



MISSION CONCIERGE CARE

Dr. B. Grant Marshall · Titusville, FL



The Month of August is Your Reset Opportunity

August is the month most people put their health on pause while squeezing out the last days of summer fun. This issue is Dr. Marshall's case for why that is not the correct approach.

Observation	When	Why It Matters
National Immunization Awareness Month	All August	Vaccines save lives. Every year.
National Eye Exam Month	All August	Your eyes reveal more than you think
National Wellness Month	All August	A whole month dedicated to elevating your wellness
World Breastfeeding Week	Aug 1-7	Supporting mothers and newborns
National Health Center Week	Aug 11-17	Community health at the center
Senior Citizens Day	Aug 21, 2026	Honoring those who have lived the most
Grief Awareness Day	Aug 30, 2026	Because grief is a health issue too

Message from Dr. B. Grant Marshall



Newsletter Highlights

A MESSAGE FROM DR. B. GRANT MARSHALL

CELEBRATING THIS MONTH: SENIORS, IMMUNIZATIONS & GRIEF

MONTHLY FOCUS: WHAT YOUR EYES ARE TELLING YOUR DOCTOR

THE THINK PIECE: SLEEP AND YOUR HEART — WHAT THE AHA NOW SAYS

HEART-HEALTHY RECIPE: WATERMELON FETA MINT SALAD

MONTHLY FITNESS: BEAT THE HEAT WITH INDOOR STRENGTH TRAINING

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August has a particular quality to it. It is the last lazy carefree days of summer. School is about to start. Schedules are about to shift. And for many of us, health habits that slipped in July have not quite found their way back yet.

I want to offer a different frame for this month.

August is not the end of summer. It is the time to prepare for best health quarter. September through December, when routines return and the heat breaks, is when patients who prepared in August feel the difference most. The choices you make right now, the sleep you protect, the eyes you get checked, the vaccines you stay current on, are investments with a very short return horizon.

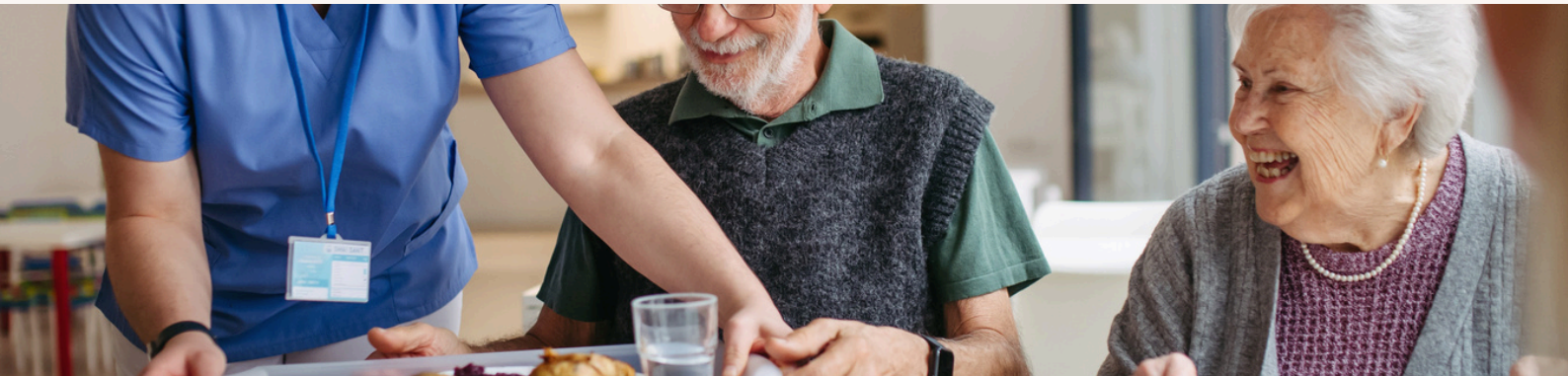
This month I want to talk about some things we do not always make time for: eye health, the importance and science of sleep hygiene, and last, the kind of grief that quietly takes a toll on the body. **None of these are dramatic, yet all of them matter deeply.**

As always, my door and my phone are open. August is a wonderful time to come in for a conversation before the pace of fall picks up. Do not wait until something feels urgent.

Dr. B. Grant Marshall

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To Every Senior. To Every Caregiver. To Every Grieving Heart.



Senior Citizens Day — August 21

The patients who have lived the longest often receive the least attentive care. That is a failure of the system, not a reflection of their worth.

Senior Citizens Day is a reminder that aging well is not passive. It requires intentional, ongoing medical oversight. At Mission Concierge Care, our senior patients receive the extended visits, the proactive monitoring, and the direct access that this stage of life genuinely demands.

Celebrating today means committing to better care tomorrow.

National Immunization Awareness Month — All August

Vaccines are one of the most rigorously studied, most effective preventive tools in medicine. They do not just protect the individual who receives them. They protect everyone around them, including the people too young, too old, or too ill to be vaccinated themselves.

