

MUCHA *Salud*

An informational magazine for  **LEON** patients





WINTER EDITION

Dear Member,

With a proven track of over 60 years serving our community and a solid foundation for the future in place, the Leon Family is prepared for this year’s Annual Enrollment Period (AEP) which began October 15th.

In 2026, Leon Health now offers 4 different plans to fit your unique needs. Please take time to review the 2026 benefits to better understand the changes and improvements we have added for the wellbeing of all our members this upcoming year. Our licensed team of Benefit Consultants are available to answer any questions you may have about Leon services and Leon Health benefits.

This coming year represents Leon Health’s 5th year as your trusted Medicare Advantage health plan and, as always, we remain committed to continue providing the quality of care and services that you deserve, with new and competitive benefits for this upcoming year!


Finally, I did not want to miss this opportunity to let you know that Leon Health has again earned the prestigious five-star rating for medical and service excellence from the Centers for Medicare & Medicaid Services (CMS) in 2026 for the third consecutive year. This is an amazing achievement and one we owe to each one of you, our patients, who have placed their trust in us. This is an amazing achievement and one we owe to each one of you, our patients, who have placed their trust in us.

We are also very proud to announce the grand opening of our much-awaited Leon Surgery Center at Dadeland! We welcome all to come by and visit this beautiful state-of-the-art surgical facility located at 9065 Dadeland Blvd, Miami, Florida 33156 available only to our Leon patients.

Once again, we thank you for entrusting us with your health and we look forward to always providing you with ongoing Medical Excellence and Personal Attention.

Remember, there’s only ONE Leon, and with Leon Health at your side, your health and well-being will always be our top priority..

Wishing you the happiest of holidays with peace and much health accompanying you and your families in 2026 and always!

Best regards,


Albert Maury
President, Chief Executive Officer

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.



04	GOUT FOLLOW A BALANCE DIET
06	THE HOLIDAYS SPECIAL OCCASIONS TO CELEBRATE WITH LOVED ONES
07	PRACTICAL ADVICE FOR A STRONGER IMMUNE SYSTEM
08	YOUR KIDNEYS AND HOW THEY FUNCTION THE IMPORTANCE OF THESE ORGANS
10	THE IMPORTANCE OF IMMUNIZATIONS HOW TO PREVENT WINTER ILLNESSES
11	MOVING DURING WINTER EXERCISE!
12	IT’S THE SMALL CHANGES BE THE HEALTHIEST DURING THE HOLIDAYS
13	MORE ACTIVITY LEADS TO A HEALTHIER LIFE
14	LET’S TRAVEL
15	LEONLICIOUS
16	MY LEON
17	LET’S PLAY!
18	ADVANCE DIRECTIVES
19	LEON ACCESS / Answer to Sudoku

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

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Gout Diet: Dos and Don'ts

Maintaining a balanced diet, low in uric acid, is critical for lowering the risk of a gout attack. Learn which foods and beverages you should eat and which ones to avoid.

1. What You Eat and Drink Matters

Which Foods are Safe for Gout?

Find out which foods to eat and which to avoid if you have gout.

Question: I have gout. Can you tell me which fruits, vegetables, meats or seafoods I should eat — or avoid? Is there any type of alcohol — wine, beer, spirits — that is better or worse for me than others?

Answer: Dietary management of gout is very restrictive and doesn't always work to control gout, so a combination of medication and diet may be the best way to treat your gout. In addition to medications that treat the inflammation and other symptoms that occur during a gout attack, medications exist that can treat the underlying metabolic condition of hyperuricemia — too much uric acid in the blood. Hyperuricemia can occur either when the body produces too much uric acid or when the body does not excrete enough uric acid. Drugs exist to treat both causes.



Purine compounds, whether produced in the body or from eating high-purine foods, can raise uric acid levels. Excess uric acid can produce uric acid crystals, which then build up in soft tissues and joints, causing the painful symptoms of gout. Dietary management focuses on reducing the amount of uric acid in the system and attaining and maintaining a healthy bodyweight.

The primary dietary modification traditionally recommended is a low-purine diet. Avoiding purines completely is impossible but strive to limit them. You can learn by trial and error what your personal limit is, and which foods cause you problems.

