
FROM THE DESKS OF
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To Our Patients,

Most of you know that Dave was born and raised in Denver, minus a few educational excursions around the world. As Dave and I were talking one day, I couldn't help but notice his thick Denver accent. In my bluntness, I asked, "Do I sound strange to you?"

May I take this moment to thank all of our patients from New York who share their accent with me and all of our patients who are quick to point out my New Yorkisms. "Hey Ma! I don't even have you' Qweens' accent and they awl know I'm from Newyawk!" You bring back memories of my childhood city with great nostalgia, including trips to see Broadway musicals, such as The Music Man (in its revival showing), Phantom of the Opera, Les Misérables, Rent and so many more! Carmen was the first Opera to enchant my senses, quickly followed by La Traviata, and The Barber of Seville.



Winner = Best Queen's Accent - My Ma!

Reflections

- If your surroundings are too quiet, turn on the music and if you so dare, sing like no one is listening!
- When was the last time you listened to the radio, a genre of music that is new for you, classical music, a musical, or the opera?

Music for Solace

Music creates a wonderful sense of belonging that reaches deep into our souls. Participation in music, via singing or humming along connects us to others and to a greater community. It helps to combat the growing sense of alienation that social distancing has caused during the era of COVID 19. It also gives us a break from being consumed by our current stresses.

A woman sang alone in her car to the radio as loud as she could. A couple sang the lyrics of 'Hamilton' together over and over after watching the musical, laughing and trying to remember

all of the lyrics. A woman worried about the results of her repeat mammogram, got lost in a Mozart concerto being played in the background and forgot for a moment why she was even at the doctor's office. A grandfather sang 'Twinkle Twinkle Little Star' with his 2-year-old grandson via Zoom.



Music helps calm anxiety as it closes the distance created by geographic isolation and it soothes during a time of fear and uncertainty. Even better, music lifts the mood and feeds the spirit. Perhaps this is why Italians sang from their rooftops and balconies while quarantining in their homes, and Parisians sang hymns in the streets as they watched

flames and smoke melt their historic Notre Dame Cathedral.

There have been stories of singing and clapping for healthcare workers during the pandemic both to show support but also to show solidarity as a community and to remind each other that their community is strong and will persevere. What a wonderful way to use music to cope with a tragedy.

In so many ways, COVID-19 has given us an opportunity to exercise our “creativity muscles,” as every day presents us with an unexpected sudden new adventure. It has also given many amateur and professional musicians an avenue to express themselves, to let their voices and feelings be heard, and to connect with others – new phrases, new lyrics, new beats, new rhythms, new songs. Music gives us power to communicate and technology gives a broad platform to those who wish to share their gifts. Music gives us a way to regain some of the control that has been lost.

Music during this time can be used to regulate mood, anxiety, achieve self-awareness, express one's identity and relate to others. It is readily available in many forms. Use music as it best suits you!



Questions for Dave and I

1. What are the medical benefits of music?

Music helps:

- restore speech after strokes and brain injuries
- aids in pain relief by decreasing pain perception

- relieves depression and anxiety
- improves quality of life for dementia patients (and all patients really)
- improves invasive procedures: less discomfort, less anxiety, less sedatives needed and less pain
- less side effects to medication, including chemotherapy

2. My housecleaner had COVID-19. She has been home for 14 days and wants to come back to the house but is still sick. I'm in my 80s, should I let her come back?

We would suggest that you wait until your housecleaner is well before he or she returns to your house. While your housecleaner may no longer be contagious with COVID-19, if he or she is sick, he or she *may* have picked up a secondary infection. It is equally possible that the housekeeper may not be contagious at all, and just has a residual cough. It would be hard for you to know and we'd rather you be cautious.

3. We continue to minimize being indoors (other than in our house) and social distance. But, it looks like masks are going to be advisable for some time. I think we should upgrade from our current masks. Do you have a recommendation on what we should get for optimal protection with reasonable comfort?

Dave and I recommend the KN 95 masks if you wish to upgrade.

4. Have you personally had a patient experience a reaction to a vaccine?

Combined, Dave and I have had several patients with local swelling at the site of the injection requiring an ice pack to the skin. We have had patients develop the anticipated sore arms, worse with the vaccine for tetanus, and fever and malaise, almost routinely after the vaccine for shingles. Prior to our care, one of our patients developed a seizure disorder after receiving a vaccine that has since resolved and the patient is no longer needs to take seizure medications.

We will let you know as soon as the flu vaccines become available. Please feel to keep your comments and questions coming. If you are new to the practice or have missed prior emails, they can be found at www.jeannetteguerrasiomd.com under the patient education tab. Be sure to get outside and enjoying the long days of summer! (With your music, of course!)

To alcohol hand sanitizer, masks, and your health!

Jeannette and Dave

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