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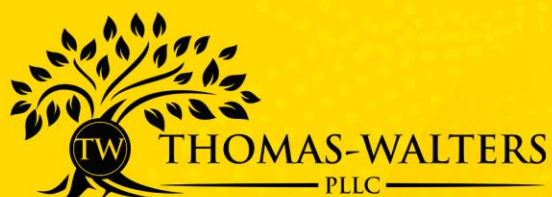


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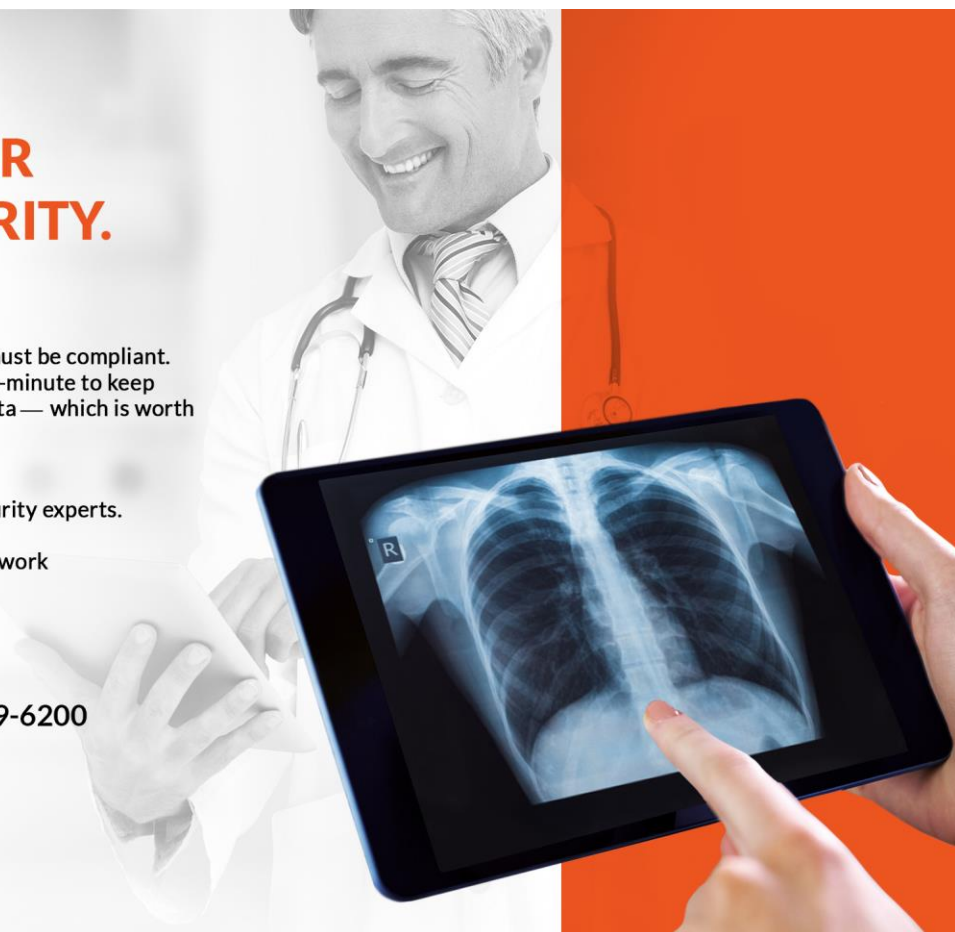
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Why is it Hard to Find Grace in Medicine?

MARSHA HAMNER, MD

“If I make a mistake, my patient could go home in a body bag.”

I don’t recall whom I first heard this from, but it stuck in my mind as terrifying thoughts do. And we wonder why burnout in medicine is a thing.

Mistakes in medicine can cause mortal consequences. They can harm another human being. We can’t escape this reality. We can’t undo it. We don’t get “three lives,” as in Ms. Pac-Man, if you turn the wrong way and run into a ghost. It’s done.



Consider the patient who comes in weekly for cannabinoid hyperemesis and presents with abdominal pain and vomiting ... again. They swear it’s different this time. It’s not the marijuana. It never is. So you write for the anti-emetics and move on.

Two hours later, a code is called to her room. You assume it’s a false alarm. But when you arrive, CPR is in progress. Return of circulation is not achieved. The autopsy shows dead bowel.

She had two young girls that won’t grow up with a mother.

It’s hard to find grace in that.

Most medical errors don’t lead to the death of a patient. Harm may occur. Giving an antibiotic without dosing for renal function may necessitate short-term dialysis. That’s not inconsequential. But the patient gets to go home to their family.

And then, there are times when mistakes never reach the patient. In the above scenario, a pharmacist would call me to adjust the dose before the medication is given. If I write for an antibiotic a patient is allergic to, the medical record alerts me. A nurse may call and ask if I want to replace the potassium with the IV Lasix I just ordered before it drops further.

When we get home, the burden of our mistakes weighs heavy on our conscience. Most people enter the medical field because they want to help people. And we’re laden with perfectionism. Those aren’t bad things. They make great doctors. But without allowing ourselves to swim in the sea of grace – and absorb its healing nutrients – we’re left with malnourished spirits. And just as a body without nutrition cannot heal wounds, neither can we heal the trauma to our souls. That doesn’t just lead to “burnout,” as we often refer to the crisis plaguing our profession. It gives rise to despair.

Isolation: As the COVID pandemic progressed, I found myself less able to relate to those outside of medicine. Opening about how difficult it is to watch people die alone takes courage. And when the topic is met with blank stares from friends and family who prefer to change the topic, we’re unlikely to revisit it.

Midway through the third surge, I went out to dinner with a couple who told me about a terrible experience they had at a restaurant. Their table preference on the reservation hadn't been communicated; it took half an hour to get their drinks. As I listened to them, I found myself feeling angry. Was that worth complaining about? Seriously? Didn't they know people weren't able to get beds in hospitals? Or that nurses were caring for patients in hallways at ratios they'd never experienced before?

The trials of everyday people no longer seemed valid to me. My ability to show grace to those not in the trenches with me plummeted. I started to feel like the only people who understood me worked within the hospital's walls. Couple that with the isolation COVID already led to, and many of us succumbed to social and emotional isolation.

Grace starves in isolation.

The legal system: Sometimes, I wonder if I'm more afraid of attorneys than novel viruses invading our planet. I've experienced depositions and courtrooms on the defendant's side. Regardless of its medical implications in the case, each tiny decision I made was scrutinized by non-medical people. I emerged "successful," meaning I was dismissed, but the scars remain. I order more tests now – not because I think it will benefit the patient but because I'll do almost anything to avoid going through that again.

Medical malpractice attorneys are not generally gifted in grace. Nor are family members who have lost loved ones or patients who have experienced complications. Those I have empathy for. I struggle to extend forgiveness to the former. That's probably not just on my part. It's certainly not gracious.

Maybe you've been through that, as well. Perhaps it's gnawed away at your compassion, faith in yourself, or trust in your fellow humans. That's fair. Living in a world without grace can do that.

Burnout and don't have to triumph. Hope remains.

We can talk about the system-based approaches we have instituted to avoid burnout and the negative emotional consequences that arise from medical errors, miscommunication, or negative outcomes that occur outside our sphere of control: Just culture. Peer review. Physician health and wellness committees. Social events. CMEs about burnout. Burnout surveys. State-run physician health programs. These have positive impacts.

But what else? When we go home and collapse on the couch, wondering what happened to that pre-med we used to be, the one who rejoiced at the acceptance letter to medical school, thinking the hard part was over. Naive? Yes. But there is beauty in that innocence. How do we find that joy in the privilege we have to be health care professionals? How do we love medicine again?

And where does grace fit in? How do we mine it in our daily lives? In the small things? It's a vital nutrient – and it doesn't come in a pill. Or a drink. We need it daily to thrive.

As a medical community, let's seek grace together. And let's start with showing it to one another daily.

[Marsha Hamner](#) is a hospitalist.

RPM: Developing a Hybrid Care Model

By Jorge Rodriguez, VP of Sales and Marketing for WITHmyDOC

It's becoming increasingly apparent that the traditional healthcare model just isn't cutting it. Modern care requires systems that can better serve patients' needs and address the concerns of their providers.

The pandemic has underscored the need for accessible healthcare for increasing numbers of people in a way that doesn't risk patients' health. At the same time, physicians need better tools that can help them from becoming overburdened — some studies estimate that [more than half](#) of providers are burned out.

In an attempt to address these problems and provide higher-quality care, more medical practices than ever before have adopted telehealth technologies, including remote patient monitoring (RPM). These tools expand quality care beyond the four walls of the doctor's office and into patient homes to improve patient outcomes and provide extra support for physicians.

Ongoing RPM for Chronic Conditions

RPM tools like WITHmyDOC's RPM@Home kit can be an important resource as patients work to manage chronic disorders such as diabetes, hypertension, and chronic obstructive pulmonary disease (COPD).

The RPM@Home system uses a range of different devices — such as glucose monitors, pulse oximeters, electrocardiograms, and pill dispensers — to track important health metrics. It can also connect to consumer wearables such as fitness bracelets. Daily updates provide an overview of patient wellbeing and tell providers when patient vital signs fall outside of predetermined parameters.

For example, a physician can receive daily blood pressure and heart rate readings for a hypertensive patient. The provider can be alerted when the readings differ from the patient's usual baseline, indicating that a change in treatment plan may be needed. This can improve outcomes in the long run — according to the American Heart Association, RPM can lead to [improved blood pressure levels](#) compared to patient self-monitoring.

These tools also have the power to [reduce hospital admissions](#) and emergency room visits for people with chronic conditions. RPM can alert providers of potential warning signs before they morph into full-blown complications. Some research also shows that patients with heart conditions have [reduced mortality rates](#) when they use RPM.

Additionally, RPM isn't just helpful for chronic conditions. In 2020, CMS [expanded coverage of RPM services](#) to include the management of acute health problems. Now, providers can track oxygen saturation levels in a patient who develops an acute respiratory infection such as COVID-19. They can monitor health following a severe injury that limits a patient's mobility. Physicians can even use RPM to evaluate important health measures before or after a patient undergoes surgery.

In this way, RPM can help physicians provide quality care and help keep their patients out of the emergency room.