High-Purine Foods List

- Alcoholic beverages (all types)
- Some fish, seafood and shellfish, including anchovies, sardines, herring, mussels, codfish, scallops, trout and haddock
- Some meats, such as bacon, turkey, veal, venison and organ meats like liver

Moderate-Purine Foods List

- Meats, such as beef, chicken, duck, pork and ham
- Shellfish, such as crab, lobster, oysters and shrimp

<https://www.arthritis.org/gout-patient-education>



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Celebrations that Enriches the Soul

Year-end celebrations are special occasions to share moments of happiness and family togetherness. Christmas and New Year's evoke endearing moments that strengthen the spirit and invite us to value the companionship of our loved ones.

For many older adults, this time is also a chance to hand down tradition, recipes and stories that enrich the family's memory, becoming legacy

passed down from generation to generation.

Preparing a holiday table, singing Christmas carols or simply lighting a candle could be a significant gesture providing warmth and hope.

Despite this, it is important to take care of your health and wellness during these celebrations. Following a balanced diet, moderating your intake of sweets or beverages,

and resting enough will enable you to enjoy each get-together more energetically.

You can also use technology to say hello to faraway family members and feel part of the celebration no matter the distance. Thus, festivities not only become a time for being together, but also a chance to reflect, thank and start the new year with optimism and peace.



Practical Tips for Bolstering Your Defense System

In addition to immunizations, there are simple routines that may help you bolster your immune system during cold months.

A **balanced diet** is key: Try to include fruit rich in Vitamin C, such as oranges, tangerines, or kiwis; green leafy vegetables; and zinc and protein-containing food, such as legumes, fish, and eggs. It's also advisable to keep your defenses active. It's also advisable to reduce your use of sugars and highly processed food, since they weaken your body's ability to respond.

Appropriate rest is another basic pillar. Seven to eight hours of sleep every night promotes your body's recovery and improves your immune response. Having a regular sleep routine and creating a peaceful resting environment is particularly beneficial this season.

Finally, don't forget **hydration**. Even though you might not be as thirsty in wintertime, the body needs fluids to work properly. Drinking enough water, hot infusions or having warm broths helps keep your throat's mucous membranes and airways protected.

By taking these simple measures, together with your immunizations, you will be able to enjoy winter with more energy and health.

Your Kidneys & How They Work

The kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.

Why are the kidneys important?

Your kidneys remove wastes and extra fluid from your body. Your kidneys also remove acid that is produced by the cells of your body and maintain a healthy balance of water, salts, and minerals—such as sodium, calcium, phosphorus, and potassium—in your blood.

Without this balance, nerves, muscles, and other tissues in your body may not work normally.

Your kidneys also make hormones that help

- Control your blood pressure
- Make red blood cells [NIH external link](#)
- Keep your bones strong and healthy

How do my kidneys work?

Each of your kidneys is made up of about a million filtering units called nephrons. Each nephron includes a filter, called the glomerulus, and a tubule. The nephrons work through a two-step process: the glomerulus filters your blood, and the tubule returns needed substances to your blood and removes wastes..

