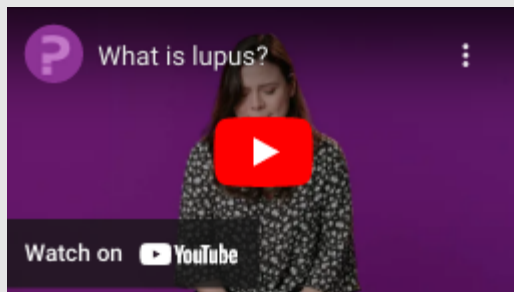


Lupus Awareness Month

According to the Lupus Foundation of America, a study conducted on 3,000 adults revealed that 36.5% were misdiagnosed and 54.1% were told that their symptoms were psychological.



A Misdiagnosed Journey

A health plan participant was diagnosed with Lupus in 2021 after their ANA blood test came back high. She did not have any signs or symptoms of Lupus, nor was she educated about Lupus.

This participant had a Remote Second Opinion with VezaHealth's partnered Rheumatologist, who informed her that a high ANA does not confirm Lupus. The rheumatologist realized that the ANA blood test was drawn right after the participant had COVID. The ANA test result was high due to inflammation from the COVID infection, confirming the participant was misdiagnosed with lupus. She no longer needs to see a Rheumatologist and she does not need to take expensive Lupus medications.

Participant Feedback:

"VezaHealth was really great at helping me go in the right direction whenever I had doctors telling me conflicting information. To hear I was misdiagnosed with Lupus was excellent to hear! It was a relief and gave me piece of mind!"

**If you are concerned you have been misdiagnosed, as it relates to Lupus, please contact VezaHealth.*



If VezaHealth is part of your health plan, we are available at no cost to you. If not, please have your HR Director contact us today!

The VezaHealth newsletter is not medical advice. Only seek medical advice from a qualified physician.



Finishing Life Well: Cori Zavada, J.D.

The Big Mg! Have you heard - over half of the U.S. population doesn't get enough magnesium?? If this is accurate, whether attributable to our environment, aging, or a variety of medical conditions, it is important for you to know whether a boost of this vital nutrient would be beneficial for you and your overall health.

According to the National Institutes of Health (NIH), we need magnesium to regulate muscle and nerve function, blood sugar levels, and blood pressure. We also need it for making protein, bone, and DNA. Most individuals rely on food to get sufficient magnesium. I am not sure about you, but I am of the belief that I can no longer rely on food to obtain sufficient nutrients and minerals. I am not sure if it is my continual increase in age or the continual decline in the quality of the food in the U.S.

Without sufficient magnesium we can start seeing symptoms related to *kidney function, abnormal heart rhythms, high blood pressure, muscle cramps, personality changes, numbness & tingling, anxiety, fatigue, increased risk of thrombosis, and migraines* (this is the short list). If you have Type 2 Diabetes, gastrointestinal diseases such as Crohn's or Celiac disease, you are elderly or you suffer from alcoholism you are more likely to be deficient in magnesium.

Over the last couple of years, I have worked closely with my functional medicine doctor to adjust and tweak my supplements and I have found that for me magnesium has helped me avoid migraines and has improved the quality of my sleep. I take well over the recommended allowance (*I am not recommending this*) every evening before bed and have noticed a significant difference. I highly recommend you work with your trusted physician to see what type of magnesium and what dosage might work best for you, and to ensure that your magnesium supplement doesn't interact with other medications you may be taking.

Finish Life Well,

Cori