

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



Ask the Doctor



From the desk of **Shahzad Lalezari, DO**
Board Certified: Family Medicine

Practice Address
4944 W. Pico Blvd.
Los Angeles, CA 90019
Office: (323) 939-5346

Dr. Lalezari also speaks
Spanish & Farsi

Why is it important to schedule a wellness exam every year?

Annual wellness exams allow you to have an honest and open conversations with your doctor about your health and well-being. Your doctor will update your health records and determine which exams and screenings you may need based on your personal and family health history, age, and other findings from your physical exam.

To learn more about recommended preventive screenings and immunizations based on your age, please visit [here](#).

What wellness tests should I have?

Depending on your medical history, your doctor may recommend certain tests to monitor your health, such as fasting blood sugar, cholesterol, liver function, blood pressure and kidney function.

How often should I schedule an appointment?

This depends on your current health status, family medical history and lab work. For example, if you have prediabetes, but your blood sugars are controlled and your lab work is within normal range, your visits to the doctor may not be as frequent.

Source: <https://www.aafp.org/home.html>
<https://www.nia.nih.gov/health/what-should-i-ask-my-doctor-during-checkup>



Honey! You're going to love this yogurt recipe



Did you know? Many Americans don't get enough daily fiber. Fruits are full of antioxidants, vitamins and fiber – all of the things that are good for you, and help to keep you healthy. Fiber also contributes to cardiovascular health, keeps you regular and on the go. Yes, that kind of "go". Want a simple and delicious way to include all of these benefits? Try this refreshing [fruit salad with honey yogurt](#) as a delightful breakfast or snack. Don't have a lot of time? You can prepare in advance and take it on the road.

Sources: <https://newsinhealth.nih.gov/special-issues/eating/rough-up-your-diet>
<https://www.nccih.nih.gov/health/antioxidants-in-depth>

DOC TALK: Healthy Lifestyles

PRESENTED BY
Dr. Salman A. Khan



Join Dr. Khan as he shares valuable information on healthy lifestyles.

Learn how healthy living keeps you fit, gives you more energy, and reduces your risk for disease. Living a healthy lifestyle can help you enjoy more aspects of your life.

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, August 1, 2022
10:30 a.m. - 11:30 a.m.

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

[RSVP](#)

COVID-19 updates & treatments



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

Signs of seasonal flu activity are low

At this time, we are seeing low levels of flu activity. To keep you safe, it's always recommended that you get your annual flu vaccine when it becomes available. This will help protect you, your families and the community from getting and spreading the flu. For more information, visit [CDC](#).

COVID-19 vaccines available for children 6 months to 5 years of age

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](#). You can also 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 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 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 ≥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 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 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.

Mask mandates may be imposed due to rising COVID-19 cases

For LA county updates visit [lacounty.gov](#).

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



For additional information, please visit [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



[Privacy Policy](#)

[Update Profile](#) | [Manage Preferences](#) | [Unsubscribe](#)

This email was sent by: Regal Medical Group
8550 Balboa Blvd, Northridge, CA, 91325 US