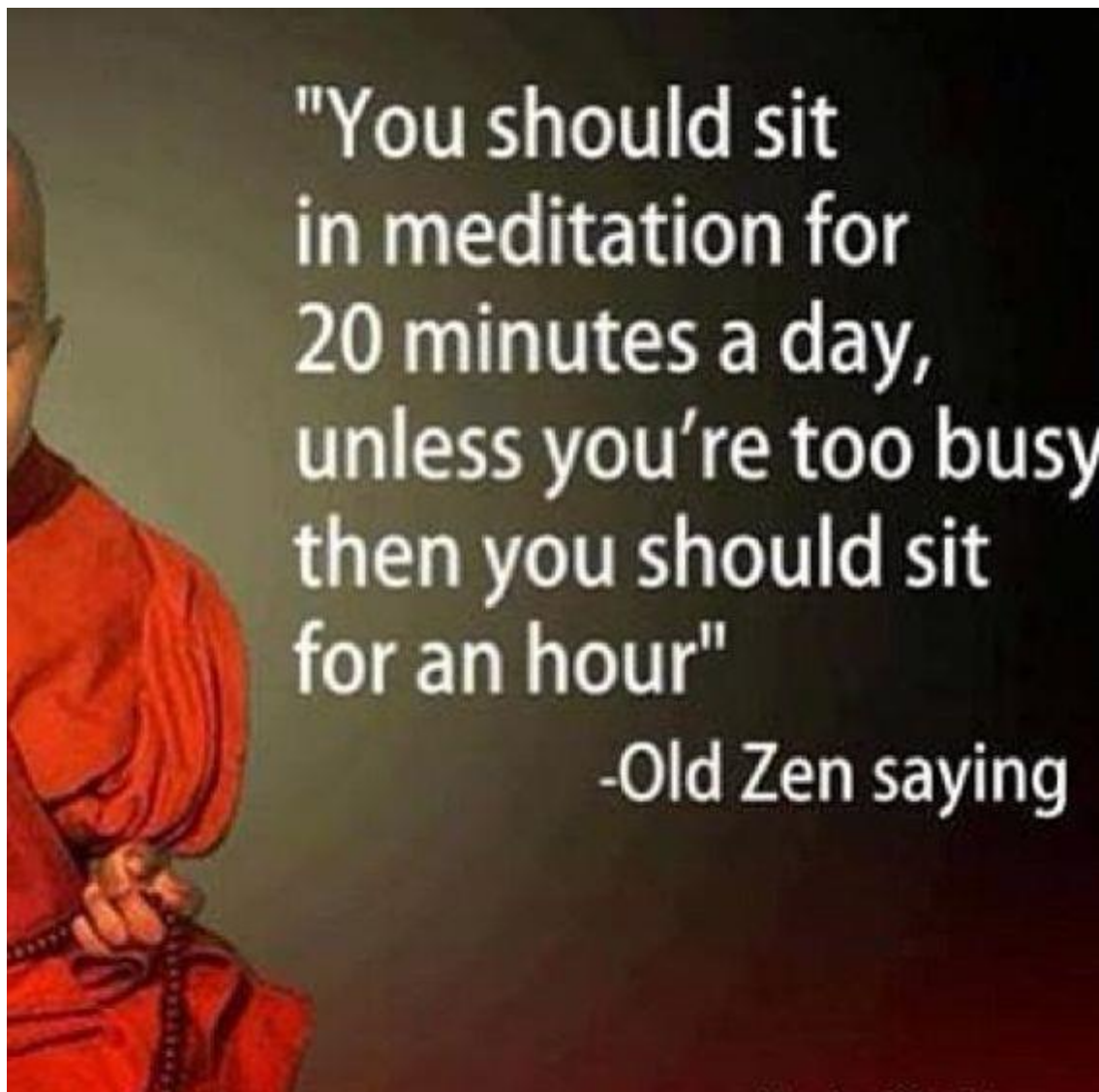
RPM Isn't Going Anywhere

It's

clear that patients are ready and willing to take a more active role in their health — Deloitte Global estimates that consumers will buy [320 million wearable health devices](#) in 2022. Providers need to be willing to work with their patients to interpret and apply data from these devices.

Using options like RPM@Home can help providers integrate this additional information into their patients' care plans without being overwhelmed by too many extra data points. Meanwhile, patients are more empowered to manage their health and have greater peace of mind that their provider is keeping up-to-date on their care.

Clinicians who integrate RPM solutions into their current practice and make this technology a consistent part of their patients' chronic disease management can offer higher-quality, more cost-effective care. Ultimately, this can improve health outcomes and better support physicians as they try to support their patients.



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Privacy Fix: How to Remove Your Address and Phone Number from Google Search Results

BY CHARLIE FRIPP, KOMANDO.COM



Apps and services often need certain information to work correctly. For example, a navigation app needs to know your precise location to provide driving directions.

Google is one of the most data-hungry Big Tech companies out there. While your data points are kept private for the most part, there could be other occasions where Google Search reveals a bit more than what you would want. Fortunately, the company is making it easier to protect personal information.

Keep reading if you want to stop Google from showing specific search results about you.

Here's the backstory

Google is aware that not everybody is thrilled when a picture of them shows up when people search their name. Potential employers could stumble across university dorm photos or fake images that put you in a compromising situation.

You could contact the website owner where the images are hosted and ask that they remove them. But that isn't always possible, especially when it's a global social media platform such as Twitter, Facebook or Instagram.

To give you some power over your photos and personal data, Google created a tool where you can request that search results omit specific details. The most common results you can have removed are personal images, fake explicit photos, personally identifiable information or [images of minors](#).

The ability to remove irrelevant photos from Google search results is a good step in protecting privacy. But Google has gone one step further and expanded the data types you can include in a removal request.

What you can do about it

Google explains in a [blog post](#) that the internet is constantly evolving, and your data could be visible through websites you least expect. Under the revised policy for removal of personally identifiable information, you can ask Google to no longer show:

- Confidential government identification (ID) like your Social Security number
- Bank account numbers
- Credit card numbers
- Images of handwritten signatures

- Images of ID docs
- Highly personal, restricted, and official records, like medical records
- Personal contact info (physical addresses, phone numbers, and email addresses)
- Confidential login credentials

If you want to put in a removal request with Google:

- Check the requirements on the [Google Search Removal page](#)
- After ensuring that you qualify and have the necessary information, click on the Start removal request button [found on this page](#).

Here's what happens after submitting a request:

- **You get an automated email confirmation.** This confirms Google received the request.
- **Google reviews your request.** Each request is evaluated on specific factors.
- **Google gathers more information if needed.** In some cases, Google may ask you for more information. If the request doesn't have enough information to evaluate, like missing URLs, it will share specific instructions and ask you to resubmit the request.
- **You get a notification of any action taken.**
 - If the submitted URLs are within the scope of Google's policy, either the URLs will be removed for all queries or the URLs will be removed only from search results in which the query includes the complainant's name or other provided identifiers, such as aliases.
 - If the request doesn't meet the requirements for removal, Google will include a brief explanation. If your request is denied and later you have additional materials to support your case, you can re-submit your request.

This is a welcome new feature that also raises questions like, why did this take so long?

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Virtual Care is Convenient, But is it Better for Everyone?

SHRUTI SINGAL, MD, MBA

Through all the changes that we experienced in the past two years, two trends became quite popular: staying home to binge-watch television and getting medical care over your phone. Interestingly, neither are new, and both have been around for 20+ years in various forms. Both have become mainstream by the common denominator of COVID-19. This pandemic has allowed for many device-based conveniences to become top of mind, from Instacart and DoorDash to the endless proliferation of streaming services and telehealth companies. But are all these conveniences making it too easy to stop engaging the way we did pre-pandemic?

As life begins to return to something closer to normal and we enter the endemic stage of COVID-19, it's a great time to evaluate some lessons learned. I am 100% behind public health precautions, including masking, social distancing, and vaccinations. But it is worth considering whether those that experienced, and continue to experience, anxiety, post-traumatic stress symptoms, and depression are having their symptoms exacerbated by isolation and now fluctuations in mandates. Are they being heard and seen? I worry they are not. The impact is clear, as noted in the [Psychiatric Times in August 2021](#) reported:

From August 2020 to February 2021, the CDC described an increase in the proportion of adults reporting recent symptoms of anxiety or depression from 36.4% to 41.5%, with the fraction reporting unmet mental health care needs increasing from 9.2% to 11.7%. Among children and adolescents, the proportion of mental health-related emergency department visits for those aged 5 to 11 years and 12 to 17 years increased 24% and 31%, respectively, compared with 2019.

There are so many reasons for this uptick – anxiety of getting sick, concern over supply shortages, fear of injection, future surges of the virus, and of course the loss of loved ones. Considering these, is telehealth alone enough for everyone all the time? I am not sure it is. I think the overall move from engagement with a clinician in-person to engaging with our phones is a huge reason for these increased numbers. We are missing subtle clues that our population is hurting; they are lonely and are not reaching out for the help they need.

In the summer of 2020, I was worried about my son being anxious about school during the pandemic, and I decided to use a telehealth service. As a 15-year-old at the time, I figured that he would surely tell a stranger what he was feeling rather than me, and doing it on his phone might be even more appealing than in real life. It did not go well. He hated it, and I cut the service after the third session. I can't say he would have done better with an in-person therapist, but I do know that he felt zero engagement with a virtual one.

He is likely not alone. According to a recent survey, more than one-third of respondents said they'd had a video visit with a health care provider during the pandemic. While this may not sound astronomically large, it is three times as many as in a 2018 version of the survey. But roughly one-quarter of respondents who didn't use telehealth-likely equating to tens of millions of Americans said it was due to feeling uncomfortable or that it wouldn't suit their needs.

Just like some big-budget blockbusters and other films are not exactly made to sit at home and watch on a laptop, not every health care experience is an ideal fit for the virtual world – however logistically convenient it may be.



To be clear: As a physician, I firmly believe that universally increasing access, and specifically bringing health care to those in rural areas-even internationally-is vital. According to a [2017 article from the World Health Organization](#), at least half of the world's population "cannot obtain essential health services." This is unacceptable. Telemedicine or virtual care is a great way to bring medical services to these populations, especially the ability to access specialists who may not be anywhere in driving distance to smaller villages and towns.

So where does that leave us?

2022 is well underway, and we are still unclear about exactly where this virus is headed and what the lasting impact it will have had on all of us. We have self-driving cars, drones delivering food, and most of us spend our entire day on video calls, and the rest on social media. Who knows what innovations will emerge next year (or, to be cynical, the next pandemic). I am all for the conveniences offered to us by innovation and forward-thinking companies, but I hope we can come to an understanding that a "one size fits all" approach to health care should be a non-starter.

While it may work for some people in some situations, trying to make every aspect of health care as virtual as possible will likely lead to disillusionment, uncertainty, or indifference – not things anyone should experience when discussing their health care. And to put aside all technical or logistical concerns, some people just appreciate the importance of touch and connection.

It is, as they say, what makes us human.

[Shruti Singal](#) is a health care executive.

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SHEET PAN SWEET CHILI SALMON AND VEGGIES

Thefoodiephysician.com

Easy to make, easy to clean up! My Sheet Pan Sweet Chili Salmon and Veggies is the perfect simple and healthy weeknight dinner. It's a complete meal that comes together on one sheet pan in under 30 minutes!

If there's one type of recipe people ask me for the most, it's quick and easy weeknight dinners. It can be a challenge getting healthy meals on the table for your family when you're busy. But I love encouraging people to cook at home more often- it's actually one of my favorite healthy eating tips!

When you cook at home, you can control the ingredients and the cooking methods. You can use fresh, wholesome ingredients and cut down on processed foods with hidden sugar, sodium, and fat.

SHEET PAN MEALS

There's a reason why sheet pan meals have become so popular. We're all so busy nowadays and sheet pan meals are super quick and easy.

Why are sheet pan dinners so popular? Because they are the perfect combination of easy to make and easy to clean up!

You simply arrange all of your ingredients on a [sheet pan](#), pop it in the oven, and a short while later, dinner is ready! Sheet pan meals are perfect for busy weeknights when you need to get a nutritious meal on the table for your hungry family.



A NUTRIENT-PACKED MEAL

This sweet chili glazed salmon and vegetables is a delicious and easy meal that's packed with nutrients!

Salmon is a superfood and has many health benefits. It's a lean protein and is an excellent source of heart-healthy omega-3 fatty acids. It's also rich in a wide variety of vitamins and minerals. Read my post all about the [health benefits of salmon](#).

Red bell peppers contain several antioxidants, especially carotenoids, as well as vitamins and minerals. They are one of the richest food sources of vitamin C. According to the [National Institutes of Health](#) (NIH), half a cup of raw red pepper provides 95 milligrams of vitamin C, which is 106% of the recommended Daily Value (%DV) for adults.

Asparagus is another nutritional rock star, containing a wide variety of vitamins, minerals, antioxidants, and fiber. Read my post all about the [health benefits of asparagus](#). Asparagus is also a great source of prebiotics. Prebiotics are non-digestible food ingredients that help promote the growth of beneficial bacteria in the gut. Click here to read my [Tips for Improving Gut Health](#).

