

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







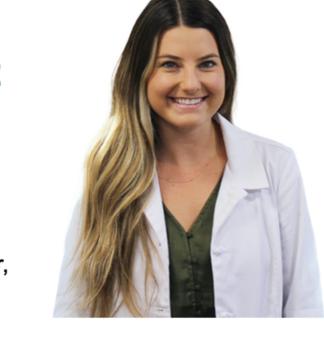


Let's talk about ways to



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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Practice Addresses

Although most people can get skin cancer, the

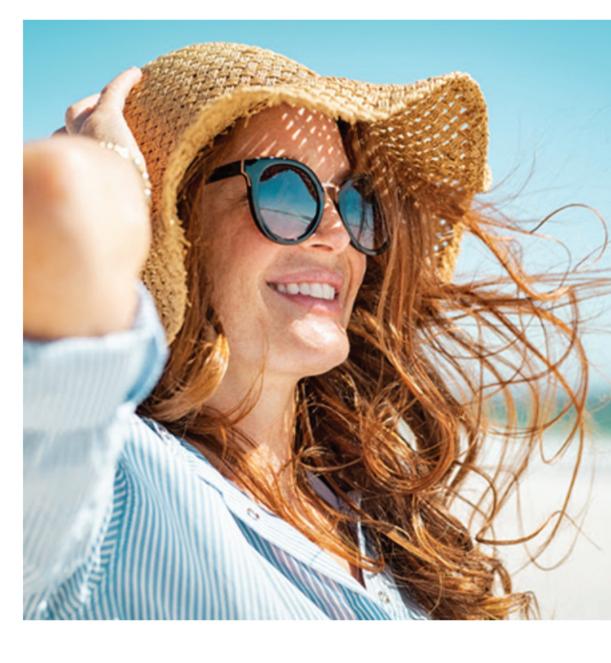
Am I at increased risk for skin cancer?

following may contribute to increased risk: Having fair skin, 50 or more moles, or 5 or

and 20 Family or personal history of skin cancer, melanoma, or breast cancer

more blistering sunburns between ages 15

- History of tanning in a sun bed or radiation therapy
- Taking certain medications that suppress the immune system
- Having an organ transplant



cancer? The American Academy of Dermatology recommends to avoid tanning beds, protect

What can I do to prevent and detect skin

- 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

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

SPF of 50 is recommended. In regards to

the face, shoulders and neck. Source: aad.org When the temperature goes up and your energy levels go down, a healthy and delicious smoothie does just the trick.

gives you the boost needed to get through your day and is

in all parts of your body, including your skin.

• Vitamin C is needed for growth and repair of tissues

Cold and refreshing for the summer months, this icy treat

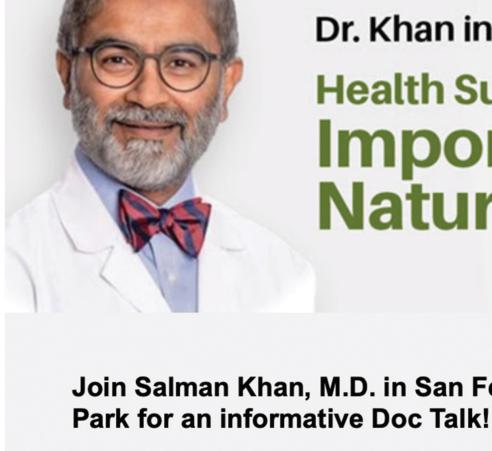
packed with vitamin C.





 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



Importance of Natural Foods Join Salman Khan, M.D. in San Fernando at Las Palmas

Health Summer Camp:

Dr. Khan invites you to



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!

processed and conventionally grown foods. Hear from one of our internal

medicine physicians about the importance of eating foods that are less

It's easy to give in to the convenience of more processed foods.

However, natural foods often have more beneficial nutrients than

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.

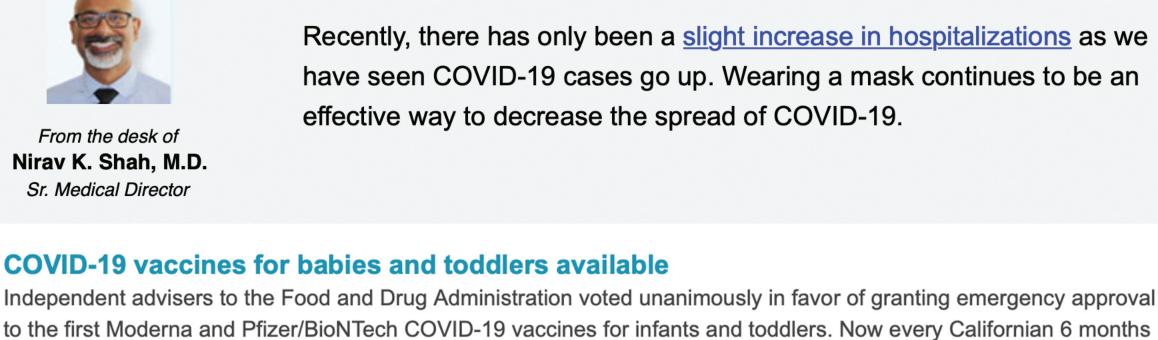
RSVP

San Fernando, CA 91340

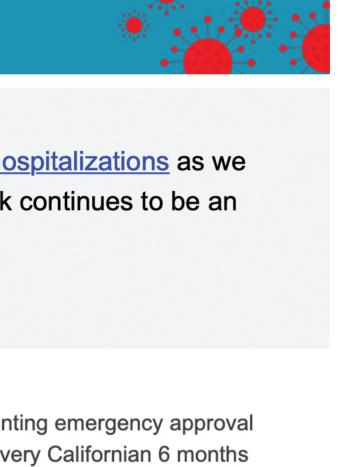
From the desk of Nirav K. Shah, M.D.

COVID-19

updates & treatments



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



Paxlovid

*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 ≥30), pregnancy, and sickle cell disease. For a complete list of risk factors, visit the CDC's Underlying Medical Conditions Associated with High Risk

COVID-19 and let your doctor know if you're positive as soon as possible.

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

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 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.

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 hospitalization 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

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

COVID-19 rebound has been reported to occur in

individuals treated with Paxlovid. Individuals have a

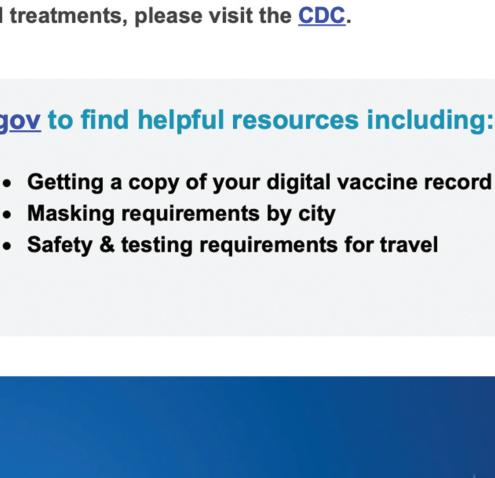
recurrence of mild and self-limited symptoms 2 to 8 days

after recovering from COVID-19. An additional course of

What is COVID-19 rebound?

at no cost to you.

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 <u>CDC</u>. COVID-19 risk factors & variants



For additional information, please visit **COVID.gov** to find helpful resources including: Vaccination sites near you Masking requirements by city Free at-home testing kits Find a testing site

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 to represent 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.

PROUD TO BE AMERICAN

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

