

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



## Ask the Dermatologist



### Let's talk about ways to protect your skin and prevent skin cancer.

Often overlooked, maintaining your skin health is an important part of your wellness routine. Taking proper care of your skin not only helps you look and feel better, it also can protect you from serious illnesses like skin cancer.



From the desk of **Jessica Doctor, MSN, NP-C**  
Board Certified: Dermatology

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#### Am I at increased risk for skin cancer?

Although most people can get skin cancer, the following may contribute to increased risk:

- Having fair skin, 50 or more moles, or 5 or more blistering sunburns between ages 15 and 20
- Family or personal history of skin cancer, melanoma, or breast cancer
- History of tanning in a sun bed or radiation therapy
- Taking certain medications that suppress the immune system
- Having an organ transplant



#### What can I do to prevent and detect skin cancer?

- The American Academy of Dermatology recommends to avoid tanning beds, protect skin while outdoors by wearing a hat, sunglasses, long sleeves, sunscreen, etc., and always using an SPF of 30 or higher
- Regular self-exams, especially if you have a family history of skin cancer
- If you have any concerns, or think you found an abnormal mole, contact your healthcare provider for further examination

#### What level of SPF should I wear?

- If you're planning to be outside actively, an SPF of 50 is recommended. In regards to the AAD guidelines, an SPF of at least 30 is required for good coverage. For everyday wear, it's recommended to wear SPF 30 on the face, shoulders and neck.

Source: [aad.org](http://aad.org)



## Summer snack time!

### Avocado and Coconut Refresher Smoothie



When the temperature goes up and your energy levels go down, a healthy and delicious smoothie does just the trick. Cold and refreshing for the summer months, this icy treat gives you the boost needed to get through your day and is packed with vitamin C.

- Vitamin C is needed for growth and repair of tissues in all parts of your body, including your skin.
- Vitamin C is an antioxidant, which blocks some of the damage caused by free radicals. The buildup of free radicals over time is largely responsible for the aging process.
- The body is not able to make vitamin C on its own, therefore it is important to include plenty of vitamin-C-rich foods in your daily diet.
- One avocado is a great source of vitamin C, providing 24% of your daily value.

Check out the recipe [here](#)



## Dr. Khan invites you to Health Summer Camp: Importance of Natural Foods



### Join Salman Khan, M.D. in San Fernando at Las Palmas Park for an informative Doc Talk!

It's easy to give in to the convenience of more processed foods. However, natural foods often have more beneficial nutrients than processed and conventionally grown foods. Hear from one of our internal medicine physicians about the importance of eating foods that are less processed without additives such as hormones, antibiotics, sweeteners, food colors, preservatives, and flavorings. Bring your health and wellness questions for a chance to win a \$10 gift card!

#### Salman Khan, M.D. | Internal Medicine

Dr. Khan has been serving Los Angeles and the San Fernando Valley for more than 20 years. His focus is on primary care, men's and women's health, and weight management. He also provides routine DMV physicals and wellness visits.

**Monday, July 18, 2022**  
9:30 a.m. - 10:30 a.m.

**Las Palmas Park**  
505 S. Huntington St.  
San Fernando, CA 91340

[RSVP](#)

## COVID-19 updates & treatments



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

Recently, there has only been a [slight increase in hospitalizations](#) as we have seen COVID-19 cases go up. Wearing a mask continues to be an effective way to decrease the spread of COVID-19.

#### COVID-19 vaccines for babies and toddlers available

Independent advisers to the Food and Drug Administration voted unanimously in favor of granting emergency approval to the first Moderna and Pfizer/BioNTech COVID-19 vaccines for infants and toddlers. Now every Californian 6 months and older is eligible to get a COVID-19 vaccine. Boosters have been approved for individuals 5 years and older. Getting vaccinated is safe, effective, and free-of-charge. To find a vaccination site near you, visit [myturn.ca.gov](http://myturn.ca.gov). You also can call the California COVID-19 Hotline at (833) 422-4255, Monday - Friday, 8 a.m. - 8 p.m.; Saturday - Sunday, 8 a.m. - 5 p.m.

#### COVID-19 treatment is available to high-risk individuals who test positive

The FDA has authorized a prescription pill called Paxlovid to treat COVID-19 in some high-risk patients.\* This treatment is available by prescription to some high-risk patients\* and has significantly decreased hospitalizations and death due to COVID-19. Taken by mouth, the pill works best if started within the first 5 days of symptoms. So get tested early for COVID-19 and let your doctor know if you're positive as soon as possible.

\*High-risk factors include age (risk increases after age 50), cancer, cardiovascular disease, chronic kidney disease, chronic lung disease, diabetes, immunocompromising conditions, obesity (body mass index  $\geq 30$ ), pregnancy, and sickle cell disease. For a complete list of risk factors, visit the CDC's Underlying Medical Conditions Associated with [High Risk for Severe COVID-19](#).

#### How to get the COVID-19 pill

Paxlovid requires a doctor's prescription. Call your doctor immediately if you're a high-risk patient\* with a positive COVID-19 test. Most COVID-19 medications are available at no cost to you.

#### What is COVID-19 rebound?

COVID-19 rebound has been reported to occur in individuals who have recovered from COVID-19. Individuals with a recurrence of mild and self-limited symptoms 2 to 8 days after recovering from COVID-19. An additional course of Paxlovid is not required. However, COVID-19 can still be spread to others, so it is necessary to return to isolation. 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 getting tested as soon as possible.



For more information on available COVID-19 medications and treatments, please visit the [CDC](#).

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

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



PROUD TO BE AMERICAN

Fourth of July is a chance to celebrate our country with family and friends as well as a time to reflect on the history of this great nation. May we remember our stars and stripes with dignity and continue to uphold America as a true symbol of freedom, embracing each other's differences and the diversity that makes us so great.

This Independence Day, we wish you and your loved ones a happy and safe celebration!



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