INGREDIENTS

- **Salmon**- I use salmon filets without skin
- **Vegetables**- I use asparagus and red bell peppers however you can substitute other vegetables
- **Olive oil**- high in heart-healthy monounsaturated fats
- **Thai sweet chili sauce**- a common sauce used in Thai cuisine; it has a sweet and slightly tangy flavor with a bit of heat from chili flakes
- **Reduced sodium soy sauce**- I always use reduced sodium soy sauce to control the amount of sodium in my dishes
- **Rice vinegar**- I use unseasoned rice vinegar



HOW TO SERVE THIS DISH

The combination of sweet Thai chili salmon, asparagus, and bell peppers is a filling protein-packed, low-carb meal. To round out the meal, you can also serve this sheet pan meal with some steamed jasmine or brown rice. You can also try my [Quinoa Fried "Rice,"](#) [Cold Sesame Noodles](#) or [Air Fryer Baked Sweet Potatoes](#).

STORAGE

You can store any leftover salmon and veggies in an airtight container in the refrigerator for up to 3 days.

CHEF'S TIPS

- Sheet pans are endlessly customizable so feel free to mix up the protein and veggies in this recipe to create new combinations.
- Pair proteins with vegetables that have roughly similar cooking times. Choose quick-cooking vegetables like asparagus, broccoli, green beans, bell peppers, mushrooms, and zucchini when

cooking seafood. Choose butternut squash, potatoes, and other root vegetables with meat like chicken, beef or pork, which take longer to cook.

- The salmon will continue to cook on the hot sheet pan after it comes out of the oven due to the residual heat. So I recommend taking it off the pan right away to prevent it from overcooking.

FAQS

Is it better to bake or pan fry salmon?

Both are good options for cooking salmon- it depends on the recipe. I like to pan fry salmon for certain recipes when I want a nice sear on top. However, baking salmon in the oven has the advantage of being hands-off. Just pop it in the oven and you're done. No need to worry about flipping delicate pieces of fish in a hot pan on the stove. Plus, you won't get a fishy odor in your kitchen when you bake salmon in the oven.

What vegetables go well with salmon?

Salmon pairs well with a wide variety of vegetables. Since salmon cooks pretty quickly, I would recommend pairing this sheet pan salmon with other vegetables that cook fast like broccoli, green beans, and zucchini.

How long should salmon be cooked?

Salmon cooks pretty quickly. The cook time will depend on the thickness of the filets and the temperature of the oven. At 425°F, salmon will take about 12-15 minutes to cook. Start checking earlier if you like your salmon on the rare side.

How do you know if salmon is cooked?

To check if your salmon is cooked, push on the top of it with a fork. If the layers of flesh separate easily and seem moist, it's done. You can also cut into the thickest part of the fillet and look for a slightly pink center.

What's the white stuff that comes out of salmon?

The white stuff that oozes out of salmon when you cook it is called albumin. Albumin is a protein that coagulates and comes to the surface when salmon is cooked at high heat. It may look funny but is completely edible.

What can I substitute for Thai sweet chili sauce?

Thai sweet chili sauce is a thick, bottled sauce that has a sweet flavor with a spicy kick from chili flakes. You can usually find it in the Asian food section of your grocery store or you can [buy it online](#). If you can't find it, you can try substituting hot sauce (like Sriracha) mixed with honey. You can also try plum sauce or

hoisin sauce mixed with a little hot sauce or chili flakes. Apricot preserves mixed with hot sauce (like Sriracha) will also give a similar sweet and spicy flavor profile.

RECIPE

Ingredients

- 4 pieces salmon filets (5 ounces each)
- 1 lb. thin asparagus stems trimmed
- 1 red bell pepper cut into strips
- 1 tablespoon olive oil
- Kosher salt and black pepper

Sauce:

- ¼ cup [Thai sweet chili sauce](#)
- 1 tablespoon reduced sodium soy sauce (use tamari if gluten free)
- 1 teaspoon rice vinegar

Garnish:

- Sesame seeds
- Sliced scallions

Instructions

1. Preheat oven to 425°F.

To make the sauce, mix the sweet chili sauce, soy sauce and vinegar in a bowl.

Arrange the salmon filets in the center of a sheet pan. Reserve a small amount of the sauce to pour on the salmon at the end. Brush or spoon the rest of the sauce onto the salmon.

Arrange the asparagus on the sheet pan on one side of the salmon and the bell pepper strips on the other side. Drizzle the vegetables with olive oil and season them with a pinch of salt and pepper. Toss to combine.

Bake in the upper third of the oven for 12 minutes. Turn the broiler on at the end and broil for 2-3 minutes until lightly browned.

Remove the sheet pan from the oven and pour the remaining sauce on the salmon. Garnish with sesame seeds and scallions, if desired.



Dr. Sonali Ruder DO is a board-certified Emergency Medicine physician, trained chef, mom, and cookbook author. She is a graduate of Brown University, Midwestern University- Chicago College of Osteopathic Medicine, and the Institute of Culinary Education. Dr. Ruder is a contributing writer, recipe developer, spokesperson, and health and wellness expert for several national magazines, cookbooks, websites, and companies.

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The Last Cab Ride

By Thewani Dewmi

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be the last ride of my shift, I thought about just driving away, but instead, I put the car in park and walked up to the door and knocked. 'Just a minute, answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody from a 1940s movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm, and we strolled toward the curb.

She kept thanking me for my kindness. 'It's nothing,' I told her. 'I just try to treat my passengers the way I would want my mother to be treated.'

'Oh, you're such a good boy,' she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?'

'It's not the shortest way,' I answered quickly.

'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.'

I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she continued in a soft voice. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now.'



We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were concerned and intent, watching her every move.

They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' She asked, reaching into her purse.

'Nothing,' I said.

'You have to make a living,' she answered.

'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly, lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver or one who was impatient to end his shift? What if I had refused to take the run, honked once, then driven away?

On a quick review, I don't think I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

Life may not be the party we hoped for, but while we are here, we might as well dance.....

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One Rational Expectation for Each: The Next Healthcare Moves of Tech Giants

Medicalfuturist.com

Walmart announced the opening of five new 'Walmart Health' Center in Florida in April, promising low-cost healthcare services. Not very surprising given how the American firm has been steadily building a foothold in this industry in recent years without any signs of slowing down.

In the U.S., Walmart established 600 COVID-19 testing sites during the pandemic; before the current announcement, Walmart Health business has rolled out in 20 locations across Arkansas, Georgia and Illinois in the last three years complete with primary care, emergency care, labs and more. By 2029, Walmart's board even plans to scale to 4,000 clinics.

Their aim is to make quality healthcare more affordable and accessible, and their advantage in potentially achieving that is that 90% of Americans live within 10 miles of a Walmart store.

This newest episode of non-healthcare mammoth companies and tech giants' march into the health business made us think about what others will do next.

So here it is, a list of our expectations.

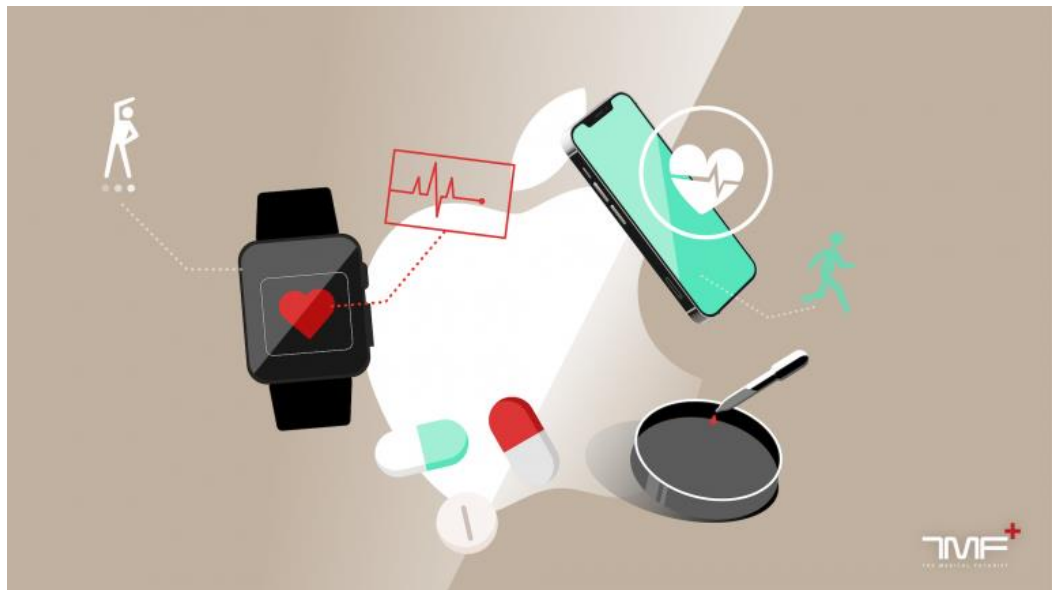
Apple: Watch measuring blood pressure and blood glucose levels

Producing a device every 6th person has in their pocket worldwide, it seems clear how Apple can reach the field to play on. Not to mention another health tool: Apple holds the largest share of the global smartwatch shipment market. In the first quarter of 2020, that accounted for a substantial 47.9% share of the market. The company has been heavily leveraging the popularity of its smartwatch for its healthcare plans.

Through Apple Watch, the company has built an excellent pathway to electronic health records, too. Apple's Health app aims to bridge patients and doctors, and all the data in-between. Users can share their health data collected by the Health app directly to EMRs, like Cerner, which is already supporting this feature. Seamlessly sharing patient healthcare data from an Apple device to an EMR and this being viewable by a doctor or caregiver represent a major step in facilitating digital health approaches.

The company entered the healthcare market later than its competitors but is working on acquiring a significant share, if its recent moves offer any indication. To validate the efficacy of its Apple Watch, the company has teamed up with various institutions for establishing its clinical accuracy. The cardiac

metrics it monitors is as good as clinical tests. The results suggest that the Apple Watch could thus be adequate for remote monitoring of elderly patients with cardiovascular disease. However, it is also true that a recent study suggests that younger users might not fully benefit from the capabilities of the watch.



However, the Tech Giant is showing further interest in healthcare A.I. as it is reportedly developing machine learning algorithms to detect certain conditions early.

We bet on: Watch measuring blood pressure and blood glucose levels

Predicting their next move, we bet on Apple focusing on consumer tech and expanding Apple Watch sensor functions with blood pressure and blood glucose level monitoring through the existing hardware. What we expect is that instead of integrating new sensors, the algorithm will be developed to calculate blood pressure and blood glucose levels based on the already available and measurable metrics.

IBM: Turning towards the more profitable drug design

Watson Health, IBM's A.I. healthcare arm has met considerable challenges in recent years. It received wide criticism following reports that questioned its diagnostic prowess while pointing out potential risks to patients' safety. It also faced management issues and had to lay off part of its workforce in 2018. This all culminated in selling Watson Health in January 2022.



The company invested considerable resources into Watson Health, and parting with the project gave ground to widespread speculations about whether it will be the end of the company's healthcare affairs.

For now, we are team no. For over a century, tech company IBM was known for its innovation and client focus. Although in recent years, its glory in innovation has faded, we think this is not the end of the IBM in healthcare story.

In quantum computing, IBM took the lead but is in a tight race with other tech giants like Google. IBM is also trying to stay on board with being at the forefront of the use of blockchain in a medical setting, co-operating for example with Moderna, and having enterprise-level customers like the State of New York for a blockchain-secured health certificate app.

We bet on: Turning towards the more profitable drug design

We expect IBM will not exit the healthcare industry altogether but will change its focus. Instead of medical decision-making support, the more lucrative drug design has real promises for the company, as A.I. has both a larger role and a larger footprint in that specific area.

Amazon: Expanding in-person care nationwide in the US

In recent years, Amazon's healthcare efforts have seen both ups and downs. The major down being the end of Haven, a partnership it started with Warren Buffett's Berkshire Hathaway and J.P. Morgan Chase.

