSIVE CRISIS	MORE THAN 180	MORE THAN 120



Source: www.nhlbi.nih.gov

Healthy Lifestyle & Stress Management...

Self-care isn't selfish

Taking care of yourself can help you recharge. But you don't need a trip to the spa to reduce stress. Try these proven activities anytime, anywhere.

- Get some alone time. It's okay to take a breather when things get stressful.
- Talk to a friend. A chat (or venting session) can help reduce stress.
- Spend time with pets. They can help you manage anxiety and get you moving more.
- It's okay to say "no." Give yourself permission to set boundaries.
- Get some fresh air. Walking in nature can improve your mood and relieve anxiety.
- Unplug to recharge. Take a break from social media, emails and stressful headlines.

Source: www.goredforwomen.org

Colorectal Cancer

Colorectal cancer symptoms

Colon cancer and rectal cancer may not show any symptoms, especially in its early stages. While some colorectal cancer symptoms might be due to other causes like hemorrhoids, diarrhea, infection, or irritable bowel syndrome, it's important to tell your healthcare provider about any symptoms you notice.

There may be no symptoms!

Early stage colon cancer and rectal cancer often show no symptoms. Polyps or colorectal cancer tumors may be present without any signs, which is why it's important to get screened.

A change in bowel habits - Changing bowel habits include diarrhea, constipation, narrowing of the stools, and/or feeling like your bowels are not completely empty, even after having a bowel movement.

Persistent abdominal discomfort - Abdominal discomfort can cause feelings such as pain, nausea, cramping, bloating, and/or feeling unusually full, even when you haven't eaten much.

Rectal bleeding - You might notice blood in the toilet, in your stool, or when you wipe with toilet paper.

Weakness and/or fatigue - Feeling tired, weak, and/or short of breath can be signs of anemia. Anemia can develop from bleeding somewhere inside your body



where you can't see it, such as from a cancerous tumor.

Unexplained weight loss - Cancer sometimes causes weight loss. You should always seek medical attention if you are losing weight for no known reason.

If you notice any symptoms, you need to see your doctor as soon as possible. Learn how to make this conversation a little easier.

Source: www.colorectalcancer.org





UV Safety Month

What is UV radiation?

Ultraviolet radiation is a type of electromagnetic radiation that is invisible to the naked eye. It is made up of high-energy waves that can damage DNA and cause sunburns. It comes from the sun and can also come from artificial sources like tanning beds.

UV radiation is divided into two main categories:

UVA (aging) and UVB (burning). UVA rays are the longest and can penetrate deep into the skin, causing premature aging and wrinkles. UVB rays are shorter and cause sunburns. Both types of UV radiation can be harmful to your skin.

What are the risks associated with UV radiation?

Exposure to UV radiation can cause sunburn, premature aging, and skin cancer.

Skin cancer is the most common type of

cancer in the United States. In fact, according to the American Cancer Society, more than 3.5 million cases of skin cancer are diagnosed each year in the US. Plus, skin cancer rates are on the rise.

Did you know that just a few minutes of sun exposure each day can add up over time and put you at risk for serious health problems? That's why it's essential to protect yourself from UV radiation exposure to minimize your risk of one of the three types of skin cancer.

Types of Skin Cancer

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma.

1. Basal cell carcinoma is the most common type of skin cancer, accounting for about 80 percent of all cases. It is typically slow-growing and can be treated effectively with surgery or radiation.

Sun safety is important all year, but this month, we're strengthening our commitment to keep you safe from UV radiation. July is UV Safety Awareness Month, a time we encourage everyone to take steps to protect themselves from the dangers of ultraviolet (UV) radiation. Summertime is all about enjoying the sunny weather, but it's crucial to minimize your ultraviolet radiation exposure while you're at it.

2. Squamous cell carcinoma makes up about 20 percent of all skin cancer cases and tends to occur on sun-exposed areas of the body such as the face, neck, and hands.

3. Melanoma is the most serious type of skin cancer, accounting for about four percent of all cases. It can be very aggressive and spread quickly to other body parts if not caught early.

Tips for minimizing sun exposure

You can do a few things to minimize your sun exposure and reduce your risk of skin damage.

