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**Dr. John C. Querci, D.O. is now accepting new patients in our Bonita Springs office.**

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## #MOVEINMAY



**During the month of May, National Physical Fitness & Sports Month provides an opportunity to celebrate and promote physical activity and the benefits of sports participation.**

**Physical activity is key to maintaining health and well-being. Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety and depression. Youth sports can help kids and teens get active and develop leadership, time management, and relationship-building skills.**

## We May Be Able to Help

The goal of DDC Healthcare is to establish an interpersonal relationship with our patients and to help steer them toward a more healthy lifestyle every day.



## National Women's Health Week (5/14 - 5/20)

National Women's Health Week (NWHW) is an annual observance that begins on Mother's Day, May 14th, and runs through May 20th. The FDA Office of Women's Health (OWH) theme for NWHW 2023 is to encourage women to #KNOWHmore About Your Health, Today and Every Day.

Check out resources from FDA OWH and other federal partners on important women's health topics below.

- [Women's Health and Wellness](#)
- [Pregnancy](#)
- [Uterine Fibroids](#)
- [Polycystic Ovary Syndrome \(PCOS\)](#)
- [Endometriosis](#)
- [Menopause](#)
- [Osteoporosis](#)

**Ask us** which health screenings are right for you and find out how often you should get screened. From exercising and making healthy food choices to managing health conditions such as high

## Diabetes: Did You Know?

- 37.3 million Americans—or about 11.3% of the U.S. population—have diabetes.<sup>1</sup>
- About 1 in 5 Americans living with diabetes, or 8.5 million people, are unaware that they have the disease.
- Approximately 96 million people ages 18 or older have prediabetes, a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.
- More than 8 in 10 adults living with prediabetes don't know they have it.
- About half of women with gestational diabetes go on to develop type 2 diabetes. Gestational diabetes is a type of diabetes that women develop when they are pregnant.



## Understand Your Risk

The sooner you know you're at risk, the sooner you can take steps to prevent or manage diabetes. If you have a family history of diabetes, are overweight, or are not physically active, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes as you get older. All adults 35 or older should get tested for diabetes and prediabetes.

- Take the [Diabetes Risk Test](#) online.
- Download the [Diabetes Risk Test](#)
- Learn more about the [risk factors of type 2 diabetes](#).

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Same Day surgical clearance exams

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## Do You Have a Primary Care Provider?

**Dr. John Queric, D.O. is now accepting new patients  
in the Bonita Springs office.**

Having a primary care doctor is important for maintaining your health and well-being, acting as your first point of contact for any health-related issues for you and your family.

**Here are some of the reasons why having a primary care doctor is important:**

**Personalized Care:** A primary care doctor gets to know you, your health history, and any ongoing health conditions. This helps them provide personalized care and treatment plans tailored to your specific needs.

**Regular Check-Ups:** Regular check-ups with your primary care doctor can help catch health problems early and prevent serious illnesses. Your doctor can also monitor any chronic conditions and make necessary adjustments to your treatment plan.

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keep track of all your medical records, making it easier for you to receive care.

**Health Maintenance:** A primary care doctor helps you maintain overall health through regular check-ups, health screenings and lifestyle advice. They also provide preventive care, vaccinations and routine health tests, to help keep you healthy.

**Cost-Effective:** Having a primary care doctor can help save money in the long run by preventing expensive emergency room visits and hospitalizations. They can also help you avoid costly tests and treatments that may not be necessary.

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