On the contrary, Amazon Care, the company's telehealth branch is now available nationwide in the US, while the company has recently launched in-person care in 20 cities. Meanwhile, they secured a partnership with Teladoc, one of the major telehealth providers in the country, which will allow people to access its services through their Alexa devices.



We are not talking about trinkets here, the US telehealth industry is expected to grow into a 20-billion-dollar business in a few years.

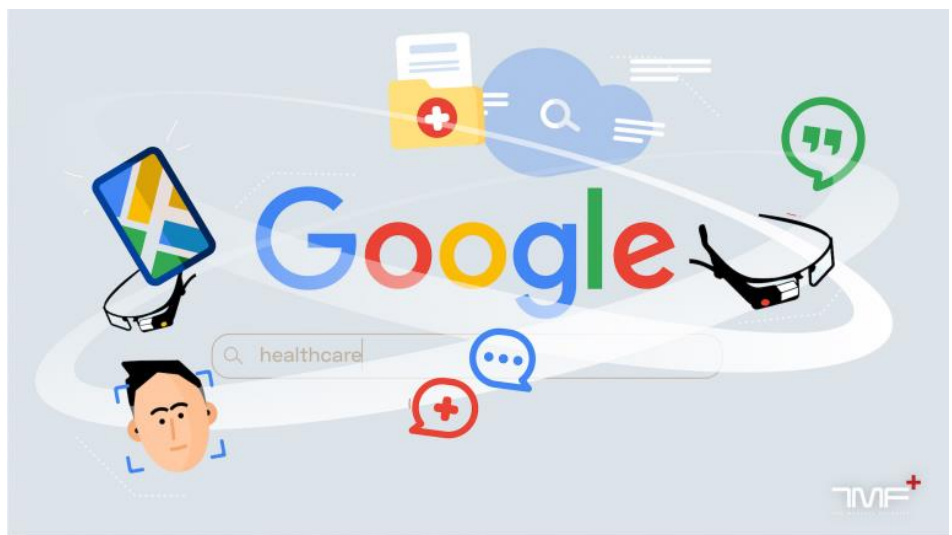
And we also should not forget about Amazon Pharmacy, a division steadily expanding since 2017, which recently took on drug discount platforms, launching a prescription discount savings card in five states.

We bet on: Expanding in-person care nationwide in the US

We expect Amazon to expand in-person care all over the United States. It remains to be seen if Walmart will have a say about that.

Google/Alphabet: Aim to conquer the drug design market with DeepMind

Of all these tech giants, Google is the one that knows what exactly people want. Even more: some say it can even direct that will. And people sure want health: 7% of all Google searches (an astounding 70,000 per minute) are health-related around the world. The search giant has repeatedly successfully transferred its in-depth knowledge of algorithms in the field of medicine, particularly since it acquired DeepMind.



Whether it's in medical A.I. or fitness tracking, Google's presence in healthcare is palpable through its numerous arms, which are forging ahead in the field. Verily, Google's Alphabet healthcare branch, announced its partnership with Otsuka and Click Therapeutics in February 2021 for a clinical trial that will study the effects of digital interventions on patients with major depressive disorder.

Google had some missteps along the way, too, from Google Glass to launching-relaunching, now shutting down again its Google Health branch. But don't give up on Google in healthcare: if the company wants in, it will be in.

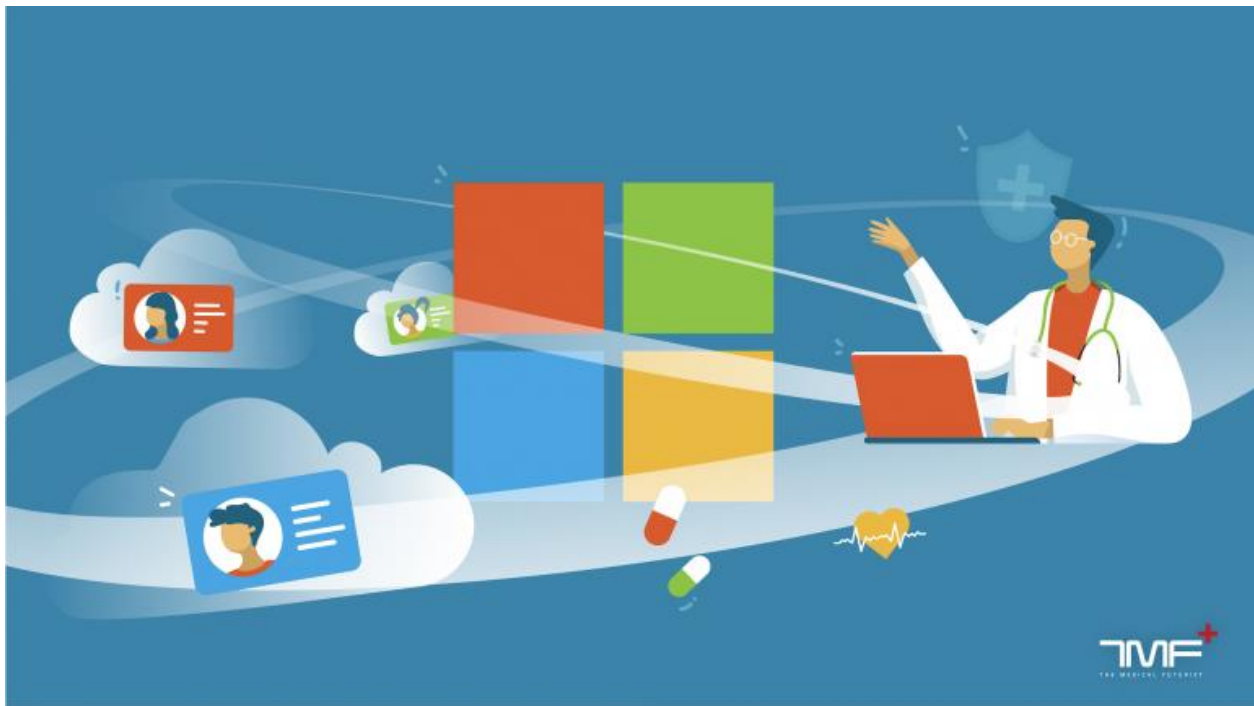
We bet on: Aim to conquer the drug design market with DeepMind

Based on the results of Alphabet's protein folding, we expect the company's next step will be to try and conquer the drug design market. There are two reasons to predict this. First, this segment offers unlimited potential, and also is the one where Alphabet has achieved most of all potential competitors.

Microsoft: Electronic Medical Records (EMR) software and solutions

Software giant Microsoft has a complicated history with healthcare. In 2019, it pulled the plug on HealthVault, its online personal health record system, which was launched in 2007. Its line of fitness trackers, the Microsoft Band, also followed a similar fate. But instead of giving up, Microsoft refocused its efforts towards cloud computing and A.I. in healthcare.

In 2021, the company released its Vaccine Registration and Application System aimed at assisting the COVID-19 vaccination campaign in the U.S. However, users encountered issues with the platform, which were addressed with a new offering. In the U.K. Microsoft teamed with 13 startups working on A.I. tools to help the country's healthcare sector.



In September 2020, Microsoft launched Cloud for Healthcare, a new, healthcare-centric cloud. It integrates the company's existing services like Microsoft Teams, Azure IoT and its Healthcare Bot. These tools aim to assist with collaboration among staff and carry out telemedicine consultations and have been extended by a vast number of new functions ever since. In April 2021 Microsoft acquired A.I.-powered speech-technology

company, Nuance. The company's software can listen and transcribe doctor-patient conversations into organized medical notes.

We bet on: Electronic Medical Records (EMR) software and solutions

Creating EMR software and solutions for the healthcare industry is the most logical direction Microsoft can focus on, as it plays on their natural strengths. Microsoft has always shined on the enterprise side of anything. By delivering its computing know-how and the fact that most medical professionals are familiar with the way Microsoft's computers are built and operate, the tech giant only needs to keep being good at what it already knows. Not to mention the fact that an overwhelming majority of hospital computers are running Windows already.

NVIDIA: Focus on architecture to boost medical device and med-tech companies

Who would've thought NVIDIA has been active in healthcare for over a decade – the company helped bring innovative diagnostic imaging, robotic surgery and patient monitoring devices to the market. The processor unit manufacturer launched its A.I. platform, Clara in 2018, designed to augment medical imaging and genomics. It followed up a year later with a toolkit for radiologists, Clara A.I., to help with the classification of images. In 2019, the tech giant also started to explore federated learning in healthcare, the privacy-focused A.I. training method.



The graphics processing unit (GPU) manufacturer has been making strides in the healthcare industry ever since. Its 2021 foray in healthcare involved a partnership with Harvard University to develop an A.I.-based genome research toolkit. It is even touted as being able to sequence a whole genome in 30 minutes. And here is their most recent report of upcoming promises in the segment.

We bet on: Focus on architecture to boost medical devices and med-tech companies

We expect NVIDIA will strongly focus on becoming the go-to supplier of the industry, with further polishing recently developed architecture, providing a boost to medical device manufacturers and med-tech companies.



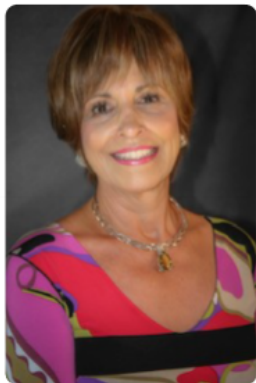
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The Best Gas Grill for Every Kind of Outdoor Cook

We tested grills from Weber, Napoleon, Char-Broil, and more.

By Emily Farris, Epicurious.Com



Photo by Emma Fishman

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Gas grills make outdoor cooking easy—no waiting for the charcoal grill or [smoker](#) to get hot, simple and immediate control over the temperature—but what’s the best gas grill for you? Well, that really depends on what you plan to do with it. And how much you want to spend.

At its base, grilling is a straightforward way to cook, but you still need the right grill for your specific needs. If you’re short on space or simply want the option to cook a few [sausages](#), [drumsticks](#), or (yes), [romaine lettuce](#) when the mood strikes, you might be fine with a no-frills, two-burner grill. But maybe you plan to cook a beer can chicken, or seven...at the same time. In that case, you’ll definitely need more space and BTUs. And if you cook over an open flame every chance you get, you better get something made from durable materials. To find the best gas grill for every type of outdoor cook, I enlisted the help of a four-seasons charcoal griller (my husband) and someone who might have a little gas grill shopping problem (my brother-in-law). Between them they have over 40 years of grilling experience. Together, we meticulously inspected and rigorously tested seven popular gas grills under \$1,000. Read on for our top picks and scroll to the bottom to learn how we tested the grills and which ones didn’t quite make the cut.

The overall best gas grill: Weber Genesis E-325s 3-Burner Propane Gas Grill

The **2022 Weber Genesis** is a big, sexy grill. We tested the [E-325s](#), the most basic version of the new Genesis line, but this grill is far from basic. This year Weber revamped the entire line to include a bigger and more powerful Sear Zone in every model (previously the extra sear burner was only available in certain Genesis models). So while this is billed as a three-burner grill, the sear burner ups that to four. But even without

engaging the extra burner, the Genesis produced perfectly cooked meat and gorgeous grill marks every time we used it.

After our initial round of testing, we did a handful of side-by-side cooks to compare the Genesis with our other front-runner, the [Napoleon Rogue XT 425 SIB](#). Each time, both grills perfectly cooked or seared our meat in almost the same time. In the end, the Genesis came out on top for two reasons: It's a sturdier, more substantial grill, and, unlike the Napoleon, gave us no issues in high winds.

