



PennState Health
St. Joseph

[Find a Physician](#)

[Locations / Services](#)

[Contact Us](#)

December / 2017



Our Passion.
Your
Health.

Make 2018 the Year for You!

As the new year rolls around, many of us focus on changing our behaviors or making a New Year's resolution. For some that might be to balance our personal budget or clean out the garage. However, for many of us, it'll be to lose weight.



[See Why 150 Is The Magic Number](#)

In This Issue

[Make 2018 the Year for You!](#)

[Are Mushrooms the New Anti-Aging Miracle?](#)

[Flies Disease-Carrying Potential May Be Greater Than Thought](#)

[Program Aims to Trump Overuse of Antibiotics](#)

[Urgent Care](#)

[Party Foods that won't Add Inches](#)

Are Mushrooms the New Anti-Aging Miracle?

Kids may find them icky, but adults should be gobbling these fungi up. Researchers at Penn State University found them to contain unusually high amounts of two antioxidants that can help fight aging and bolster health.

[Don't Be In The Dark About Their Power](#)



Flies Disease-Carrying Potential May Be Greater Than Thought

Time to stock up on fly swatters. New study suggests flies carry hundreds of different species of bacteria, many of which are harmful to humans.

[Read the Rest About These Pests](#)



Working to Overcome Antibiotic Resistance Program Aims to Trump Overuse of Antibiotics

In an effort to address the concern for a growing number of patients who are resistant to bacteria fighting medications, Penn State Health St. Joseph pharmacy staff created a team focused on curtailing the routine - and oftentimes uncalled for - use of antibiotics.

[See What They're Focusing On](#)



Getting to Know Our Services Urgent Care



Does the Holiday Shuffle have you feeling sluggish? Our Urgent Cares are open 7 days a week. Just walk-in and be seen by a medical professional!

[Check Real-Time Office Hours Here](#)

Passionate About Health:

Party Foods that won't Add Inches (or Dullness)



Light Pumpkin Pie



Festive Tossed Salad



Low Fat Egg Nog

[Forward to a Friend](#)

STAY IN THE KNOW

