



Why Are Annual Exams Important?

Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.

Schedule an Appointment Today

[Schedule Now](#)



WE ARE GROWING TO CARE FOR YOU BETTER!




Meet Our Newest Providers!



Jesse Russell, PA-C

Pacific Medical Group - Canby

 1185 S Elm St. Canby, OR 97013

 (503) 723-4660

Quick Facts


- Native Oregonian and former 911 Paramedic who earned his MSPAS and DMSc degrees from Pacific University in Forest Grove.
- Family Medicine PA-C with clinical interests in preventive health, diabetes management, asthma, allergies, and men's health.
- Skilled in office-based procedures including orthopedic injections and skin biopsies, helping patients stay healthy and active.



Shelby Mulrennan, FNP

Pacific Medical Group - North Portland

 6445 N Greeley Ave. Portland OR 97217

 (503) 285-6607

Quick Facts

- Native Oregonian and University of Oregon alum with advanced PA training from Saint Francis College and an Ob/Gyn residency at Arrowhead Regional Medical Center.
- Specializes in women's health, focusing on whole-person care and patient education through all stages of life.
- Enjoys reading, gardening, cooking, and spending time with her husband, three sons, and their family pets while cheering on the Oregon Ducks.



SEASONAL TIPS

from your **CARE TEAM**



1 Keep Tabs on Blood Pressure

Cold temperatures can cause blood pressure to rise. If you monitor at home, check regularly and share readings at your next visit.

2 Keep Moving, Even in the Cold

Bundle up and aim for 20–30 minutes of movement most days. Shoveling snow, brisk walking, or winter hiking all count towards keeping your heart and joints healthy.

3 Dietary Adjustments

Comfort foods are often high in carbohydrates. Choose healthier options like soups and stews with lean proteins and plenty of vegetables.

4 Stay Hydrated

It's easy to forget to drink water in winter. Dehydration can affect blood sugar levels, so aim to stay hydrated. Warm water helps hydrate more in the Winter vs Cold

5 Support Your Mood and Sleep

Shorter days can impact energy and mood. Maintain a regular sleep routine, open blinds early for sunlight, and eat foods high in vitamin D (salmon, fortified milk).

6 Stay Up To Date on Vaccines

Get your flu shot and COVID booster. Ask your provider if you're due for pneumonia, shingles, or Tdap (whooping cough) vaccines too.

7 Protect Skin and Hands

Cold air and indoor heat can dry your skin. Moisturize after showering or bathing, use a humidifier if needed, and wear gloves when outdoors to prevent cracking and irritation.

8 Plan Ahead for Winter Travel


Keep an emergency kit in your vehicle (blanket, flashlight, snacks, medications). If you have chronic conditions like diabetes or asthma, carry extras in case of weather delays.

9 Keep Medications Warm

Insulin and other medications can be affected by cold temperatures. Store them at appropriate temperatures and avoid leaving them in cold vehicles.

10 Prevent Slips and Falls

Wear shoes with good traction, use handrails, and keep walkways clear of ice. Falls are one of the most common winter injuries – and often preventable.



December is

Seasonal Affective Disorder (SAD) Awareness Month

Find Calm. Build Resilience. Live Fully.

As daylight hours shorten, some people experience Seasonal Affective Disorder (SAD), a type of depression linked to seasonal change. Common symptoms include fatigue, low mood, and loss of motivation.

Signs to Watch for:

- Persistent sadness or irritability
- Trouble concentrating
- Changes in sleep or appetite
- Low energy or social withdrawal

We're Here to Help

If SAD symptoms interfere with your daily life, professional care can make a difference. Effective treatments focus on restoring balance and light exposure.

Based on info from the National Institute of Mental Health & Mayo Clinic