With 787 square inches of total cooking area, including 513 square inches of porcelain-coated cast-iron grates plus an expandable warming rack, super-sturdy fixed side shelves, and a temperature gauge built into the tall cast-aluminum lid, the Genesis is a beast. For such a large grill (a little more than five feet wide), assembly was pretty easy. It was the first grill we put together and it took two people 90 minutes, but the instructions were clear and the parts were well marked with a letter system. Aesthetically, four matching swivel casters give the 2022 Genesis a more high-end look than the Weber Genesis II, which had two large and two small wheels. The easy-to-read fuel gauge was handy as well.

Bacon Expert Guesses Which Bacon is More Expensive

So, as I said, this grill isn't exactly basic. But you *can* [upgrade and get additional features](#), including more burners, a Wi-Fi-enabled dual probe port, and built-in grill lights. The 2022 Genesis line is also compatible with the new [Weber Crafted accessories](#), so you can add a griddle, a wok, a [baking stone](#), and so much more. Every model of the 2022 Genesis is also available as a natural gas grill.

If you're looking for a powerful, durable statement grill that delivers on all fronts—even without any spendy accessories or upgrades—the 2022 Weber Genesis E-325s is the best gas grill for you.



What we didn't love about the Weber Genesis E-325s:

At this price point, it would be nice to have the Weber Connect app, which works surprisingly well (more on that below), but for about \$200 more you can upgrade to [the smart version of this grill](#), or for \$130 you can use the [Weber Connect Smart Grilling Hub](#) (a newer version of the iGrill 3) when you need it. The Genesis also has the biggest footprint of any grill we tested (61.5 inches wide with the side tables)—something to consider if you have a small outdoor space.

Weber Genesis E-325s Gas Grill

[\\$899 AT WEBER](#)

[\\$899 AT BBQ GUYS](#)

The best smart gas grill: Weber Spirit SX-315 3-Burner Propane Gas Grill

Grilling is such a simple cooking method that I'm often skeptical of any grill with too many bells and whistles, but the [Weber Spirit SX-315](#) has just the right amount of technology. This smart grill uses a built-in Weber Connect hub—the brand's latest digital device—to monitor grill temperature as well as internal food temps with an included probe. And connecting the Spirit SX-315 to a mobile device is super simple. I'm not exaggerating when I say that connecting my phone via the Weber Connect app was the easiest Bluetooth connection of my life (and I've made a *lot* of Bluetooth connections). Adding Wi-Fi was just as easy and meant

I could keep an eye on the temperature far beyond a typical Bluetooth range. I even got an alert when my pork chop reached the target temp (which was consistent with a reading from [the Meater meat thermometer](#) I used across grills).

Like everything we've ever tried from Weber, the Spirit SX-315 is really well-made and didn't have any issues when we were surprised with some seriously strong winds. It's noticeably smaller and less showy than the Genesis but still fits in three stainless-steel burners and 424 square inches of porcelain-enameled cast-iron grates (plus a warming rack). It's better looking than its predecessor, the Weber Spirit II, too, since Weber cleaned up some of the lines on the lid, enclosed the bottom of the cart, and added a sturdy stainless-steel handle. Inside the cabinet, there's a fuel gauge next to the propane tank, but you probably won't ever need to check it because there's also a fuel indicator on the digital display *and* in the Weber Connect app. Like the Genesis line, the Spirit SX-315 is [also available](#) for natural gas lines.



The Spirit Spirit SX-315 doesn't have a sear station, but this isn't necessarily a grill for active, involved grillers. Instead, it's a great choice for someone who has to keep an eye on their kids or prepare some side dishes while the main course is cooking.

What we didn't love about the Weber Spirit SX-315:

Weber offers assembly assistance for its grills through an app called BILT, but we chose to follow the manual, er, manually. I recommend using the app if you buy the Spirit because the parts weren't as well marked or organized as they were with the Genesis. It took two people an hour and 45 minutes to finish the job of assembling this grill. The knobs on the Spirit are adorned with the Weber logo—a silhouette of the classic Weber kettle charcoal grill—instead of an arrow or dot, and it's a little disorienting (and annoying), especially in the beginning. It would also be nice to have a [second temperature probe](#) included, especially because the Weber Connect panel has two probe ports.

Weber Spirit SX-315 Smart Gas Grill

[\\$869 AT WEBER](#)

[\\$969 AT AMAZON](#)

[\\$969 AT BBQ GUYS](#)

The best gas grill under \$500 *and* the best compact gas grill: Char-Broil Performance 2-Burner Propane Gas Grill with Amplifire

Originally, I planned to test the two-burner [Char-Broil Performance Infrared](#) as just a budget option, but because it seriously outperformed the compact competition, it won in both categories. This grill is small but truly mighty thanks to Char-Broil's Amplifire Cooking System (formerly known as TRU-Infrared), which relies on what Char-Broil calls an infrared emitter—basically a wavy sheet of stainless steel with rows of tiny holes that the company claims to direct heat such that it produces juicier meat and prevents flare-ups. While I can't say I noticed a difference in the meat we cooked on this grill versus the other top grills we tested, the Performance delivers powerful, even heat. It also allows for the use of wood chips to add a bit of wood smoke flavor.

The Performance was easy for one person to assemble in just about an hour, and four casters (two locking) make it easy to move. When the side tables are folded down, this grill takes up less than four square feet,

which is only slightly larger than the footprint of the [Fuego Element](#), the smallest grill we tested. Under the stainless-steel lid (which is tall enough to fit [a rotisserie](#) and has a built-in temperature gauge) there's 310 square inches of cooking space plus a 95-square-inch warming rack. It even comes with a cute little [nylon grill brush](#) for safely cleaning the cooking surface. As budget gas grills go, the Char-Broil Performance Infrared is in a class by itself: Nothing provided this type of performance in this price range. Beware though: There is a nearly identical version of this grill at a similar price point that lacks the Amplifire technology. We are only recommending the model that includes it.



What we didn't love about the Char-Broil Performance Infrared:

It's hard to complain about a compact yet powerful gas grill at this price point. But if I had to complain about something, I guess the side tables feel a little flimsy compared to more expensive grills. But the tables fold down easily, so there's that.

Char-Broil Performance Infrared Grill

[\\$240 AT LOWE'S](#)

[\\$269 AT TARGET](#)

What is infrared grilling?

The term *infrared* shows up on the boxes of a lot of grills, but is almost never explained. In the simplest terms, infrared grilling uses metal or ceramic materials to direct heat efficiently. With infrared grilling, less heat escapes into the air and more is directed toward the food, which is why it is most often used for searing meat. Infrared features can also help a lower-BTU gas grill get a lot hotter than it otherwise would.

How we tested gas grills

Product selection

The sky's the limit when you're talking about how much gas grills can cost, but I wanted even our top picks to have relatively accessible price tags, so I set a price cap of \$1,000. For the best budget gas grills, I looked at popular gas grills under \$500 and ended up with a few promising options under \$300. Additionally, I only chose grills that were available and in stock from major retailers like Amazon, Ace, Home Depot, or Lowe's and could be shipped to a residential address (recommending something that you, dear reader, cannot get yourself seems like a waste of everyone's time). When considering size, I included the only grill I could find that was billed as a true compact (but not "portable") gas grill to see if it could stand on its own in the compact category.

Assembly

After receiving all of the grills, I put my two expert testers to work building them. I timed each build and took notes on the assembly process. We then hooked each grill up to a standard 20-pound liquid propane tank and performed the initial burn-off according to the manufacturers' instructions.

Control cook

When it was time to cook, we preheated each grill for 10 minutes with all burners on high heat and the lids closed. Once properly preheated, we set the main burners to 75% and waited five minutes. We tested every grill by cooking a marinated chicken breast and a thick-cut, bone-in [pork chop](#), monitoring the temperature of

each remotely with [the Meater](#) digital [thermometer](#). On all of the full-size grills, the chicken took about 12 minutes and the pork 25 minutes. We then used each grill to cook two chicken wings, two hot dogs, and two chicken sausages. Using a variety of meats allowed us to test both direct and indirect cooking as well as observe grill marks, char, caramelization, and texture.

On our main testing day, we experienced some serious wind, so we were able to see how each grill performed in windy conditions. (Most manuals will tell you not to grill in high winds, but sometimes they can swirl surprisingly in the middle of a cook, so it's best to know whether your grill can handle that.)

Further testing

Over the course of a week, we continued to cook our dinners on the top grills and performed side-by-side testing on the sear functions, if available.

Other factors we evaluated

Materials

Are the grill parts made of high-quality materials? Does the grill feel like it will last more than a few seasons with heavy use and exposure to the elements?

Functionality and power

Is the grill easy to ignite? Does the electronic ignition work? In terms of power, we paid less attention to the listed BTUs (British Thermal Units) and instead looked at whether the grills that claimed high BTUs got hot enough to cook chicken, pork chops, veggies, and more.

Size

How big is the grill? What's its overall footprint? In addition to the primary grilling area, is there a warming rack? Do the side tables offer enough surface area for platters and supplies?

Features and versatility

What features enhance the grilling experience? Does the grill have enclosed storage space below the cooking area? Are there hooks on the exterior for easy access to grilling tools? Can it accommodate a rotisserie?

How easy is it to clean?

Are the removable parts actually easy to remove? Does the manual include instructions for proper cleaning?

Other gas grills we tested

Napoleon Rogue XT 425 SIB

Napoleon is known for its high-end gas grills and grill inserts for outdoor kitchens, but the Canadian brand also offers a handful of comparatively lower-priced options, including the [Napoleon Rogue XT 425 SIB](#), a powerful three-burner gas grill with an additional sear burner. There's nothing we didn't like about this grill (okay, the wavy grates felt a little cheesy), and in multiple rounds of testing, it consistently produced even heat and beautiful (if wavy) grill marks.

Before testing, we wondered if the [infrared side burner](#) (a.k.a. the Sizzle Zone) would put the Rogue over the top. It's a bonus cooking surface the brand claims will sear meat just like a steakhouse and a feature other grills in the same price range don't offer. We did find that meat seared on the Rogue's Sizzle Zone (as well as its main burners) looked like something that might hit a table at Peter Luger. But the Weber Genesis's Sear Zone also produced [perfectly seared meat](#) and with fewer flare-ups than the Sizzle Zone.

While the Rogue is a sleek, sturdy grill that we'd be thrilled to have at home, it's not quite as substantial as the Genesis, and like many of the other grills we tested, the Rogue had some performance issues in high winds.

Char-Broil Cruise 435S

There's a lot to love about the new [Char-Broil Cruise](#), starting with the Cruise Control Technology, which uses a built-in sensor and dual-burner system to set and maintain precise cooking temperatures like an oven. This grill also has plenty of power thanks to the Amplifire infrared cooking system we liked so much in the compact Char-Broil.

Initially, we had a really hard time getting the Cruise to stay lit when the wind picked up, and we later realized it's a safety feature that turns off the grill if it takes too long to light or the flame goes out. So this grill might be best for someone who has a built-in wind block on their porch or patio. The Cruise also requires electricity to operate, so it needs to be placed near an outlet (there is an optional battery backup, but it's not meant for long-term use). Ultimately, some of the technology detracted from the purpose of simply cooking food over fire, although it could be useful for less experienced grillers.

Fuego Element

I was most excited to try the [Fuego Element](#), a compact liquid propane gas grill designed by a former Apple design chief. It's a departure from the brand's [high-end outdoor kitchens](#) and looks more like a kettle charcoal grill, with a cylindrical base that's just big enough to hold a propane tank and a lid that resembles an upside-down wok. The Element doesn't have the same cooking or char power as the bigger grills we tested, but we didn't expect it to. If you do choose it, know that everything will take a little longer to cook.