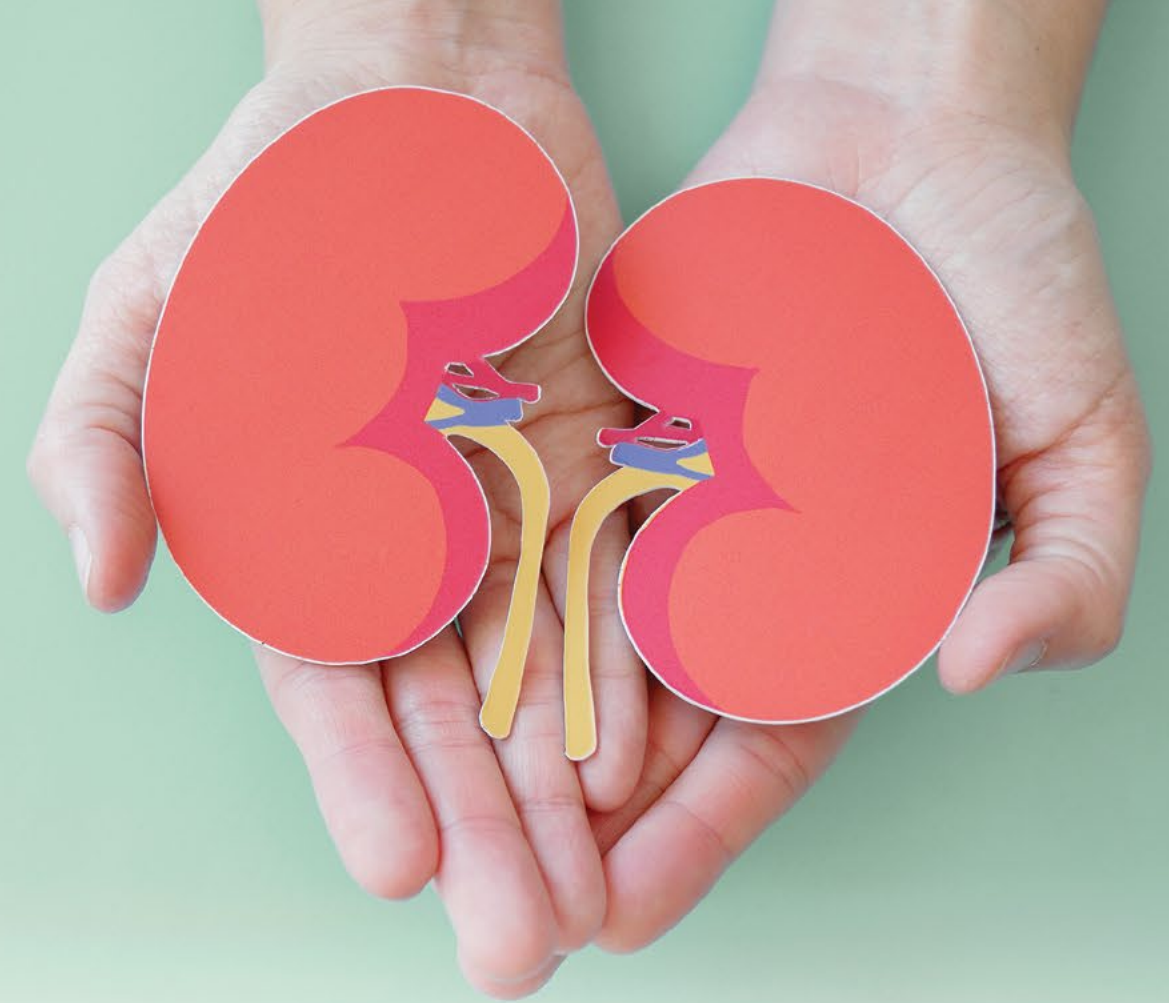


The glomerulus filters your blood

As blood flows into each nephron, it enters a cluster of tiny blood vessels—the glomerulus. The thin walls of the glomerulus allow smaller molecules, wastes, and fluid, mostly water, to pass into the tubule. Larger molecules, such as proteins and blood cells, stay in the blood vessels.

The tubule returns needed substances to your blood and removes wastes

A blood vessel runs alongside the tubule. As the filtered fluid moves along the tubule, the blood vessel reabsorbs almost all of the water, along with minerals and nutrients your body needs. The tubule helps



remove excess acid from the blood. The remaining fluid and wastes in the tubule become urine.

In a single day, your kidneys filter about 150 quarts of blood. Most of the water and other substances that filter through your glomeruli are returned to

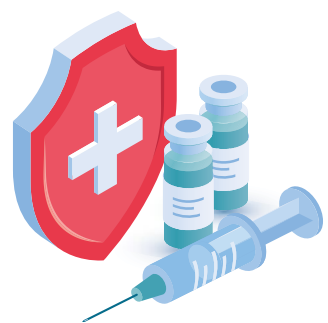
your blood by the tubules. Only 1 to 2 quarts become urine. Children produce less urine than adults, and the amount produced depends on their age.

How does blood flow through my kidneys?

Blood flows into your kidney through the renal artery. This large blood vessel branches into smaller and smaller blood vessels until the blood reaches the nephrons. In the nephron, your blood is filtered by the tiny blood vessels of the glomeruli and then flows out of your kidney through the renal vein.

Your blood circulates through your kidneys many times a day.





The Significance of Immunization



Winter is a season when it's highly recommended to keep disease prevention in mind.

