

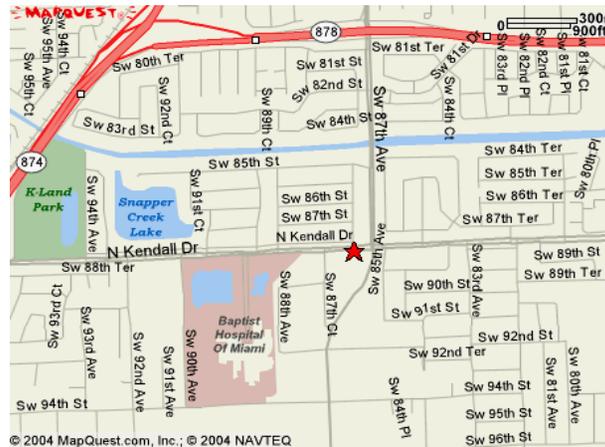
Dr. Whitted is dedicated to safe, state-of-the-art, innovative surgeries and healthy lifestyles for women of all ages. In a nurturing environment, the physicians and staff strive to promote a partnership in your healthcare and make every effort to bridge the sterile science of diseases with your emotional, physical, and spiritual needs. Everyone is confronted with difficult healthcare decisions at one time or another. You'll want your physician and staff to have the knowledge, experience, and sensitivity to guide you safely through the decision-making process.

Dr. Whitted provides comprehensive gynecologic office and surgical healthcare. He is certified in laparoscopy and hysteroscopy and is an expert in advanced gynecologic surgery. He has been a national speaker, trainer, and researcher in advanced surgical techniques. In addition, Doctor Whitted is a Certified Menopause Clinician who educates, trains, and has done research in the science of menopause. Finally, he is certified in advanced colposcopy.

Doctor Whitted offers expert education and care in the following areas:

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|--------------------------------------|--------------------------|
| <b>Abnormal Paps (HPV)</b>           | <b>Loss of Urine</b>     |
| <b>Abnormal Menstrual Cycles</b>     | <b>Menopause</b>         |
| <b>Bladder Prolapse</b>              | <b>Osteoporosis</b>      |
| <b>Chronic Pelvic Pain</b>           | <b>Ovarian cysts</b>     |
| <b>Contraception/Family Planning</b> | <b>Rectocele</b>         |
| <b>Endometriosis</b>                 | <b>Uterine Prolapse</b>  |
| <b>Ectopic Pregnancy</b>             | <b>Vaginal Prolapse</b>  |
| <b>Education in Gynecology</b>       | <b>Well Woman Visits</b> |
| <b>Fibroids (Leiomyoma)</b>          | <b>Weight Management</b> |

Contact us at 305-596-3744 for prompt, courteous, and knowledgeable answers to your questions and concerns regarding your healthcare.



### **R. Wayne Whitted MD, MPH**

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## **Raymond Wayne Whitted MD, MPH**

*...dedicated to healthy lifestyles and safe, state-of-the-art surgery  
for women of all ages.*

### **Healthy Lifestyle Diary**

Good health, a long life, and happiness are three goals many of us share. The common thread intertwining these goals is healthy living. Proper nutrition and exercise habits are extremely important in the pursuit of a healthful lifestyle. In addition, positive thinking, proper rest, and helping others reinforces our sense of happiness.

Contained in this brochure is our 10-step daily formula to help you achieve good health, long life, and happiness. It is a commitment to having a better body, mind, and spirit, and, therefore, a better life. Be faithful to these tenets and you will be surprised to learn that pleasure can be a part of a healthful lifestyle...In fact, is vital to it!

Remember, however, that the pathway to healthy living requires consistency and commitment. There are no **SHORTCUTS, QUICK FIXES, OR EASY ANSWERS.**

Good luck,

Drs. Whitted  
and Office Staff

**...dedicated to healthy lifestyles and safe, state-of-the-art, innovative surgery for women of all ages**

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Do something good for yourself daily and believe in a higher power																															
Exercise 45 minutes daily (preferably in the morning; 3 miles (4 MPH) Adequate Rest, Fresh air, Sunlight																															
Drink 8-10 glasses of water daily. Limit alcohol and caffeine.																															
Eat 5 servings of fruits/vegetables daily (minimize meat products)																															
Eat 3 meals and 2 snacks daily. Target goal: 1200-1500 calories daily																															
Consume less than 40 grams of fat daily (minimize Trans-fatty acids)																															
Take women's multi-vitamin daily Take adequate calcium and anti-oxidants daily																															
Do something good for others daily																															
Renew your commitment to healthy living each evening																															

<b>Breast Self-examination monthly</b>	<b>Monthly Breast Self-Examination</b>																													
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<b>Weight</b>	Week 1	Week 2	Week 3	Week 4
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<b>Things to do for Yourself</b>	<b>Things to do for Others</b>	<b>Foods rich in Calcium</b>	<b>Daily Vitamins Amounts</b>	<b>Notes</b>
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...Something out of the ordinary for you: Perhaps a massage, a facial, a pedicure, A new hairstyle. ...Find time for a power nap. ...Smile frequently ...Call an old friend or renew a forgotten Friendship ...Read or listen to something inspiration- al. Read a good book ...Set aside 30 mins of personal quiet time	...Practice random acts of kindness ...Give someone a compliment ...Hold the door open for someone ...Smile frequently ...Give words of encouragement ...Volunteer to help others through Your professional organizations, Church, or synagogue.	Milk (1 glass) 350 mg Yoghurt 1 cup 290 mg Cheese (1 slice) 350 mg Ice Cream (1/2 cup) 93 mg Fortified Orange Juice 350 mg Soy beans 1 cup 175 mg Bread 1 slice 25 mg Broccoli 1/2 cup 38 mg Banana (1) 10 mg	Calcium.....1200-1500 mg Magnesium.....500-750 mg Vitamin D .....1000 IU Vitamin E .....400-800 IU Vitamin C .....1000-1200 mg  Women's Multivitamin ..I recom- mend "Alive"  Antioxidants: Beta-Carotene, Vitamin E, Vitamin C, Folate	
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