



Welcome to our Praxis APC Newsletter!

We're excited to introduce the first edition of the Praxis Health Advanced Primary Care Newsletter—a new way to stay connected, informed, and supported in your health journey.

Each issue will share a variety of insightful health topics and updates from across Praxis APC to help you stay informed and empowered. In this edition, you'll be introduced to our providers, get info on important vaccines, and find our top tips on staying well this season.

We're grateful you trust us with your care. With our dedicated providers by your side, you're in good hands!

Sincerely,
Praxis Health Advanced Primary Care Team

What's Inside?

1. [Intro](#)
2. [Meet Our Care Providers](#)
3. [Key Vaccines for
Fall/Winter](#)
4. [Seasonal Health Tips](#)



MEET OUR WONDERFUL CARE PROVIDERS

Praxis APC - Portland



Ginger Wey, MD

 9555 SW Barnes Road

Quick Facts

- Dr. Wey is Board-certified in Lifestyle Medicine and trained in acupuncture, blending traditional and integrative care techniques.
- She partners with patients to improve nutrition, fitness, sleep, and mental well-being for long-term health.



Nicholas Sweet, PA-C

 9555 SW Barnes Road

Quick Facts

- Nicholas was recognized with the Donald A. Pegg Award for leadership in lifestyle medicine by the American College of Lifestyle Medicine.
- He focuses on whole-person, relationship-based care that encourages patients to take an active role in their health.



Call Us Today!

(971) 478-1842



Schedule Online

Scan QR Code





MEET OUR WONDERFUL CARE PROVIDERS

Praxis APC - Eugene



Adam Litster, PA-C

 330 S Garden Way

Quick Facts

- Adam is a public health-trained clinician who combines medical expertise with a trauma-informed, community-centered approach.
- He is dedicated to empowering patients through education and collaboration to achieve lasting wellness.



Rajive Wadhwa, MD

 330 S Garden Way

Quick Facts

- Dr. Wadhwa is board-certified in Internal Medicine and Geriatric Medicine with over two decades of experience caring for adults and seniors.
- He believes in a holistic, whole-person approach that emphasizes preventive care and well-coordinated treatment.



Call Us Today!

(971) 478-1842



Schedule Online

Scan QR Code



Stay Up-to-Date on Key Vaccines

Vaccines are one of the simplest ways to protect your health. Consider booking you and your family for flu, Covid, and (when appropriate) RSV vaccinations



Benefits of Annual Vaccinations*

- ✔ Supports infection prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of upper respiratory-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Makes most infections less severe

*According to the CDC



Call to Book Your Vaccinations:

Praxis Health APC - Portland

 9555 SW Barnes Road, Suite 201
Portland, Oregon 97225

 [\(971\) 478-1842](tel:(971)478-1842)

 PraxisHealthAPC.com

Praxis Health APC - Eugene

 330 S Garden Way, Suite 270
Eugene, Oregon 97401

 [\(971\) 478-1842](tel:(971)478-1842)

 PraxisHealthAPC.com



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 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.

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 Dietary Adjustments

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