Lower temperatures and more time in enclosed spaces promote the spread of viruses, such as those of the flu, the common cold, and in some cases, pneumonia. As a result, immunization plays a major role

in protecting your health, especially that of older adults, who may be more vulnerable to complications.

Having vaccines up to date not only reduces the risk of illnesses, but also lowers the chance of hospital admissions and improves your quality of life.

Some vaccines are recommended for the Winter season, including that for the seasonal flu, and in some cases, a booster for pneumonia or

COVID-19, as indicated by the doctor.

It's important to check with your health care provider to find out which of these are right for you based on your age and medical condition. Getting immunized is an action involving personal care, but also responsibility for others, as it helps protect the family and the community.

In short, immunization is an essential tool to have a safer and more peaceful winter.

Get Moving in Winter: Wellness in Every Step

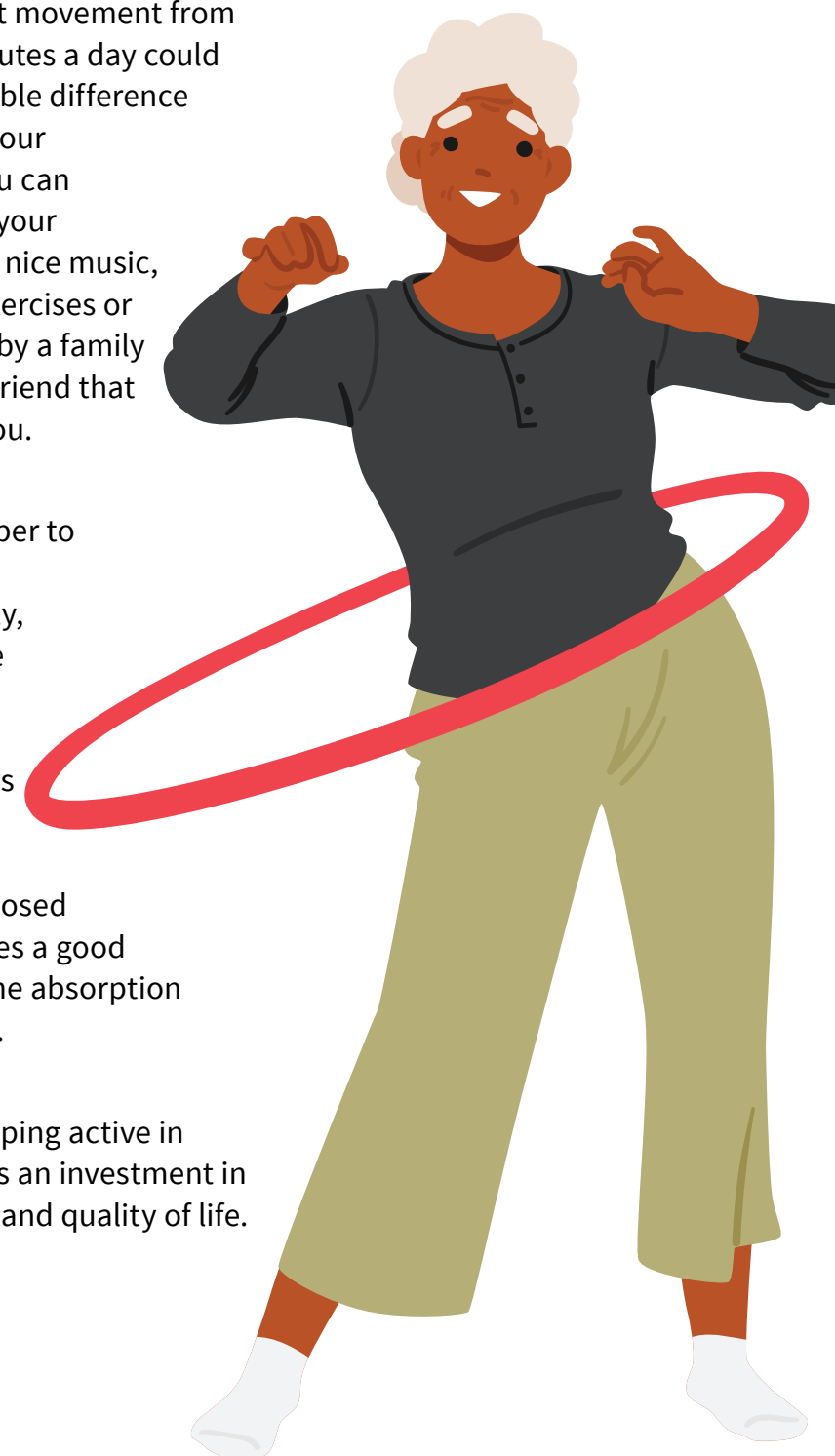
During cold-weather months, the usual thing is for the body to remain still and to be less motivated to keep active. However, regular exercise in Winter is basic for caring for both your physical and emotional health.