Since debuting this grill in 2009, Fuego has already made a handful of improvements to the lid and burner system, but it's not quite there yet. The main flaw is that the round cast-iron grill grate extends to the outer edge of the grill (likely an attempt to provide as much grilling space as possible) and there's no lip. We put it on the most level paved outdoor space we have, but even so two of my kids' hot dogs rolled right off the grill and onto the ground. Also, the edge of the grate is fully exposed, even when the lid is closed, which could be a safety concern with small children around. The Element is a compact gas grill that seems best suited for someone who lives in an apartment or condo with a perfectly level balcony or patio.

Master Cook 3-Burner Liquid Propane Gas Grill

Out of the box, the [Master Cook 3-Burner Gas Grill](#) felt more like a cheap charcoal grill than a three-burner gas grill, and compared to the other budget grills we tested, the materials felt insubstantial. The primary cooking grates were enamel-coated wire—what I'd expect to find on a warming rack—and flimsy legs made assembly trickier than it should have been. Still, this grill does its job: After a preheat, the temperature climbed high enough to produce nicely charred chicken breasts, pork chops, and hot dogs.

Because it's lightweight and fairly compact, with two sturdy casters, some folks might be tempted to use the Master Cook as a portable grill for tailgating or other cookouts away from home, but it doesn't feel like it would hold up well to travel.

The takeaway

For high-quality gas grills under \$1,000, look to Weber. The new [2022 Genesis E-325s](#) is a handsome, powerful grill that's best for active grillers who want lots of cooking surface area, while the smaller [Spirit SX-315](#) combines Weber quality with easy-to-use mobile connectivity. If you're on a budget or short on space, the [Char-Broil Performance 2-Burner Liquid Propane Gas Grill with Amplifire](#) is a small but mighty grill with an accessible price tag.

Physicians Put Off Retirement: Here's Why

By Naveed Saleh, MD, MS

Key Takeaways

Physicians love their jobs, which can make retirement difficult. The average retirement age for physicians is 5 years older than for other professions.

Reasons cited by physicians to prolong retirement include their enjoyment of work and its social dynamics, as well as finances.

Strategies to overcome resistance to retirement include taking a part-time gig such as locum tenens, volunteering, or finding a hobby.

Physicians like their jobs—so much, it seems, that they don't want to stop.

According to a survey conducted by CompHealth and the American Academy of Family Physicians, 71% of doctors are happy with their jobs, with 57% enjoying their life “a lot” or “a great deal.”^[1] Older physicians, in practice for over 30 years, are even happier with their jobs. Given the chance, 61% would make the same career choice.

Loving your job makes retirement difficult.

Numerous other factors can make hanging up the stethoscope and the white coat for good very challenging.

Concern for patients

According to an article published in the Canadian Medical Association Journal, one big reason physicians don't want to retire is concern for their patients' welfare—a justified concern, according to the piece.^[2]

Patient welfare concerns will likely be exacerbated by an impending physician shortage. In a 2022 article, the AMA cited research predicting a shortage of 37,800 to 124,000 physicians within the next 12 years.^[3]

This is fueled by an aging physician workforce and an aging population.

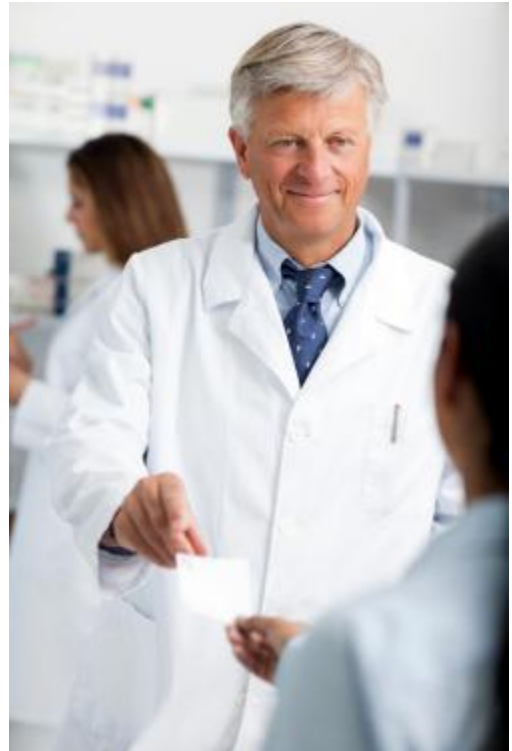
COVID-19 further exacerbates the problem, as it made patients and physicians severely ill and likely contributes to physician burnout.

Loss of identity

Another study, by CompHealth, found that older physicians were hesitant to retire because they'll miss the practice of medicine and its social dynamic.^[4] They also felt they can still contribute and make a difference.

The study found that physicians continue working 5 years longer than people in other professions, where the average retirement age is 63.

Overall, 58% of respondents prolonged career duration due to enjoyment of medicine, with 56% citing enjoyment of the social aspects, and 50% noting that they wanted to maintain a certain lifestyle.



Standard of living

Most physicians are accustomed to a certain standard of living.

According to the AMA, retiring male physicians can expect to live to 86 years, whereas female physicians can expect to live to 89 years.^[5] For a physician to be able to withdraw \$100,000 a year from savings, they'll need a nest egg of between \$2.5 million to \$3.3 million.

Rising inflation rates have impacted physician salaries. According to Doximity's 2021 Physician Compensation Report, mean pay increased by 3.8% for physicians in 2021 versus a 6.2% inflation rate, as measured by the Consumer Price Index (CPI).^[6] In other words, physicians are making less money than before due to inflation.

Stay vital

If you're a physician on the brink of retirement, there are plenty of opportunities to stay productive. One option is becoming a medical volunteer, engaging in teaching, or doing medical administrative work.

You can also work part-time in locum tenens or consulting. And if you want to expand your purview outside the medical field, there are many hobbies to enjoy that you didn't have time for while practicing.

What this means for you

There are plenty of reasons physicians keep working past the average retirement age—concern for patients, finances, or just because you love your job. But there are plenty of ways you can continue to enjoy life, remain vital, and maintain your skills after you hang it up. Consider volunteering, teaching, working part-time, or embracing the hobbies you didn't have time for during your working years.

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12 Best Summer Wines In 2022: Finding Your Perfect Seasonal Drink

Advancedmixology.com



Summer is the best time of year to enjoy a **glass of delicious wine**. Whether you are looking for a crisp white wine or something with more depth, there are plenty of options out there that will fit your taste buds and suit any occasion!

In this blog post, we'll give you some recommendations on the best summer wines on the market so you can find your perfect seasonal shout.

Our Top Picks



Most Refreshing - Commanderie de la Bargemone Coteaux d'Aix—en—Provence Rosé

- Matches with barbeque
- Zesty notes
- Perfect for vacations



Richest Flavor - Layer Cake California Cabernet Sauvignon

- Rich and decadent
- Hints of dark fruits
- Velvety texture



Best for Savory Dishes - NV Nino Franco Rustico Prosecco

- Not too sweet
- Fruit and floral tones
- Apple finish

1. Clos de la Roilette Fleurie

Beaujolais is an earthy wine with a touch of smoky flavor. Beaujolais are perfect for summer sipping because they're refreshing and high in acid, which keeps you hydrated during the hot season.

Clos de la Roilette's example has hints of fresh-picked strawberries, cherries, cranberries — it's fruity without being too sweet or sour!



2. Graci Etna Bianco

The first thing you'll notice about Etna Bianco is how refreshing it tastes. The wine's acidity and honey sweetness are what make this summertime favorite so enjoyable to sip on, but that doesn't mean the flavor isn't complex!

Just taste its crisp fruit flavors, like lemon juice or green apple skin—for proof.



3. Kim Crawford Marlborough Sauvignon Blanc

This wine is best for summer because it's light-bodied and has a refreshing acidity. It pairs best with seafood dishes, like sushi or ceviche — but don't forget to pour this one over ice.

One of the best wines for summer, Kim Crawford's Marlborough Sauvignon Blanc is a balanced drink with brash lime, herb, and tropical flavors. This white soothes the palate with its rich citrus aroma that leaves you feeling refreshed after each sip.



4. Honig Napa Valley Sauvignon Blanc

The 2020 Kim Crawford Marlborough Sauvignon Blanc is a refreshing and perfect match for any of your summer plans. From barbecues in the park to late-night dinners with friends, this wine will be sure to please!

This summer wine is best paired with light and refreshing food, like salads. Its citrus flavors are best for the hot summer days because this wine has a crisp acidity that revitalizes your palate.



5. Raúl Pérez Ultreia Saint Jacques Mencia

With its deep, dark color, full-bodied, and ripe berry flavors on the palate, this Mencia is one of the best red wines that will transport you to regions of Spain where grapes are grown in mineral-rich soils for centuries.

Enjoy it with red meat or aged cheese. Either way, your taste buds will be delighted!



6. Bedrock Ode to Lulu Rosé

This rosé is a little bit different from the longtime and popular Provence one. Named after Lulu Peyraud—the irreplaceable vigneronne at Domaine Tempier in France and made with Mourvedre—this bright red fruit punch of flavor will be your summer treat!

Low alcohol and restrained flavors make it perfect for all-day sipping (or even just holding).



7. Commanderie de la Bargemone Coteaux d'Aix—en—Provence Rosé

Made with the best Vermentino grapes grown in Coteaux d'Aix—en—Provence, this rosé reflects its terroir. Delicate and refreshing, it'll be perfect for your next summer barbecue.

Commanderie de la Bargemone Coteaux d'Aix—en—Provence Rosé is a great candidate for any occasion, whether it be an intimate dinner with friends or the perfect wine to bring along on vacation.

Its juicy melon, berry, and orange zest notes will make your mouth water in anticipation of what's next!



8. Loimer Lois Gruner Veltliner

Who says that delicious summer sippers need to break the bank? This zesty Gruner veltliner from Loimer will take your drinking to a whole new level.

These wines for summer are produced in a way that's good for you and the earth. It has flavors of green apple, citrus, lemongrass, and white pepper — essentially, it tastes like your favorite season!



9. Chehalem INOX Willamette Valley Chardonnay

This wine is the best friend of any summer meal. It's light with hints of honey, peach, and pineapple, which will make your taste buds explode in delight.

Chehalem INOX Willamette Valley Chardonnay is a dry wine with a refreshing citrus—floral taste, with hints of green pear. It's an unoaked chardonnay, and at this price point, it can't be beaten!



10. Bachelet—Monnot Bourgogne Blanc

We'd really never say no to a glass of white Burgundy, though something about it hits differently in the summertime. This refreshing and bone—dry wine from Bachelet—Monnot is perfect for any season!

Expect punchy flavors of green apple, citrus, flinty minerality with hints of oak that lead you on an endearing finish.



11. Michele Chiarlo Moscato d'Asti Nivole

A glass of white wine is one cold drink that never disappoints. Whether you're sipping it on a hot summer day or just to unwind after work, this refreshing and affordable Bachelet—Monnot from Burgundy will hit the spot every time.

Expect punchy green apple flavor with citrus notes and hints of flinty minerality followed by an oaky finish that sticks around for hours — in other words, the perfect refreshment!



12. Château St—Martin de la Garrigue Picpoul de Pinet

This crisp, citrusy wine from the Languedoc is best enjoyed on a hot summer day. The bright acidity and flavors of lemon peel, lime zest, green apple, and ginger are exhilarating with just enough sweetness to keep your palate entertained for hours.