This month is an opportunity to review your immunization record. Flu season is approaching. Shingles, pneumonia, and updated COVID-19 vaccines may be appropriate depending on your age and health history. If you are unsure what you are current on, that is a conversation worth having before September arrives.

Grief Awareness Day — August 30

Grief is not just emotional. It is physiological.

Research consistently shows that unprocessed grief elevates cortisol, disrupts sleep, suppresses immune function, and increases cardiovascular risk. The body keeps score in ways we do not always recognize as grief-related.

Grief Awareness Day is a gentle reminder that if you are carrying loss, you do not have to carry it alone, and you should not carry it in silence. At Mission Concierge Care, we take the whole person seriously. That includes what you are grieving.

Your Eyes Are Telling Your Doctor Something. Are You Listening?



Most patients think of an eye exam as a prescription check. It is much more than that.

A comprehensive dilated eye exam gives a trained physician a direct view of the blood vessels, optic nerve, and retinal tissue in a way that no other non-invasive test can replicate. What a skilled ophthalmologist sees in those few minutes can reveal conditions that have not yet produced a single symptom anywhere else in the body.

What an Eye Exam Can Detect

- **Diabetes and pre-diabetes:** Diabetic retinopathy, caused by damage to the small blood vessels in the retina, is often detectable before a patient knows their blood sugar is elevated.
- **Hypertension:** Changes in the arterioles of the retina, including narrowing, nicking, and hemorrhage, are direct markers of blood pressure impact on the vascular system.
- **High cholesterol:** Deposits called Hollenhorst plaques can appear in the retinal vessels and signal atherosclerotic disease elsewhere in the body.
- **Neurological conditions:** Optic nerve changes can be early indicators of conditions including multiple sclerosis and increased intracranial pressure.
- **Thyroid disease:** Eye changes including proptosis and lid retraction can be among the first visible signs of thyroid dysfunction.

Who Should Have an Annual Dilated Eye Exam

The American Academy of Ophthalmology recommends that all adults over 40 have a baseline comprehensive eye exam, with annual exams for anyone managing diabetes, hypertension, or a family history of glaucoma. In practice, this means most of my patients should be going once a year.

If you have not had a comprehensive eye exam this year, or if it has been more than a year, please bring it up at your next visit. It is a non-invasive, low-cost window into your vascular health that we consistently underutilize.

**The eyes are not just the window to the soul.
They are a window to your vascular health, and they deserve your attention.**

What the American Heart Association Now Says About Sleep and Your Heart

In 2022, the American Heart Association made a decision that quietly changed how physicians should think about cardiovascular health.

For years, the AHA measured heart health using what it called Life's Simple 7: diet, physical activity, smoking, body weight, blood sugar, cholesterol, and blood pressure. These seven metrics formed the foundation of how doctors and patients alike talked about cardiovascular risk.

Then they added an eighth. Sleep.

The updated framework, now called Life's Essential 8, formally recognizes sleep duration as a core component of cardiovascular health, equal in clinical significance to the metrics we have tracked for decades. Here is what that means for you, in plain language.

Why Sleep Made the List

The research behind this decision is extensive. Poor sleep duration, defined as consistently getting fewer than seven hours per night, is independently associated with elevated blood pressure, increased risk of type 2 diabetes, higher rates of obesity, and greater risk of atrial fibrillation and other cardiovascular events.

The AHA recommends seven to nine hours of sleep per night for adults. Not as a wellness suggestion. As a clinical target with measurable cardiovascular impact.

What Happens to the Heart When You Consistently Sleep Less Than You Should

- **Blood pressure rises.** Sleep is the body's primary period of cardiovascular recovery. Without adequate sleep, blood pressure remains elevated for more hours of the day than it should.
- **Inflammation increases.** Chronic short sleep elevates inflammatory markers that directly damage arterial walls over time.
- **Blood sugar regulation suffers.** Even one week of poor sleep measurably impairs insulin sensitivity, a direct precursor to type 2 diabetes.
- **Heart rhythm is affected.** Studies have linked insufficient sleep to higher rates of atrial fibrillation, an irregular heart rhythm that significantly increases stroke risk.
- **Stress hormones stay elevated.** Cortisol, the body's primary stress hormone, should drop during sleep. When sleep is insufficient, cortisol remains elevated, increasing cardiovascular strain throughout the day.

The Weekend Recovery Myth

One of the most common misunderstandings is that people think they can make up for a short sleep week by sleeping in on weekends. The research is clear: this does not undo the damage. Cardiovascular health responds to consistent nightly sleep, not compensatory catch-up. The body does not work on a weekly averaging system.