- Try to stay in the shade as much as possible. If you are in the sun, wear protective clothing such as a long-sleeved shirt and pants.
- You should also apply sunscreen with a high SPF rating to exposed skin.

- Avoid being in the sun during peak hours, typically between 10 am and 4 pm.

By taking these precautions, you can help to protect your skin from the harmful effects of UV radiation.

What sunscreen provides the best protection against UV rays?

When it comes to sunscreen, there are a few things you should look for in order to ensure that you're getting the best possible protection.

Choose a sunscreen with an SPF of 30 or higher. Make sure that the sunscreen is broad-spectrum, which will protect against both UVA and UVB rays. And, choose a water-resistant sunscreen if you'll be spending time in the water.

Source: www.skinandcancerinstitute.com



Are You Ready?

Hurricane season brings the potential for powerful storms that can disrupt daily life, damage homes, and put lives at risk. Preparation is key, and ensuring our patients safety is Leon's top priority. Our information and resources are designed to help patients and their loved ones get ready before a storm hits and know exactly what to do in the days that follow.

On the following page, attached you'll find a detailed checklist of essential emergency supplies, important safety tips, and information on protecting homes and our patients' health during a hurricane. You will also find critical phone numbers, reminders for those with medical needs, and steps for ensuring pets and family members are safe.



URGENT CARE

NOW WITH EXTENDED HOURS

OPEN 24 HOURS/7 DAYS A WEEK

FLAGLER

7950 NW 2ND ST, MIAMI FL 33126

OPEN 7 DAYS A WEEK FROM 8AM TO 8PM

KENDALL

12515 SW 88 ST, MIAMI, FL 33186

WEST HIALEAH

2020 W. 64 ST, HIALEAH, FL 33016

MIAMI

101 SW 27 AVE, MIAMI, FL 33135

**OPEN MONDAY - FRIDAY FROM 8AM TO 5PM
SATURDAY - SUNDAY FROM 8AM TO 2PM**

EAST HIALEAH

445 E. 25 ST. HIALEAH, FL 33013

BIRD ROAD

11501 SW 40 ST MIAMI, FL 33165

HOMESTEAD

2250 NE 8TH ST, HOMESTEAD, FL 33033

305.642.5366 | leonmedicalcenters.com

Living with Glaucoma

As a patient living with glaucoma, going to see your eye doctor can be less stressful, and you might have concerns about your future. By learning more about your condition, asking questions, and being an advocate for your own health care, you can help yourself and others.

How often should I see my eye doctor?

As a newly diagnosed person with glaucoma, you may need to have your eye pressure checked every week or month until it is under control. Even when your eye pressure is at a safe level, you may need to see your doctor several times a year for checkups.

It is important that your doctor listens and responds to your concerns and questions, is willing to explain your treatment options, and is available for calls and checkups. If you do not feel confident and comfortable with your doctor, remember, you

always have the right to seek a second opinion.

A good working relationship with your eye doctor is the key to effective glaucoma care.

Will a diagnosis of glaucoma limit my life?

We are limited only by what we think we can or cannot do. You can continue with what you were doing before glaucoma was diagnosed. You can make new plans and start new ventures. And you can trust the eye care community to keep looking for better treatment methods for glaucoma. Take good care of yourself and your

eyes, and get on with enjoying your life.

Try to schedule time for taking medication around daily routines such as waking, mealtimes, and bedtime. In this way, your medications will become a natural part of your day.

In addition to taking care of your physical health, it's equally important to pay attention to the other side of glaucoma the emotional and psychological aspects of having this disease.

Be sure to share your feelings. Especially in the beginning, it can be helpful to talk about your fears. Confide in your spouse, a relative, a close friend, or a member of the clergy. You may also want to talk with other people who have glaucoma. Sharing ideas and feelings about living with a chronic health condition can be useful and comforting.

Some daily activities such as driving or playing certain sports may become more challenging. Loss of contrast sensitivity, problems with glare, and light sensitivity are some of the

possible effects of glaucoma that may interfere with your activities.