Walking homebound or on well-lit hallways, doing soft stretches or going through simple balancing and strength routines helps you keep mobility and promotes both circulation and energy. Physical activity also contributes to strengthening your defenses, this being especially valuable during this time of the year.

There is no need for major efforts: Light movement from 20 to 30 minutes a day could make a notable difference in terms of your wellness. You can accompany your routine with nice music, breathing exercises or even joined by a family member or friend that motivates you.

Also remember to bundle up appropriately, if you decide to go out for a walk, and choose hours where there is sunlight, as being exposed to it promotes a good mood and the absorption of Vitamin D.

In short, keeping active in wintertime is an investment in your vitality and quality of life.



Making traditions healthy



Keep your holiday traditions, and make small changes and smart substitutions where you can.

- Instead of butter, use a healthier vegetable oil or substitute equal parts unsweetened applesauce when baking.
- Use a lower-calorie sugar substitute.
- Use low-fat or nonfat milk instead of whole milk or heavy cream.
- Instead of only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.
- Use vegetable oils or soft margarine instead of butter.
- Use whole-grain breads, rice, and pasta instead of white.
- Bake, grill, or steam vegetables instead of frying.
- Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.
- Use spices, fresh herbs, and citrus juice to flavor foods and drinks instead of excess salt and added sugars.



Move more. Be well.



If your holiday traditions all seem to revolve around eating, liven things up with some opportunities to be physically active with family and friends.

- Walking is an activity the whole family can do together, even the dog!
- Play to win. Start a new tradition of an annual family game of touch football, basketball, mini-golf, or whatever your family's favorite sport is.
- Make it move. Add movements and gestures to your favorite card or board games.
- Break up the binge-watching. In between bowl games or your favorite holiday movies, take a walk or do something active. If the holidays sometimes leave
- you feeling stressed and overwhelmed, take care of yourself to stay well.
- Keep up healthy habits. Make a commitment to yourself before the holiday season begins. If you don't completely give up your healthy habits, you won't feel like you have to start all over once the holidays are in the rear-view.
- Fit in fitness. Try not to skip workouts, but when a full social calendar gets in the way, sprinkle some healthy activity like walking into your daily routine.
- Give yourself the gift of peace. When the invitations pile up, don't be afraid to say no to some of them. If you need some downtime to recharge for the next party, take a break.
- Get your ZZZs. Aim for 7–9 hours of sleep each night to stay in the healthy zone. Don't let your wake-up time and bedtime get too far off your regular schedule. Nap when needed and ditch the digital devices at night.





Thailand



Even though it's not always possible to pack our bags and set off to faraway destinations, traveling with your imagination is a wonderful way to explore the world from the comfort of your home.

Today, I am inviting you to join me in a virtual tour through Thailand, a fascinating country, is known as "The Land of Smiles." This is a dazzling venue due to the warmth of its people, a rich culture, and a unique mix of tradition and state-of-the-artness. From ancient gold-covered Buddhist temples to floating markets filled with aromas and color, Thailand offers a spectacle for the senses.

In the capital city Bangkok, the Grand Royal Palace stands out with its shining roofs and majestic ornaments that seem to be taken out of a storybook.

Further north, there is a breath of peace in Chiang Mai, as we tour through mountain-enclosed temples and an exuberant Nature.

And if you wish to dream of heavenly beaches, just imagine the sparkling waters of Phuket or Krabi, where white sands and a turquoise-color sea are inviting to serenity.

This virtual trip reminds us that becoming familiar with new cultures enriches us and opens up windows to a diverse world filled with beauty, even if we don't leave home.



