







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



survey to assess patient experience with their healthcare services. The survey

Did you know?

may arrive in the form of an invitation by mail, email, or text. If you do receive it, we encourage you to participate by providing your honest feedback. The 15-minute survey will cover: 4 The care you received from your doctor

Every year, the Center for Medicare and Medicaid Services (CMS) sends out a

How well your doctor managed and coordinated your care

Whether you and your doctor discussed exercise, fall risk, mental health, or

urinary issues

How you felt about the helpfulness of your doctor's office staff

We thank you in advance for your participation. Your opinion is important to us, and we truly appreciate your time and feedback.

In the know: World





(aka Dr. Rungsima).

Breastfeeding helps with faster postpartum recovery and lowers the risk of breast and ovarian cancers, osteoporosis, and postpartum depression.

allergies, and chronic diseases later in life.

What are the benefits for mothers?

Why is breastfeeding important for babies?

How long should a mother breastfeed her child? The American Academy of Pediatrics suggests that moms breastfeed only for about

the first six months, followed by continued breastfeeding along with other foods for at

Breastfeeding provides optimal nutrition, promoting healthy growth and development.

It offers antibodies that protect against illnesses, reducing the risk of infections,



Many mothers face challenges such as latching issues or concerns about milk supply. Seek support from lactation consultants, pediatricians, or support groups

Pediatricians can give advice that fits each situation.

Rungsima Vayupakparnonde, M.D.

"As a pediatrician, I advocate strongly for breastfeeding due to its numerous benefits for infants and mothers alike. It's vital for families to access accurate information and support to make informed decisions about breastfeeding. Reach out to healthcare providers or

Board-Certified Pediatrician

191 S. Buena Vista St., Ste. 240

Practice Address

Burbank, CA 91505

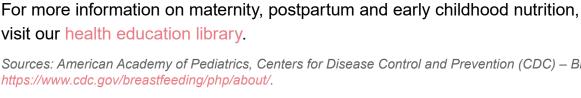
Office: (818) 557-7278

What if a mother has difficulties breastfeeding?

least the first year and beyond as desired by mother and baby.

like La Leche League for solutions to improve breastfeeding success. Are there times when breastfeeding might not work or be a good idea? While breastfeeding is encouraged for most mothers and babies, medical

conditions in either may mean they need to use different feeding methods.

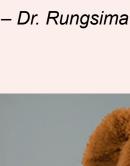


Sources: American Academy of Pediatrics, Centers for Disease Control and Prevention (CDC) - Breastfeeding. https://www.cdc.gov/breastfeeding/php/about/.

Office Hours

Monday - Friday:

8:30 a.m. - 5:00 p.m.



Get to Know

breastfeeding support groups with any questions or concerns."

Our Team: The Heart of Healthcare

serve our community with a network of over 3,000 primary care physicians and 10,000 specialists, along with an extensive offering of urgent care centers, hospitals, and labs. Watch the full video here and see how integrated care makes a difference in our members' health journeys.

Our teams working together ensures that we meet the needs of each of our members. As one of Southern California's leading physician-led medical groups, we are proud to

with Tomato Bruschetta!

However you say it,

Chicken Breast

success of your green thumb.

slice them up to make delicious

Did your gardening efforts yield a bunch of vibrant tomatoes? If so, lucky you! Now, put those tasty vegetables to use with this savory chicken breast with tomato bruschetta

recipe. Bursting with flavor and easy to whip up, this dish is the perfect showcase for those juicy tomatoes straight from your garden. Say hello to a delicious meal that celebrates the

> Did you miss an issue of our member newsletter?

No worries! You can find all of the previous issues of our newsletters by visiting

RegalMed.com/classes-and-events/member-newsletter While you're at the page, go ahead and browse our catalog of free health classes and activities. You will also find valuable resources to stay on top of your health, and more!

Visit RegalMed.com for more information.

We are excited to introduce you to our dedicated team at Regal Medical Group. In our latest video, "Meet the Team: Regal Medical Group Cares for the Whole You," you will get an inside look at the many roles from our primary care physicians and specialists to the health educators and case managers that make complete care possible.

Tomato or Tomah-to?

Get the full recipe here! www.diabetesdaily.com/blog/marinated-grilled-chicken-breasts-with-tomato-bruschetta-686388