Three Evidence-Based Habits That Actually Improve Sleep

- **Keep a consistent sleep and wake time, even on weekends.** The body's circadian rhythm is highly sensitive to regularity. Inconsistency in sleep timing is independently associated with cardiovascular risk.
- **Eliminate screens for 30 minutes before bed.** Blue light suppresses melatonin production and delays the onset of restorative sleep stages. This is one of the highest-yield, lowest-cost interventions available.
- **Keep your bedroom cool and dark.** Core body temperature must drop for sleep onset to occur. A room between 65 and 68 degrees Fahrenheit is associated with faster sleep onset and deeper sleep quality.

Sleep is not a lifestyle preference. It is a cardiovascular metric.
If your sleep is a consistent struggle, that conversation belongs in your next visit.

Source: American Heart Association Life's Essential 8, Circulation, 2022



From the American Heart Association Kitchen

This month's recipe was made for a Florida August: no cooking required, deeply refreshing, and built around ingredients with documented cardiovascular benefits.



Watermelon Feta Mint Salad with Citrus Honey Drizzle

15 MIN PREP

SERVES 6

HEART-HEALTHY

Why This Recipe Works for Heart Health

Watermelon is rich in lycopene, a powerful antioxidant shown to reduce oxidative stress and inflammation in arterial walls. It is also high in citrulline, an amino acid that supports healthy blood pressure. Combined with the anti-inflammatory properties of fresh mint and the healthy fats in olive oil, this is a salad that works as hard as it tastes good.

Ingredients

- 6 cups seedless watermelon, cubed (about 1 inch)
- 1/2 cup reduced-fat feta cheese, crumbled
- 1/4 cup fresh mint leaves, torn
- 1/4 cup red onion, very thinly sliced
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- 1 tablespoon raw honey
- 1/4 teaspoon black pepper
- Pinch of sea salt
- Optional: 2 tablespoons toasted pumpkin seeds for crunch and added magnesium

Directions

1. In a small bowl, whisk together olive oil, lime juice, honey, pepper, and salt. Set aside.
2. Arrange watermelon cubes on a large serving platter or in a wide bowl.
3. Scatter red onion and mint leaves over the watermelon.
4. Drizzle the citrus honey dressing evenly over the salad.
5. Top with crumbled feta and pumpkin seeds if using.
6. Serve immediately for best texture. Refrigerate components separately if preparing ahead.

August Movement: Beat the Heat with Indoor Strength Training

Florida in August is not the month for long outdoor runs or afternoon walks in direct sun. The heat index regularly pushes past 100 degrees, and heat-related illness is a genuine risk, particularly for patients managing blood pressure or cardiovascular conditions. This month, we move indoors. And we strength train.

Resistance exercise is one of the most underutilized tools in cardiovascular prevention. The American Heart Association recommends strength training at least two days per week for heart health, yet most patients focus exclusively on cardio. Here is why strength training belongs in your routine and how to start this month, no gym required.

Why Strength Training Protects Your Heart

- Reduces insulin resistance, a key driver of type 2 diabetes and cardiovascular disease.
- Lowers resting blood pressure in patients with hypertension, often by 3 to 5 mmHg with consistent training.
- Builds metabolic reserve that makes the cardiovascular system more resilient to stress and illness.
- Supports bone density, especially important during Senior Citizens Month and for patients over 50.
- Improves sleep quality, which as this month's think piece explains, is now an officially recognized cardiovascular metric.

Your 4-Week Bodyweight Plan

No equipment. No gym membership. 30 minutes or less. All you need is a mat and a chair.

Week 1: Build the Base	3 sets of 10 squats, 10 push-ups (modified is fine), 10 lunges, 30-second plank. Rest 60 seconds between sets. 3x this week. Focus on form, not speed.
Week 2: Add Intensity	Increase to 4 sets. Add 10 glute bridges and 10 tricep dips using a chair. 4x this week. Notice how your energy levels are already shifting.
Week 3: Build the Circuit	30-minute circuit: squats, push-ups, lunges, plank, glute bridges, tricep dips, mountain climbers (10 reps). Minimal rest between exercises. 4x this week.
Week 4: Sustain and Celebrate	Full 30-minute circuit 5x this week. Add a 5-minute cool-down stretch. You have built something real. Consistency matters more than perfection.

If you have joint concerns, cardiovascular history, or are just returning to exercise after a break, please reach out before beginning. Dr. Marshall can help you build a plan that is safe and appropriate for exactly where you are right now.

The body is not something to be managed out of vanity or fear. It is something entrusted to us.
Caring for it is an act of stewardship, of gratitude, and of purpose.
At Mission Concierge Care, honoring that responsibility is at the center of everything we do.

What? know ye not that your body is the temple of the Holy Ghost which is in you,
which ye have of God, and ye are not your own?
For ye are bought with a price: therefore glorify God in your body, and in your spirit,
which are God's.

1 Corinthians 6:19-20 - KJV



Quote of the Month

"Take good care of your body. It is the only place you have to live."

Jim Rohn

Questions about the Life's Essential 8, your own cardiovascular health, or anything else from this newsletter? Dr. Marshall is a text or call away.

Schedule a Visit or Reach Out

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If you believe you received this in error, please contact us at
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