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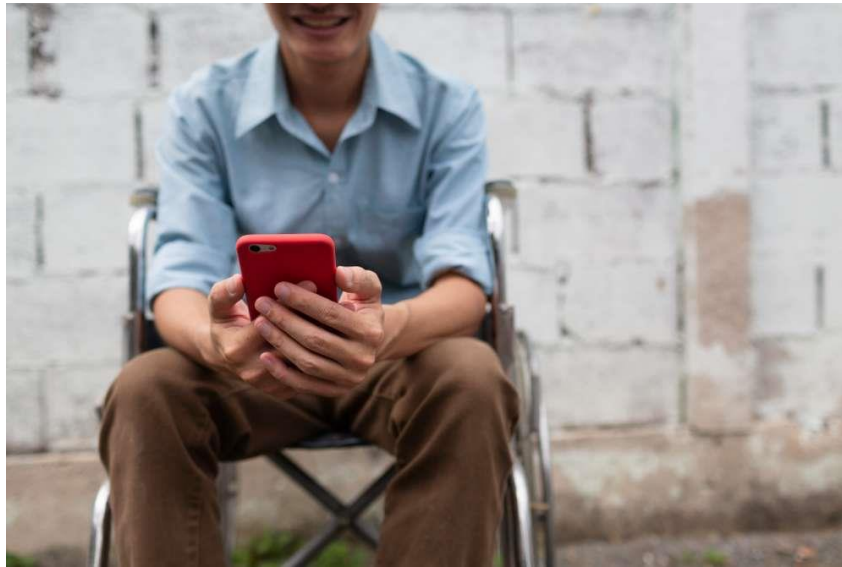
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How to Set Up Your Healthcare Social Media Profiles for Success

By Stewart Gandolf, healthcaresuccess.com



In a recent study, [90% of older adult internet users](#) said they've used social media to find or share health information. Undoubtedly, social media is a major part of many people's lives. And if you're in the business of healthcare, social media *may* help increase brand loyalty and boost your reputation.

You just may need a little help getting started setting up and maintaining your healthcare social media account. But first, make sure you know what you're getting into...

Healthcare Social Media: Is It Really Worth It?

Here's the hard truth: Facebook's organic reach is dead. Businesses hoping to reach potential patients and clients by simply posting somewhat frequently on Facebook are extremely unlikely to see a return. Due to changing algorithms on Facebook and Instagram, followers are much less likely to see organic (unpaid) posts from your brand than from their own friends and family.

For more on this topic, see our article: [The Biggest Misconception about Social Media in Healthcare](#)

That said, it is certainly worth setting up and claiming your social media accounts. Updating your social media accounts can also boost search engine optimization and generate patient referrals. But if you're simply hoping to gain patients from your marketing efforts, we recommend you do not spend a large portion of your time on *organic* social media. Paid advertising is another story. Targeted campaigns reach people throughout your geographic target (not just followers) based on age, gender, and other qualities. For this, we recommend hiring a [healthcare social media advertising agency](#).

Either way, you'll want to get your account up and running as soon as possible, and establish some guidelines for posting and sharing. Here's what a healthcare social media account manager should do.

1. Create a new page (or claim an existing one)

Facebook

Of course, the first step with any new social media platform is creating your new page. With Facebook, you'll simply go to facebook.com/business and follow the directions on the screen.

You'll be able to link this new business page to an existing personal profile or create a new profile to manage the page. You can also invite current employees as administrators and give select access to posting and editing capabilities.

In some cases, a Facebook page already exists for a business thanks to patients checking in at your location and tagging themselves on Facebook. In this case, you can [claim the page using these instructions](#).

Instagram

To setup an Instagram account for business, first create an account from the Instagram app on your phone or tablet. Then, find the settings (the gear icon on your page) and press “Switch to Business Account.”

Twitter

Twitter’s page creation is incredibly simple. Keep in mind that Twitter uses the same profiles for business pages and personal pages. Simply go to Twitter.com to set up your new account.

2. Learn your social media platform

Once you’ve updated your basic information, you’ll want to get to know the particular platform you’re working in. Each platform is unique. For example:

You’ll need a header image and profile picture for each account, but every platform has different requirements. [You can find an up-to-date guide on image sizing here.](#)

It’s a good idea to use relevant hashtags on Twitter and Instagram, but it’s not very useful on Facebook.

On Twitter and Instagram, it’s a good idea to start following other accounts related to yours as soon as possible.

Facebook is a great place to post and share events.

3. Get to know your audience

Doctors may be interested in sharing the latest research studies or stats on the newest equipment out there. But do you think patients want to comb through a complicated 30-page report? Of course, patients are interested in your expertise. However, they would prefer an easy-to-read, quick professional assessment of a study.

Learn what types of content your audience prefers, and try to contribute something they will appreciate and share.

Can you explain a new treatment option briefly and succinctly (or link to a source that does this)?

Can you direct them to in-person or online support groups for their illness or recovery?

Do you have an announcement to make about your location or services? (Note: Important announcements to existing patients are better left in email inboxes.)

4. Use clear images throughout your profile and posts

A plain text post may go over well with your friends and family. But if you’re trying to attract attention from prospective patients, images and video are key to gaining attention—especially with paid social media advertising.

You don’t need any fancy equipment for this. The latest iPhone takes incredible high-quality images. However, if you don’t already have a collection of in-house photos to use in your posts, stock photos are a good way to go. There are free stock photos available on sites like [Unsplash](#) and [Pexels](#).

You can also overlay text using free, easy-to-understand tools like [Canva](#).

5. Remain compliant with HIPAA and other regulations

Of course, you take HIPAA and other regulations seriously, but it helps to remind staff members who are the most active on your social media platforms.

We recommend consulting a lawyer if you are unsure of any issues of compliance. Some starting tips:

Photos of patients and clients, of course, require their signed consent.

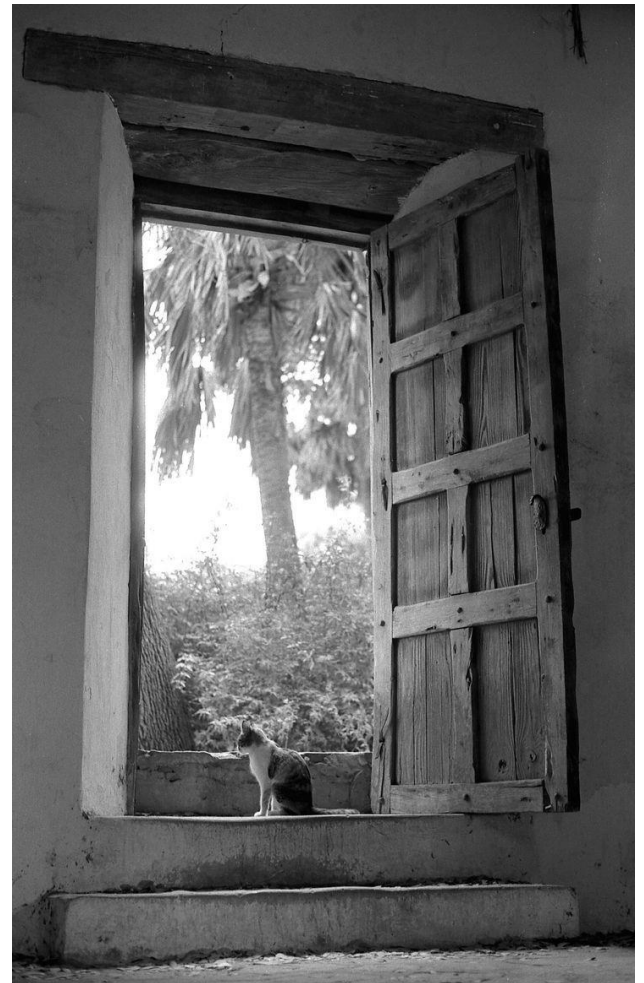
Any pharmaceutical promotion requires disclosure of risks, etc.

Patients may comment on your page regarding their visit, but you should take care not to confirm they are a patient.

Organic Social Media vs. Paid Healthcare Social Media Ads

Some doctors have seen success by posting organically on social media—but these accounts are few and far between. If you hope to gain followers as a “thought leader” in your specialty, you’ll have to post very frequently and become involved in conversations online daily.

The Dakota Studios



Ultimate 2 Days in New Orleans Itinerary: See the Best of NOLA Quickly

Fueledbywanderlust.com,

Looking for the perfect weekend getaway to let loose and consume lots of delicious calories? Quirky and vibrant New Orleans delivers an unrivaled celebratory atmosphere, that will definitely meet all the above criteria. Even if you only have limited time to spend down in NOLA, have no fear because a mere 2 days in New Orleans is more than enough!

While I always wish I could spend a full week in NOLA, I've learned that I'd probably struggle with more than a long weekend. Why, you ask? That would be because one of my favorite parts of a New Orleans trip is the awesome food and drinks that are consumed while fully experiencing this city. I'm not good at pacing myself, so after a short stay I've had more than my fill!



There is something for everyone, including amazing nightlife, rich history, and delectable cuisine. So, let's not delay this any further, and get into how to make the most of a short, but unforgettable trip to the Big Easy.

Why Visit New Orleans

If your sights are set on spending 2 days in New Orleans, you're probably going for one of the following reasons:

- History:** New Orleans has been around since the French first settled in today's French Quarter in 1718. Combine that with Spanish rule from 1763 to 1803, the European and Caribbean influence is evident from the architecture to the food. There is no shortage of history to explore in this colorful city.
- Food:** Thanks to the city's melting pot of cultures, there is an excellent array of mouth-watering food to try. Everything from Creole to Cajun, with even highly regarded Vietnamese restaurants entering the mix. Po-boy's and beignets should be at the top of your list, especially if it's your first time.

Debauchery: New Orleans is the perfect place to blow off steam, which is helped by the city's lack of public container laws. You heard me right – you are more than welcome to stroll around town with drink in hand. People flock here to celebrate anything from Bachelorette parties to 40th birthdays. A lot of these groups begin their partying early, so you are bound to run into some great people watching

2 Days in New Orleans Itinerary: Day 1

– Morning –

Breakfast at Elizabeth's

In my New Orleans research, Elizabeth's was the breakfast spot that kept coming up over and over again. Of course, we had to check it out. We took a Lyft from our hotel to head about 2 miles "downriver" (or east in NOLA terms) around the crescent shaped banks of the Mississippi to an area known as Bywater.



Elizabeth's Restaurant

We arrived about 20 minutes before it opened at 8:00 a.m, which was way too early. Although I had heard this popular restaurant often has a line out the door, nary a soul showed up while we awkwardly waited outside.

The wait was so worth it though. Once they opened, both our food and service were excellent. However, since we were pretty hungry by this time, we definitely ordered too much food. Fortunately, this is a perfectly acceptable mistake to make in New Orleans.

I opted for the bananas foster French toast with a mimosa, while my husband ordered their enormous French toast wrap. We also split some heavenly praline bacon and hash browns.

Everything was delightful, including our friendly and helpful waitress, who gave us the perfect po-boy recommendation for later.

Louis Armstrong Park: If you have a little time after breakfast, stop at Louis Armstrong Park for some rest and shade. The park is very close to St. Louis Cemetery #1, and is the site of historically significant Congo Square.

Throughout the 1800's, 500-600 freed and enslaved African Americans would gather in Congo Square on Sunday afternoons for traditional African music and dance. Some even believe this helped foster the later birth of jazz in New Orleans.

Tour St. Louis Cemetery #1

To see something truly unique to New Orleans, you absolutely must take a cemetery tour. I take an odd interest in strolling old cemeteries in general, but the ones in NOLA are especially intriguing.



As New Orleans has a high water table, the first inhabitants struggled to bury their dead underground. Thankfully, the Spanish brought their tradition of burying the deceased in above ground vaults to New Orleans. The result is beautiful city-like cemeteries with ornate tombs that are fascinating to peruse.

St. Louis Cemetery #1 is the oldest in New Orleans, and can only be entered with a licensed guide ([we used this one](#)). Our guide was a true local and former history major, and we learned all kinds of fascinating NOLA history. Just don't forget to bring water and a hat if you go in late spring or summer. It'll be blazing out there with the lack of shade.

