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We Care About Your Health

Dr. Brown is concerned with your health and the health of America. There are several things you can do and avoid to improve your health.

1. **Smoking:** Do **NOT** smoke and encourage smokers you know to stop
2. **Alcohol:** Moderate and/or avoid alcohol. Encourage others not to drink or drink responsibly. **NEVER DRINK AND DRIVE!**
3. **Sunscreen:** Wear sunscreen everyday. Try different types and brands to determine which is right for your skin. Sunscreen decreases the risk of skin cancer and reduces wrinkles
4. **Carbohydrates:** Decrease your intake of unhealthy carbohydrates

Unhealthy carbohydrates - "white" flour based foods (bread, pastas, pizza, cakes,

pies, and cookies)

-white rice, white potatoes

-sodas, fruit juices

Additional suggestions- increase eating foods that can rot, avoid preservatives & artificial sweeteners

Eat more raw foods and foods that have not been exposed to pesticides

Before you eat it, think about it.

5. **Exercise:** Adults should exercise for at least 150 minutes per week. Children and adolescents should engage in at least 60 minutes of physical activity per day. Keep moving as much as you can and whatever part you can-but keep moving!

6. **TV:** Decrease daily television viewing. Decrease being a passive consumer. Increase personal growth and creation!
7. **Know your numbers:** monitor and track your sugar, cholesterol, blood pressure, blood count, HIV status, BMI, hours of exercise per week, and calories ingested per day.

These 7 simple actions can help improve your quality of health, those dear to you, and the health of America.

Health improvement is a process. Simply try to do a little better each day.

Thank You For Helping Yourself & America,

Dr. Leon E. Brown