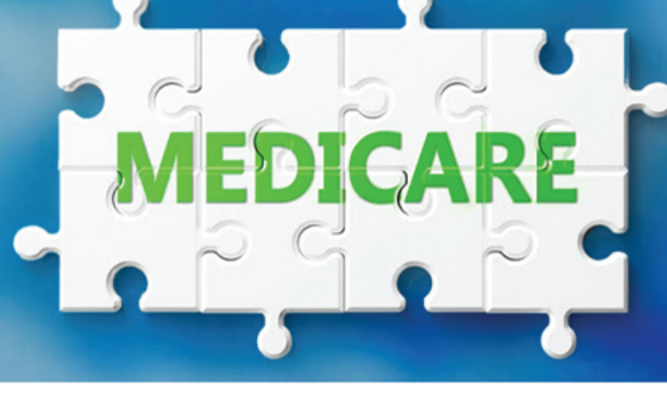


Keeping you connected to important health updates, upcoming classes and helpful resources



It's almost time. Medicare annual enrollment begins October 15th!

The Medicare annual enrollment period is fast approaching, beginning October 15, 2022 and ending December 7, 2022. With Medicare benefits changing every year, it's important for you to have your benefits reviewed each year to ensure you get the most out of your Medicare in 2023.

There are two easy ways to become informed and get your questions answered:

1 Set up a one-to-one consultation with a licensed agent who works with our providers' offices. You can call (877) 216-4652 to set up a personalized appointment, Monday-Friday, from 8:30 a.m. – 5:00 p.m. TTY can dial 711.

2 Attend a small group presentation in your area. Join us for an hour of information, refreshments, and a chance to participate in a free raffle to win a \$25 gift card.

October Dates & Locations

Northridge
Wednesday, October 12 or October 26
10:30 a.m. – 12:00 p.m.
Bob's Big Boy
8876 Corbin Ave.
Northridge, CA 91324

Mission Hills
Thursday, October 13 or Tuesday, October 25
10:00 a.m. – 11:30 a.m.
Coco's
10841 Sepulveda Blvd.
Mission Hills, CA 91345

North Hollywood
Friday, October 21
10:00 a.m. – 11:30 a.m.
or
Wednesday, October 26
2:00 p.m. – 3:30 p.m.
Denny's
11377 Burbank Blvd.
North Hollywood, CA 91601

Burbank
Friday, October 14 or Wednesday, October 19
10:00 a.m. – 12:00 p.m.
Denny's
1010 W. Alameda Ave.
Burbank, CA 91506

Covina
Monday, October 17
11:00 a.m. – 12:30 p.m.
or
Thursday, October 20
2:00 p.m. – 3:30 p.m.
Millie's Restaurant
403 S. Citrus Ave.
Covina, CA 91723

Los Angeles
Monday, October 17
2:00 p.m. – 3:30 p.m.
or
Tuesday, October 25
11:00 a.m. – 12:30 p.m.
Mimi's Cafe
2925, Los Feliz Blvd.
Los Angeles, CA 90039

Thousand Oaks
Tuesday, October 18
11:00 a.m. – 1:00 p.m.
or
Tuesday, October 25
2:00 p.m. – 4:00 p.m.
Little Calf Creamery & Café
652 E. Janss Rd.
Thousand Oaks, Ca 91360

We want to make that you receive all that you deserve by having the right doctor, medical group and health plan working together to meet your needs through every stage of your healthcare journey.

KNOW THE FACTS } Breast cancer screening



From the desk of **Xiao-Ling Zhang, M.D.**
Internal Medicine

Dr. Zhang has been serving El Monte, Corona, Chino, Eastvale, Irvine and surrounding communities for more than 39 years. She also speaks Chinese.

Office Locations

1973 Foothill Pkwy., Unit 104
Corona, CA 92881
Office: (951) 460-2300

14775 Jeffrey Rd., Ste. C
Irvine, CA 92618
Office: (949) 200-7001

4784 Peck Rd., Ste. A
El Monte, CA 91732
Office: (626) 205-1555

13768 Roswell Ave., Ste. 118
Chino, CA 91710
Office: (909) 591-8200

13334 Limonite Ave., Ste. 130
Eastvale, CA 92880
Office: (951) 407-1460

Eastvale, CA 92880
Office: (951) 407-1460

1292 W. Mill St. Ste. 105
San Bernardino, CA 92410
Office: (909) 253-0841

Hello, I'm Dr. Zhang, and I wanted to help answer some very important questions during Breast Cancer Awareness month. The month of October is dedicated to raising awareness for this devastating disease that affects hundreds of thousands of lives each year.

Why is it important to get a breast cancer screening?

A breast cancer screening is important in helping to detect breast cancer. Screening will not prevent breast cancer, but it can help to detect cancer in its earlier stages before signs and symptoms become present. We recommend speaking with your physician about the risks and benefits of screenings and if and when it's best for you to start screening for breast cancer.

Completing a [self-breast exam](#) hasn't shown to be beneficial in breast cancer screenings, but it's important to be familiar with how your breasts normally appear. This will help you identify and then report these changes that may have occurred to your doctor.

When should I get a breast cancer screening?

According to the United States Preventive Services Task Force, women 50-74 years of age are recommended to receive a mammogram every 2 years. Speak with your physician to determine what [screenings and exams](#) are best suited for you and when to start screening.

