

Hi Eve,

It was great connecting for your annual exam. Here are some additional suggestions for your health and wellness to explore over the next 6 months.

Nutrition

Given the high cholesterol and nut allergies:

- Dietary focus: We recommend a Mediterranean-style diet emphasizing vegetables, fruits, whole grains, legumes, lean proteins (e.g., fish), and low-fat dairy.
- Pumpkin seeds, chia seeds, and sesame seeds are great alternatives to nuts for protein and healthy fat.
- Limit polyunsaturated oils (e.g., sunflower oil) as they may reduce the half-life of the prescribed cholesterol medicine, simvastatin.
- UCSF's Nutrition Counseling Clinic next group class for patients motivated to improve cholesterol will be on August 1st, 2025 at 10 am.
- Your health insurance plan also provides covered wellness programs. Check out their options at <https://www.blueshieldca.com/en/home/be-well>

Movement

The long commute and clerk job require strategies that reduce inactivity and prevent musculoskeletal strain.

Workplace interventions:

- We suggest standing workstations, walking meetings, or short breaks for movement.
- A simple first step could be alternating every 30 minutes between sitting and standing throughout the day to reduce back pain.
- Ask your manager about ergonomic resources (e.g. adjustable chair, sit-stand desks and anti-glare monitors) available from the company.
- Alternatively, review your HSA/FSA options and consider using these funds to purchase the necessary equipment to prevent eye strain, neck pain, and carpal tunnel. We can provide a medical justification letter if needed.
- UCSF's Physical Therapy team recommend an initial series of stretches available at <https://www.youtube.com/@ucsfplaysafe/videos>

Active commuting:

- If feasible, integrate walking or biking as part of the commute.

Preventive Care Screening Differences

Given your mother's breast cancer at the age of 40: We recommend earlier screening than standard age-based guidelines.

Our next steps will be:

- A referral to UCSF genetics center for a thorough breast cancer risk assessment.
- Breast imaging with a mammogram.

UCSF is committed to your care. To that end, please consider joining the WISDOM Study which tests a personalized approach to screening compared to annual mammograms. <https://www.thewisdomstudy.org/>