The key issue is to trust your judgment. If you are having trouble seeing at night, you may want to consider not driving at night. Stay safe by adjusting your schedule so that you do most of your travel during the day.

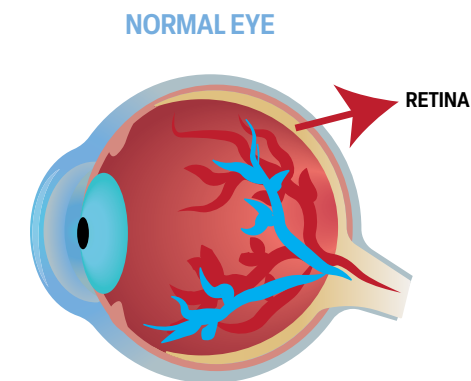
Sunglasses or tinted lenses can help with glare and contrast. Yellow, amber, and brown are the best tints to block out glare from fluorescent lights. On a bright day, try using brown lenses for your glasses. For overcast days or at night, try using the lighter tints of yellow and amber.

Experiment to see what works best for you under different circumstances.

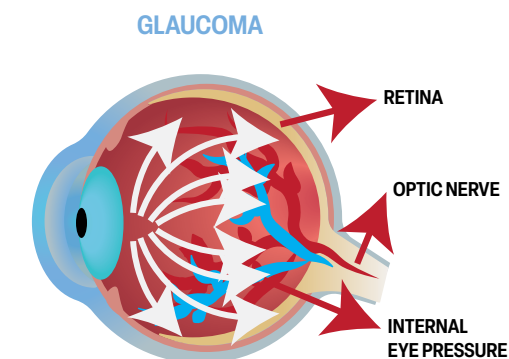
Does your Lifestyle Count?

- Avoid rubbing your eyes, even though some glaucoma medications might make them feel itchy or blurry.
- If you've had eye surgery, it's a good idea to wear goggles when swimming and protective glasses when doing yard work or when playing contact sports.
- Take care of the rest of your body. Keeping in good

general health is just as important as taking care of your eyes.



- Eat healthy foods, get enough exercise, don't smoke, avoid ingesting too much caffeine, and stay at a healthy weight. Check with your doctor before you start any strenuous exercise program.



- Reduce stress in your life and make time for relaxation.

What can I do to help others?

As a glaucoma patient, you have the opportunity to teach your friends and relatives about this disease. Many people are unaware of the importance of eye checkups and do not know that individuals with glaucoma may have no symptoms. You can help protect their eye health by encouraging them to have their eye pressure and optic nerves checked regularly.

Low Vision

Some people with glaucoma have "low vision." Low vision means there may be problems doing daily, routine things even if using glasses or contact lenses. With glaucoma, this can include loss of contrast sensitivity (the ability to see shades of the same color), problems with glare, light sensitivity, and reduced visual acuity (the ability to see fine details). A variety of products and resources are available to help people who have low vision. Examples include magnifiers, colored lenses, and computer text enlargers. If you have low vision concerns, help is available. Discuss your concerns with your doctor.

Source: www.glaucoma.org



Urinary Tract Infections

What is a Urinary Tract Infection (UTI) in Adults?

Most people will have a urinary tract infection (UTI) at some point in their life. A UTI happens when germs (usually bacteria) get into your bladder, urethra or kidneys. About 6 in 10 women and 1 in 10 men will have at least one UTI during their lifetime.

Symptoms

- Burning or pain when you urinate
- Feeling like you have to urinate all the time, even when little urine comes out
- Cloudy, dark, or foul-smelling urine
- Pressure or pain in the lower belly
- Sometimes, urine leakage
If the infection reaches your kidneys, you may also have fever, chills, nausea or back pain. That type of infection needs prompt medical care.

Causes

- **Anatomy:** Women have shorter urethras, so germs can reach the bladder more easily.

- **Age:** After menopause, lower estrogen levels change the vaginal tissue and make infection more likely.
- **Sexual activity:** Sex can sometimes push bacteria toward the bladder.
- **Health issues:** Diabetes and other conditions that affect the immune system can make UTIs more common.
- **Urinary blockage or catheters:** These can make it harder for urine to drain and give bacteria a place to grow.
- Vaginal estrogen can help postmenopausal women prevent UTIs by keeping the vaginal tissue healthy.
- D-mannose (a sugar supplement) does not appear to help prevent infections.
- Everyday hygiene habits like wiping front to back or urinating after sex are good habits, but not proven to prevent UTIs.

