

Paul Norwood, MD starts Blog with health information for the whole family

Experienced doctor's blog will address common medical issues that every family has to deal with, such as how to maintain a healthy weight

FRESNO, CALIFORNIA, UNITED STATES, December 19, 2018 / EINPresswire.com/ -- Doctor [Paul Norwood](#), specializing in Endocrinology, started a Blog to provide day-to-day health information to families in an easily understandable form, available at <https://PaulNorwoodMD.blogspot.com/>

[Paul Norwood, MD](#), leads the team at Valley Endocrine in Fresno, California. Valued by his community for his caring and kind personality as well as his skills as a physician, [Dr. Paul Norwood](#) is also respected nationwide for his expertise as an endocrinologist. In 1993, Dr. Norwood founded Valley Endocrine Clinic, which specializes in endocrinology, diabetes and metabolism, as well as Valley Research, which does clinical trials.



Dr Paul Norwood, Fresno, California

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Dr. Paul Norwood, Valley Endocrine Clinic, endocrinology

health,” adds Dr. Norwood.

In his Blog, Dr. Norwood will provide useful information about maintaining a healthy lifestyle, exercise, nutrition, and how to support at home any medical condition for which your doctor is treating you.

Dr. Norwood explains that today, in doctors' offices, nurses, staff and medical doctors are rushed and rarely have the time to answer all questions that the patients have. “When patients research internet sources, such as on the website of the National Institutes of Health (NIH), they find highly scientific information that is very hard to understand for a normal person. I decided to fill that gap with easy-to-understand blog articles that translate scientific research into daily conversation to maintain good

For example, the blog includes articles about hypertension, provides background information, and gives suggestions what you can do at home in addition to the medical treatment your doctor has prescribed, such as: “Even though blood pressure is taken care of through the proper diet before it gets worse, there are many treatments options for it. The basic things that a person can

do to avoid hypertension are by changing their lifestyle and begin to exercise regularly. It is highly recommended that the patients should work out for at least 30 minutes a day which should include jogging, cycling, walking, aerobic exercise, etc. Another thing that the patients need to take care of is the management of unavoidable stress. Also, consuming alcohol or smoking would add to the stress and not reduce it. Hence, all unhealthy habits should be avoided."

Dr. Norwood is preparing other articles, including topics such as:

Maintaining a Healthy Weight, Controlling Stress, and Your Flu Shot

Dr. Norwood adds that "it is really not a problem for me to find health subjects to write about – my patients are asking me every day. As the seasons change, the patient questions differ. For example, in the Spring, I may get more questions about pollen and allergies, and in the cold season, more patients ask about flu shots and catching a cold."

Dr. Norwood's blog is available at available at <https://PaulNorwoodMD.blogspot.com/>

About Dr. Paul Norwood

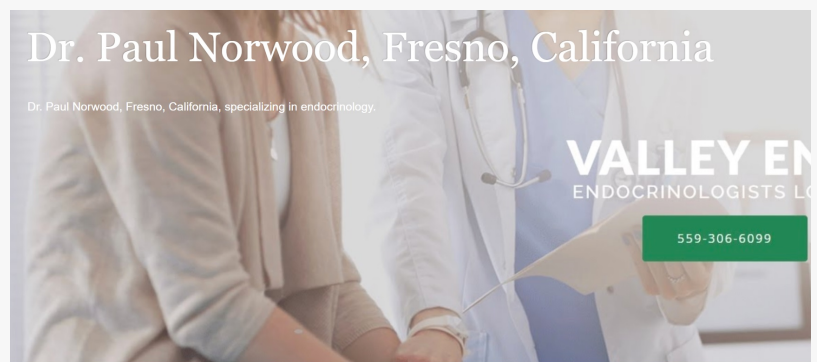
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References:

<https://www.drpaulnorwood.com/provider/paul-norwood-md>
<https://PaulNorwoodMD.blogspot.com/>
<https://hype.news/dr-paul-norwood-fresno-california-usa/home>



Paul Norwood MD, Fresno, California



Blog of Paul Norwood, doctor specializes in specializes in endocrinology, diabetes and metabolism



Clinic of Paul C Norwood MD in Fresno CA, specializes in endocrinology, diabetes and metabolism

<https://hippocratesguild.com/dr-paul-norwood>
<https://medicogazette.com/dr-paul-norwood%2C-fresno>

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Paul Norwood MD specializes in endocrinology, diabetes and metabolism

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