Where can I receive a breast cancer screening?

To gather more information or schedule a screening, we recommend calling your doctor's office. You can also [visit cdc.gov](#) to see if you are eligible for a free or low cost screening near you.

I'm on Medicare. Will my mammogram be covered?

If you are woman on Medicare and aged 40 or older, [Medicare covers a screening mammogram every 12 months](#). If medically necessary and needed for diagnostic purposes, Medicare may also cover additional mammograms.

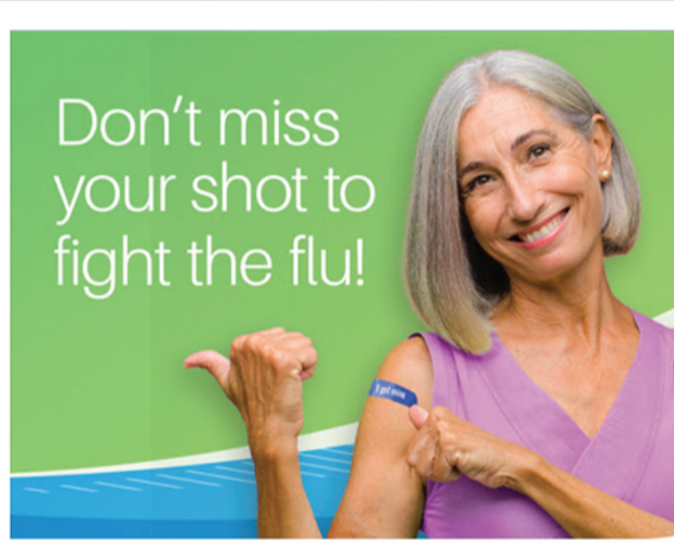
Source: https://www.cdc.gov/cancer/breast/basic_info/screening.htm



Finally! Something to *stew* over and we're not talking about the heatwave!

We know it's hard to believe we're talking about fall weather, but 'tis the season! While the last days of summer continue to linger I think we can all agree that we're looking forward to soups and sweaters! And, we have just the recipe to keep you feeling satisfied, cozy and healthy. It's chicken stew, of course. This recipe is packed with protein, high fiber, vitamin A, and beta carotene. These nutrients are important in keeping you regular and promoting gut health while the antioxidants support good vision and healthy skin. Just one serving will give you enough energy to carry you throughout the day.

[Get the complete recipe here](#)



Don't miss your shot to fight the flu!

Experts say the flu season in the U.S. could start early this year, and that it could be stronger this season due to the low number of cases during the COVID-19 pandemic (a situation that has produced a gap in immunity). The Southern Hemisphere has also been experiencing an unusual surge in flu cases early this season and it's predicted that the same could happen in the U.S. later in the year. The CDC recommends getting vaccinated by the end of October. For more information, visit [CDC](#).

To get vaccinated, ask your doctor or go to your local retail pharmacy where they are offered, including Costco, Rite Aid, Sam's Club, Vons, etc. Simply present your insurance card as proof of eligibility.

DOC TALK: Open Q+A

PRESENTED BY **Dr. Sacho Kondovski**



Join Dr. Kondovski for an open discussion and an opportunity for you to ask any questions that you may have about your health.

This event is open to the public and all Lakeside and Regal members. RSVP is required for all Lakeside/Regal and non-members. Merrill Gardens residents do not need to RSVP.

For your safety, COVID-19 screenings will be done on-site at Merrill Gardens. Please wear your mask and have your vaccine card with you. Your temperature will also be taken upon arrival.

Join us Wednesday, October 12, 2022 at 2:00 p.m.

Merrill Gardens
1400 W. West Covina Pkwy.
West Covina, CA 91790

Meeting will be held in the Theatre Room

To RSVP or for more information, please contact **Fabiola Castillo** at (626) 960-9414 (select option 6). Office hours: 8:00 a.m. - 5:00 p.m.

Lic.#198603348

What you need to know about monkeypox & COVID-19 updates & treatments

A state of emergency has been declared for monkeypox with approximately 22,630 cases confirmed in the U.S.

Most cases involve men who have intimate contact with other men. We know from prior outbreaks that the virus can be transmitted through direct contact, soiled sheets, and to a lesser degree, aerosolized particles. The emergency was declared to help stop the spread of the virus.

Symptoms of Monkeypox (MPX)

Monkeypox can cause fever, headaches, muscle aches/backache, swollen lymph nodes, chills, fatigue, sore throat, nasal congestion, and rash. Patients may experience all or only a few of these symptoms. Most patients will get a rash. Symptoms usually start within 3 weeks of exposure. Monkeypox can be spread until a fresh layer of skin has formed, usually 2- 4 weeks after symptom onset.

For more information about Monkeypox (MPX), please visit [CDC](#).

NEW UPDATE!

There is a new COVID-19 booster just in time for fall that is formulated to better protect against the most recently circulating COVID-19 variant. Visit the [CDC](#) page for more info.

REMINDER: Update to COVID-19 regulations

The CDC recently announced that if you have been exposed to COVID-19, instead of putting yourself in quarantine, they recommend that you wear a high-quality mask for 10 days and get tested on day 5.

For more detailed information, please visit [npr.org](#).

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



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