How to Prevent UTIs

- Drink more water. Aim for at least 1½ liters (about 6 cups or 50 oz) each day.
- Don't hold your urine. Empty your bladder fully when you feel the urge.
- Cranberry supplements, particularly those with 36mg of PAC, may help prevent repeat infections for some women.
- Methenamine Hippurate is a prescription option that can prevent infections without using antibiotics.



If you get UTIs often (3 or more per year), then you should see your Primary Care Physician. Your health care provider might want to do more tests (such as checking if your bladder empties) to find out why. If you keep getting UTIs, a longer course of low-dose antibiotics or taking an antibiotic after sex may help. There are also methods of self-testing that your health care provider may arrange that let you diagnose and treat your UTIs at home.



Frequently Asked Questions When to call your health care team?

Call your health care team right away if:

- You have fever, chills, nausea, vomiting or back pain
- Your symptoms don't get better after starting antibiotics
- You see blood in your urine

The Bottom Line

UTIs are common and pretty easy to treat. To help reduce UTIs, drink more water, and use preventive options like cranberry or vaginal estrogen after you see your PCP, who will offer you options based on your test results.

Antibiotics are sometimes needed—but only when there are symptoms and if prescribed by your physician. Working with your health care team can help find the best way to treat and prevent infections safely.

Source: Urology Care Foundation
Updated October 2025



Between 20% and 40% of women who have UTI will have another. Men are less likely to get a UTI in the first place. But if they get one, they are likely to have another because the bacteria tend to hide inside the prostate.



A Journey to the Greek Islands

There are places in the world that feel like they belong in a dream and the Greek Islands are among them. With their whitewashed buildings, crystal-clear waters, and breathtaking sunsets, these islands offer an experience that is both relaxing and unforgettable.



From the moment you arrive, you are welcomed by a blend of history, culture, and natural beauty. Islands like Santorini, Mykonos, and Crete each have their own personality. Santorini is known for its dramatic cliffs and romantic views, Mykonos for its vibrant nightlife and charming streets, and Crete for its rich history and diverse landscapes.

One of the greatest pleasures of visiting the Greek Islands is simply slowing down. Mornings begin with strong coffee and fresh pastries overlooking the sea. Days are spent swimming in turquoise waters, exploring ancient ruins, or wandering through narrow cobblestone streets filled with local shops and cafés. Evenings bring golden sunsets and delicious meals featuring fresh seafood, olive oil, and traditional dishes like moussaka and souvlaki.

Beyond the scenery, it's the warmth of the people that makes the experience truly special. Greek hospitality is genuine and heartfelt, making visitors feel at home no matter how far they've traveled.

A trip to the Greek Islands is more than just a vacation—it's a reminder to pause, breathe, and appreciate the beauty of the present moment. Whether you're seeking adventure, romance, or tranquility, the Greek Islands offer a timeless escape that stays with you long after you return home.



LEON *licious* TUNA SALAD

INGREDIENTS FOR 2 PEOPLE

400 gr. of potatoes.
1 onion.
3 tomatoes.
1 green pepper.

1 red pepper.
2 boiled eggs.
1 can of tuna.
10 olives.

Extra Virgin Olive Oil.
Vinegar.
Squeeze of lemon.
Salt & pepper.

DIRECTIONS

1. Wash and peeled the potatoes.
2. Put water to boil and put the eggs and potatoes to cook.
3. Peel the eggs.
4. Drain the potatoes and eggs and let them cool.
5. Wash the pepper thoroughly, take all the seeds and cut as you wish, strips or cubes.
6. Cut onions and tomatoes.
7. Mix all ingredient in a bowl, season with salt and pepper.
8. For the vinaigrette, emulsify the vinegar and Olive oil and the lemon. Pour over salad and enjoy!



1, 2, 3. Register!