– Afternoon –Eat a Po-Boy for Lunch

The po-boy was invented in New Orleans and remains a staple, so if you don't eat one, did you even really visit? This was my favorite thing I ate during our 2 days in New Orleans, and I swear I'm still having dreams about it. Imagine golden French bread that is crispy on the outside and soft on the side, filled with the (often fried) meat of your choice. So good!



Both online, and through talking with New Orleanians, Parkway Bakery and Tavern was the consensus on where to go. After our visit, I have to say I agree. I ordered the fried oyster po-boy, and was in absolute heaven as we consumed them at a picnic table on their large patio.

Tour the French Quarter

A pub tour is essential, as many famous cocktails, including the Sazerac and Hurricane, were invented in New Orleans. Drink and Learn is a tour that provides four classic New Orleans cocktails, while you tour the French Quarter and learn about their history. This was one of our favorite activities, besides stuffing ourselves with po-boys.

Drink and Learn is unlike any other cocktail tour, because the price of your ticket includes your drinks. The proprietor and tour guide, Elizabeth, hands you a bag of four cocktails at the beginning and has you gradually open them throughout the tour. It was quite entertaining, and her enthusiasm for NOLA, and *ahem* alcohol, really shows!

– Evening –

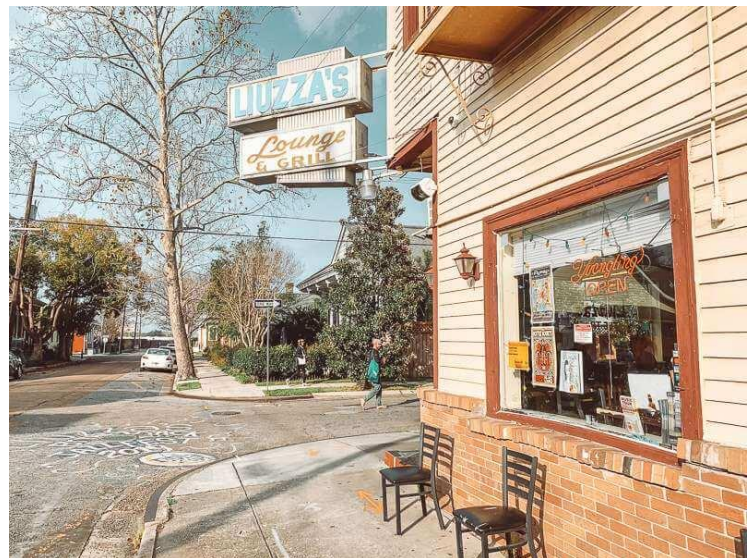
Eat Somewhere Super Local

Believe it or not, most locals do not spend much of their free time in the French Quarter. In fact, some of the best gems in the city can be found just a short distance away.

You will be spending plenty of time in the French Quarter during your 2 days in New Orleans. Therefore, tonight is the perfect chance to branch out and try something local. Therefore, I recommend taking a 10-minute Uber a short ways down Esplanade Avenue to Liuzza's by the Track.

Liuzza's is a beloved staple in New Orleans that serves their own signature version of the po-boy with BBQ shrimp. It is completely different than Parkway's po-boys, as the shrimp is not fried, but served in a beautifully-flavored sauce.

You can't eat too many po-boys while in NOLA, but if you need something different, definitely try the gumbo. Visiting during Jazz Fest? If so, Liuzza's will likely be hopping since it's a short distance further to the Fair Grounds.



Check Out Bourbon Street



After dinner, Uber back to the French Quarter to check out the craziness of Bourbon Street. This is where nightly shenanigans in New Orleans go down, and also where you'll find both high-end restaurants and strip clubs. It's also a bit of a tourist trap, and gets extremely crowded and loud as the night goes on.

The tamer crowd often writes Bourbon Street off before ever visiting, but it's cool to experience at least once. So if you've never checked out Bourbon Street before, I say explore it for your first night. I recommend finding a perch on one of the many balconies, so you can watch the madness unfold from above.

Bourbon Street gets packed in the evenings

Bourbon Street is lined with tons of bars, so you can pop in and out of them until finding one you like. My husband and I settled in at Fat Catz Music Club, which had a live band playing 70's and 80's rock. It was a great spot for dancing and people watching, and gave us our fill of Bourbon Street so we could be back to our hotel by midnight.



2 Days in New Orleans Itinerary: Day 2

– Morning –

Day 2 in New Orleans will be just as jam-packed as the day before. Try to get an early start, and don't forget coffee (and perhaps an ibuprofen). It's time to take a pleasant morning walk over to Jackson Square in the French Quarter.

Beignets at Cafe du Monde

You can't leave New Orleans without grabbing some beignets. On the morning of your second day, head to Jackson Square and follow the powdered sugar trail to world famous Café du Monde.

Often times, there will be a line outside for seating, but it typically moves very fast. However, you could also order at the back window and take them to go (hence, the powdered sugar trail on the ground). To dine in, I recommend returning at a less popular hour, such as late afternoon, for little or no wait.



Alternatively, if you'd like to get an early start while eating something more sustaining, Stanley in Jackson Square is a great option since they open at 7 a.m.. Their eggs benedict with fried oysters was pure bliss, and the perfect portion size to avoid an early food coma.

Visit a Historic Plantation



Visiting a plantation in New Orleans means driving at least a half hour to 45 minutes outside the city. With only 2 days in New Orleans, it's a tad ambitious to squeeze in. However, if you love history like me, then you have to. We rented a car for our visit, but there are a couple bus tour options from downtown as well.

We chose Oak Alley Plantation because of its stunning walkway leading up to the house, which is lined with enormous oak trees on both sides. They are all supposedly original to when the house was built, or nearly 200 years ago. I believed it with the way the limbs contorted in all directions, some so big that they were resting on the ground. Fun fact – this enchanting yet spooky property was used as a set in the movie Interview with the Vampire.

In reality, this plantation actually belonged to a 19th century French creole family. Samples of their French writings displayed throughout the house gave it a very old-world feel.

However, the slave quarters struck me the most. Here, we learned the names and what little other available information existed about the individuals who literally built and ran this plantation.

The most fascinating story was about Antoine, a slave and expert gardener who successfully grafted the first pecan tree. His skills transformed the pecan industry in the South at that time, allowing it to turn into a huge money-maker.

– Afternoon –

Visit the Garden District



A visit to the Garden District is the perfect opportunity to take the streetcar from Canal Street. It's a very easy process, and you can pay when you go to board. It's cheap too – only \$3 for a one day pass – and gives you a much-needed break from walking. Just try to pay in exact change on the streetcar, as any leftover will be printed on a voucher to use later.

When you arrive in the Garden District, take a quick stroll through Lafayette Cemetery #1. Unlike St. Louis Cemetery #1, you can enter this one for free without a guide.

Afterwards, spend some time strolling through the seemingly endless rows of marvelous homes. The stately architecture is distinct from that of the French Quarter, having been built throughout the 1800's by wealthy Americans. I was so in love with every house I saw, I could not stop snapping pictures everywhere I turned.



If you need a snack, [Superior Seafood and Oyster Bar](#) does a terrific happy hour from 4 to 6:30 pm daily, featuring 75 cent raw oysters. We tried a tray of these bad boys, and they were super fresh and delicious.

– Evening –
Eat Cajun Food

For a classy, white-tablecloth dining experience serving rich Cajun favorites, check out Gabrielle Restaurant. My husband and I had an amazing experience here, eating our way down their menu for my special 30th birthday dinner.

While we enjoyed the gumbo, seared sea scallop, and traiteur fish, it was the veal chop that really knocked it out of the park for me. Of course, we also couldn't resist taking some lemon chess pie to go.



Jazz Clubs on Frenchmen Street

Tonight, head to Frenchmen Street, the jazzier but tamer counterpart to rowdy Bourbon Street. As the name suggests, jazz clubs line both sides of this street, and some of them charge a cover. You may also get lucky, and happen upon an awesome street performance like we did!

The Spotted Cat is the most popular music club on Frenchmen Street, but I've found it almost always has a line out the door. If you prefer something less busy, your best bet is to take a walk up and down the street, and pick the first bar with no crowd and available seats inside.



Here are two great jazz club options on Frenchmen Street, which I've personally enjoyed the most:

- **d.b.a.:** This small venue is split down the middle, with a stage and dance floor in one half, and a quiet bar section in the other. Their drink list featured some excellent crafts beers, such as Founder's KBS. During my visit, there was a retro 1920's style jazz band playing, complete with flapper attire and scatting.
- **Three Muses:** Another small venue, Three Muses is my favorite place I went to on Frenchmen Street. It was low key, with a cheery trio of musicians playing. The vibe was really chill, and not nearly as loud and rambunctious as some of the other places we wandered into.

Have More Time?

If you are spending 3 or more days in New Orleans, there are so many more things you could add to your itinerary. Below is a sampling of some of my favorites:

- **Brunch at Brennan's:** The location where bananas foster was supposedly invented. If you order this famous menu item, they'll flambé it right in front of you.
- **Do a Food Tour:** If you are craving more insight into the French Quarter culinary scene, Destination Kitchen does an awesome food tour. This is a great way to taste all the traditional New Orleans dishes, like Gumbo and Jambalaya, in a noncommittal way.
- **Visit a museum:** The World War II Museum is excellent, super in depth, and will take at least a half day to fully explore. The Pharmacy Museum is another quirky option, and good for those seeking a shorter visit.
- **Eat more Cajun food:** Cochon does a slightly upscale take on traditional Cajun favorites, such as fried alligator and boudin balls. It's great for a casual date night or informal dinner with friends.
- **Get on the water** with a jazz river cruise or fishing charter.



Travel Savvy Tip

Unless you plan on leaving downtown New Orleans during your trip, you won't need a car. The city is walkable, and anything more than a 20 minute walk can be reached via Uber/Lyft or the streetcar. Plus, parking your car overnight at a hotel can be quite pricey.

When to Visit

Make sure you plan your visit during the time of year that makes the most sense for you! Below is generally what you can expect during each time frame:

- **February through May:** This is high season, where you'll find comfortable weather, but more people and higher prices. The popularity is also driven by the fact that Mardi Gras and Jazz Fest happen during this time.
- **June through October:** Summer through early fall brings hot, sticky heat, not to mention hurricane season. However, if you can bear it, you'll find lower prices and smaller crowds.
- **November through January:** The weather will cool down, but generally stays close to a high of 60 degrees Fahrenheit. This is the best time to come for a calm atmosphere that lends itself to exploring the city and comfortably doing walking tours. I've visited in January twice now, and it really is a great time to go.

If you choose to visit during the hot months, you will want to make sure you are armed with water, a hat, and sunscreen. If you visit in June through August, bring an umbrella, as this is statistically the rainiest time of year in New Orleans.

Where to Stay

2 days in New Orleans is not very long. To squeeze in as much sight-seeing as possible, I recommend you stay somewhere fairly central.

- **French Quarter:** If you seek ultimate convenience, stay near the action in the French Quarter. The downside is this is where all the partying happens, so it may be noisy and crowded. If you're like me, and love historic charm, check out the Olivier House Hotel, which was originally built in 1839 as a personal home.



- **Central Business District:** Just outside of the French Quarter, this is where I recommend staying for a calm environment that is still walkable to the main sights. We loved the Q & C Hotel Bar, a former train station that has been converted into a chic boutique hotel. The decor was sleek and stylish, featuring rustic touches like exposed brick. They also have a great bar and restaurant in their first floor that never gets too busy.
- **Tremé:** The oldest African American neighborhood in the United States, the Tremé is also located right outside of the French Quarter. It features landmarks like Louis Armstrong Park, and famous local eateries like Dooky Chase and Willie Mae's Scotch House. We based here on one occasion to stay at the beautiful La Belle Esplanade. All we had to do was hop on a bus right outside the door, and five minutes later we were in the French Quarter.

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