

Keeping you connected to important health updates, upcoming classes and helpful resources



Ask the Doctor



Each month, our members will have a chance to get their question answered by one of our doctors, or other members of our healthcare team. If you have a question about health and wellness for any age group, please email us at healthyway@regalmed.com.

If your question is chosen, you will be notified via email if your question will be published in an upcoming newsletter. Your identity will remain anonymous.



From the desk of **Shariar Borbor, M.D.**
Board Certified: Family Medicine
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Let's talk about cognitive health and the best ways to maintain a healthy mind.

Cognitive health is your ability to think clearly, learn new things, and remember information. Genetic, environmental and lifestyle factors can affect cognitive health.

What signs should I be looking for if I suspect a decline in my cognitive health?

A decline in your cognitive health is not always just about memory loss. Signs may include any of the following:

- Lack of concentration
- Change in personality
- Trouble communicating with others
- Difficulty coordinating your body in a way that was never a problem in the past

How can I keep my brain and mind healthy?

- Stay physically active
- Eat healthy (meet with one of our dietitians to get started)
- Turn off the television at least one day/night a week
- Try new activities that your body and mind have not done before. You will usually have a positive reaction.

What tests are available to check my cognitive health?

- Lab tests help to rule out vitamin B deficiency or an under-active thyroid gland
- Brain imaging (MRI/CT scan) to check for stroke, brain tumor, or bleeding in the brain
- Short mental status tests
- Talking with your partner or family member will help in noticing if there's a decline in your cognitive health

If you feel you are experiencing a decline in your cognitive health, speak with your doctor or healthcare provider.



Sources: www.mayoclinic.org; www.alz.org

Care to try this **berry refreshing drink?**



Let's face it – you don't need warm weather to enjoy a healthy, refreshing and delicious drink. This sparkling strawberry mint water will keep you plenty hydrated and satisfied. So, raise your glass and cheers to your good health!

[Try the recipe yourself](#)

COVID-19 TREATMENTS

available to help ease symptoms



From the desk of **Nirav K. Shah, M.D.**
Sr. Medical Director

COVID-19 treatments are available if you tested positive

High-risk patients can qualify to receive a prescription for oral medication to treat COVID-19. If you have tested positive for COVID-19, speak with your doctor so that you can begin taking treatment within five (5) days of getting symptoms. The pill has shown to significantly decrease hospitalization and death.

If you are experiencing any symptoms related to COVID-19, or have been knowingly in close contact with anyone who is COVID-19 positive, we recommend that you get tested as soon as possible.

Most COVID-19 medications are available at **no cost to you.**

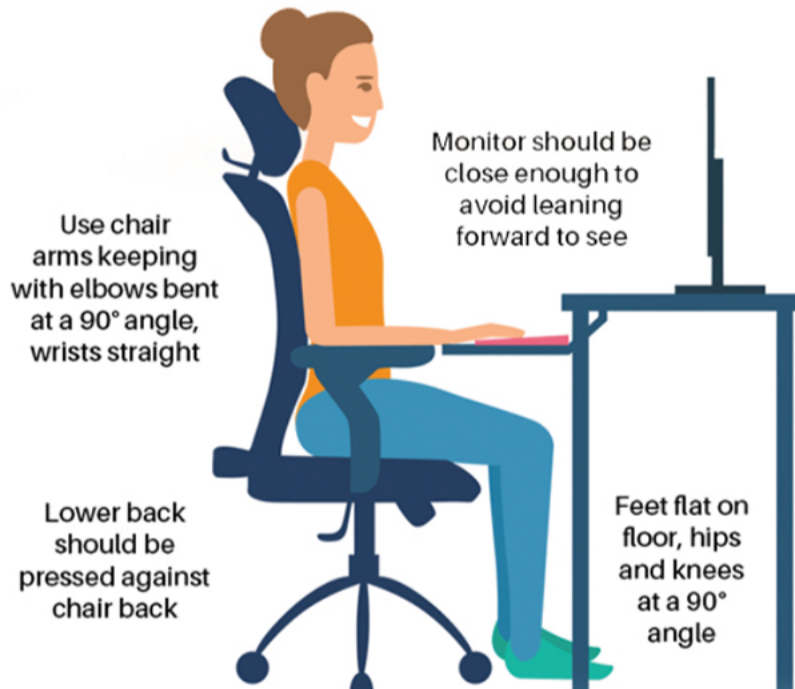
If you have any questions about COVID-19 or how to receive this oral medication, speak with your doctor or healthcare provider.

For additional information, please visit [COVID.gov](https://www.covid.gov) to find helpful resources including:

- COVID-19 risk factors & variants
- Vaccination sites near you
- Free at-home testing kits
- Finding a testing site
- Getting a copy of your digital vaccine record
- Masking requirements by city
- Safety & testing requirements for travel

When it comes to workspace safety, we've got your back!

You might have heard of ergonomics, but what is it really? Simply put, ergonomics is the study of the relationship between you and your workspace. Whether you work from home or in the office, poor ergonomics can lead to long-term pain, discomfort and disability. Here are some easy steps to help prevent injuries and keep you happy, healthy and comfortable while you work.



DOC TALK on Optimizing Vitality, Staying Dynamic & Lowering Inflammation

presented by Dr. Dushyant Viswanathan



Join Dr. Viswanathan for a morning of valuable information. As we get older, our bodies begin to go through changes that leave us more susceptible to illness and injury. Learn how optimizing our vitality and staying dynamic affects our gut health, hormones, sleep, and lifestyle habits.

Monday, June 6, 2022
11:00 a.m. – 12:00 p.m.

Senior Expo at Las Palmas Park
5058 S. Huntington St.
San Fernando, CA 91340

[RSVP](#)

You're simply the best!

Happy Father's Day.



On Father's Day, we want to celebrate the occasion by showing our appreciation for the many inspiring things dads do to care for and support their families, and their communities.

Before we ever learned about what superheroes were, there was dad. Throughout one's life, a dad will teach his children many things – life lessons learned, the meaning of integrity, having a good work ethic, and how to love and provide for when we have families of our own. Dads have that special way of lifting us up with their own style of encouragement. They will generously share their time, knowledge, and skills while loving us through all of our own personal struggles and successes. Some people might say, "You might end up like your father." And what an incredible honor that would be. Dads everywhere, we wish you a happy, healthy and fun Father's Day!