- During your first medical visit, you will receive an activation code to enroll in **MyLeon**.
- If you forget or lose your code, you can still enroll by visiting the website and answering some personalized security questions about yourself.
- If you want to give a trusted caregiver, family member, or friend access to your **MyLeon** account, just fill out a form indicating that you want someone else to view your electronic health record.
- Remember that we are available 24/7 to help you sign up and to answer all your questions.

Have access to your Medical Records with the latest electronic health record system and stay connected to our medical staff wherever you are.

MyLEON

Before closing this magazine dedicated to you, sign up for **MyLeon** right now.

Don't forget to call us at **305.642.5366** for more information and help from our trained staff on using our digital platform.

LET'S PLAY! Summer Edition



Find 10 objects

1_ Knife
2_ Bottle of wine
3_ Avocado

4_ Bread
5_ Bicycle
6_ Sunglasses

7_ Hair bow
8_ Spoon
9_ Cucumber slice

BONUS_ Squirrel

It's good to be prepared

Advance Directives

Find out your options for end-of-life healthcare.

- Communicate your decisions.
- Read about the Directives and their components.
- Clarify any concerns may have.
- Build confidence in that family knows your wishes.
- Express your desired medical care.

Keep communication open.

As we get older, we expect life to be longer while we enjoy more opportunities with our loved ones. Preparing Advance Directives just in case something

happens to us is another way of keeping communication open and enjoying the time we have; without worrying that those who love us won't know what to do or how to fulfill our wishes.

What are Advance Directives?

Advance Directives is written statements that describes your personal wishes regarding the medical care that you may or may not want if you become unable to make your own decisions.

How can Advance Directives be helpful?

Advance Directives make difficult

decisions easier for your family and loved ones. By planning with them and letting them know your personal decisions, they are better prepared to make tough calls and carry out your wishes.

Where can I find the Advance Directive Forms?

Your healthcare provider or attorney is available to help you with the forms or any questions you may have. Call LEON MEDICAL CENTERS patient services at 305.642.5366 or talk to your doctor about your options.

ADVANCE DIRECTIVES - POCKET CARD Please fill out and bring the card below. Present it to your health professionals. Keep it in your wallet or purse, and indicate that you have already prepared your Advance Directives and where you keep them.

cut ✂

NOTICE TO HEALTH PROFESSIONAL
I ALREADY PREPARED MY ADVANCE DIRECTIVES

My name _____

Date of birth _____

My phone _____

My doctor _____

Doctor's telephone _____

A copy of my Advance Directives are: _____

Other copies:

Name _____

Phone _____

Name _____

Phone _____

fold

Game answers:

7_Hair bow

3_Avocado

1_Knife

9_Cucumber slice

4_Bread

BONUS_Squirrel



6_Sunglasses

5_Bicycle

2_Bottle of wine

8_Spoon



SOCIAL SERVICES AND ECONOMICAL ASSISTANCE

**ASK US IF YOU QUALIFY
305.642.5366**

Leon Medical Centers, through its Leon Access program, is associated with the Department of Children and Families (DCF). With seven (7) locations throughout Miami-Dade County, our mission, along with that of the Department of Children & Families (DCF), is to be accountable for changing lives and strengthening communities.

Our mission is to protect the most vulnerable citizens of our society by administering different programs and services, such as but not limited to: Medicaid, Food Stamps, Medicare savings program, and much more.

This benefit assists our patients and community in obtaining access to much-needed resources and programs, and to work closely with our clinical providers to ensure that both clinical and service excellence is at the heart of everything we do.

**Your opinion is very important to us, share it in our social media
or call us at 305.642.5366**

Stay tuned and informed on our social media, and if you have any questions about the Flu vaccine or others, contact your primary care physicians or specialists.



If you vare satisfied with your visit, please review us on Google and Yelp!



Scan with your phone



8600 NW 41st Street
Doral, FL 33166

**Presort Std
US Postage
Paid
Miami, FL
Permit #2332**

Health and wellness or prevention information.

Leon Health is an HMO plan with a Medicare contract. Enrollment in Leon Health, Inc. depends on contract renewal.

H4286_MuchaSaludSummer2026_C