LEON *licious*

The kitchen is your gateway to love

INGREDIENTS

- 2 cups unsweetened almond milk
- 1 cup heavy cream
- 1 cup sweetener
(I used ½ for caramel and ½ for custard)
- 6 eggs
- 1 tsp vanilla extract
- ½ tsp cinnamon

DIRECTIONS

1. Preheat the oven to 350° F
2. Butter or grease the entire inside of the pan.
3. In a large bowl, add your almond milk, heavy cream, eggs, ½ sweetener, vanilla and cinnamon and whisk.
4. Make caramel sauce - In a small saucepan, add ½ cup of low calorie sugar with water on low heat
5. When the sauce begins to simmer raise heat to medium high
6. While stirring, allow to turn into an amber color
7. Remove from heat allow to cool slightly, and then pour into prepared pan
8. Pour in the flan mixture.
9. Place the pan into a bigger dish and pour 1-inch of boiling water into the dish.
10. Bake for 45-50 minutes. Make sure the cake is done by checking it and making sure it comes out clean.

Flan



1, 2, 3. Register!

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

- 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.

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 SUDOKU!

Sudoku is a logic-based number puzzle played on a 9x9 grid that is also divided into nine 3x3 blocks. The goal is to fill in each square with a digit from 1 to 9 so that each row, column, and 3x3 block contains each number exactly once. It is not a game of chance or math, but one of deductive reasoning.

6	3	5		1	
2				3	
1				4	3
5					2
4	2				
3	5	1	4		

	3			4	
	2		5	3	6
2	4		6		
		5	4	2	
					4
6	1	4			2

1	2				
3	5		2	4	
4	1		5		3
		5		1	2
			1		
5		1	3		4

4		6	1		2
	1				6
	4		5	6	1
	6				4
1	5				3
6				1	

		2			
3	6			2	
6	1	5	2		3
4				5	
	5		6		2
2				1	5

5		1	6		
		6	3		1
1		3		6	
6	4			1	3
2	1	5			

1	3				
			6	3	1
				4	
	2		5		6
		3	1	2	5
		2	4	6	3

		3	2	1	5
		1	6	3	
	6		1		2
1	2	4	3		6
			4		
	1	2			

5	4	3		1	
					4
	5		4		
4	1			6	
	3	5	1	4	6
	6			3	5

Its 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 _____



SOCIAL SERVICES AND ECONOMICAL ASSISTANCE

Leon Medical Centers, through its Leon Access program, an Office of Economic Self-Sufficiency partner, which helps families in need apply for benefits and services through the Department of Children and Families (DCF). As a long-standing community partner 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.

The mission is to protect the most vulnerable citizens of our society and accomplish that by administering different programs and services, such as but not limited to: Medicaid, Food Stamps, Temporary Cash Assistance, Lifeline Free phone program, Medicare savings program, Long Term Care assistance, Citizen Application, and much more.

The benefit of establishing this, is to assist 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.

**ASK US IF YOU QUALIFY
305.642.5366**

Sudoku solutions

6	3	5	2	1	4	5	3	6	2	4	1	1	2	4	6	3	5
2	1	4	6	3	5	4	2	1	5	3	6	3	5	6	2	4	1
1	6	2	5	4	3	2	4	3	6	1	5	4	1	2	5	6	3
5	4	3	1	6	2	1	6	5	4	2	3	6	3	5	4	1	2
4	2	6	3	5	1	3	5	2	1	6	4	2	4	3	1	5	6
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2	1	5	3	4	6	3	6	1	5	2	4	4	2	6	3	5	1
3	4	2	5	6	1	6	1	5	2	4	3	1	5	3	2	6	4
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6	2	3	4	1	5	2	3	6	4	1	5	2	1	5	4	3	6
1	3	6	2	5	4	6	4	3	2	1	5	5	4	3	6	1	2
2	4	5	6	3	1	2	5	1	6	3	4	6	2	1	3	5	4
6	5	1	3	4	2	3	6	5	1	4	2	3	5	6	4	2	1
3	2	4	5	1	6	1	2	4	3	5	6	4	1	2	5	6	3
4	6	3	1	2	5	5	3	6	4	2	1	2	3	5	1	4	6
5	1	2	4	6	3	4	1	2	5	6	3	1	6	4	2	3	5

*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.



Scan with your phone

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





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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.

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