

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



Everything you will need to know when choosing to get vaccinated



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

With the tremendous amount of COVID-19 information circulating in the news, social media, and internet, many people may have concerns regarding taking the vaccine. Currently half of the U.S. population have already been vaccinated, but in order to keep this immunity going, it is important to inform the other half of the country about the benefits of taking this vaccine. Getting vaccinated is a personal choice and obtaining the right information is vital to overcome this pandemic.

On June 10, 2021 I presented a live virtual presentation sharing important vaccine updates and everything you will need to know as we continue to reopen California. We also had a live Q&A discussion to address people's questions and concerns. Here are the main takeaways from my live COVID-19 presentation:

- There have been over 600,000 U.S. deaths from COVID-19 – which can be compared to the 599,601 U.S. deaths in 2019 due to cancer
- COVID-19 cases have gone down in the U.S. and U.K. due to the vaccine
- In the major 5 clinical trials, 74,000 people received the vaccine and there were 0 hospitalizations and deaths due to the COVID-19 vaccine
- In order to achieve herd immunity, 70-80% of the population will need to be vaccinated
- Virus mutates rapidly with new strains becoming predominant. The delta variant is rapidly spreading and it is more infectious and causes more severe disease
- Blood clots have been found in women who took the J&J vaccine
- Risks of getting COVID-19 outweigh the risks of getting the vaccine

For the most current COVID-19 updates as we continue to make progress facing the pandemic, please visit:

- [CDC Vaccine Recommendations](#)
- [Covid19.ca.gov](#)
- [CDC Covid Risk](#)

Congratulations to the three lucky winners who attended the webinar and participated in the raffle.

Juliet M., Wiushyong W. and Homayoon G. each won a \$100 gift card!

For those who missed the presentation and would like to watch the recording, please click [HERE](#)

Password: Regalmed1

From timeslot 14:20 – 19:00, I presented a YouTube video on mRNA (messenger RNA). mRNA helps our bodies create a protein that helps trigger our immune system to respond to a virus. This video was unable to cast in the recording.

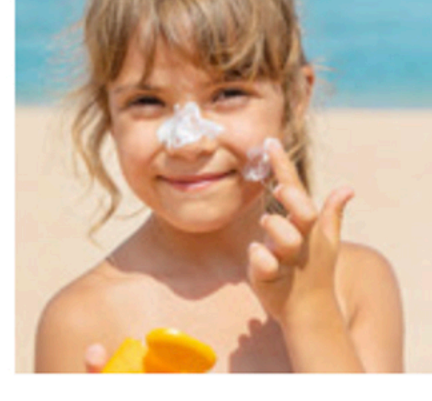
Please click [HERE](#) to watch.

Keeping you healthy and cool this summer



Warmer weather means many more opportunities to take in the sun and explore the great outdoors. Staying healthy and active also help to prevent chronic conditions that can contribute to you not feeling your best, having low energy, and missing days to do the things you normally enjoy.

This summer, remember some of these important tips so that nothing can stop you from creating some fun memories of your own.



- **Move more, sit less!**
- **Wear sunscreen and insect repellent**
- **Keep cool in extreme heat**
- **Eat a healthy diet**
- **Rethink your drink (avoid the sugary ones)**
- **Don't smoke (Want to quit & stay quit? [CDC.gov/quit](#) can help.)**

For more information on how to stay healthy this summer, visit [CDC](#)

Stuck in the heat and need to find a place to cool off? Call 211 or [click here](#) for the nearest FREE cooling centers in L.A. County. If you live outside of L.A., check with your city and county to find your local cooling centers.

Doc Talk with

Dr. John Kowalczyk



Join us
Wednesday, July 14
12:00 p.m. – 1:00 p.m.

Come join urologist Dr. Kowalczyk for an important discussion on men's health. The talk will focus on prostate-specific antigen (PSA), impotence (Erectile Dysfunction), and benign prostatic hyperplasia (BPH).

Call (888) 719-2295 or email Maggie Yang at myang@regalmed.com for questions.

[RSVP Today](#)



We're blending healthy and delicious!

Summer just got sweeter with the addition of this simple, yet refreshing and healthy recipe using Dixie cups and a variety of fresh summertime fruits. Get ready to let your taste buds blossom! Make sure to get the kids involved in making these fun treats with you. It's a great family activity that helps to encourage a healthy way of eating that everyone will enjoy.

Dixie Cup Fruit Popsicles

Ingredients

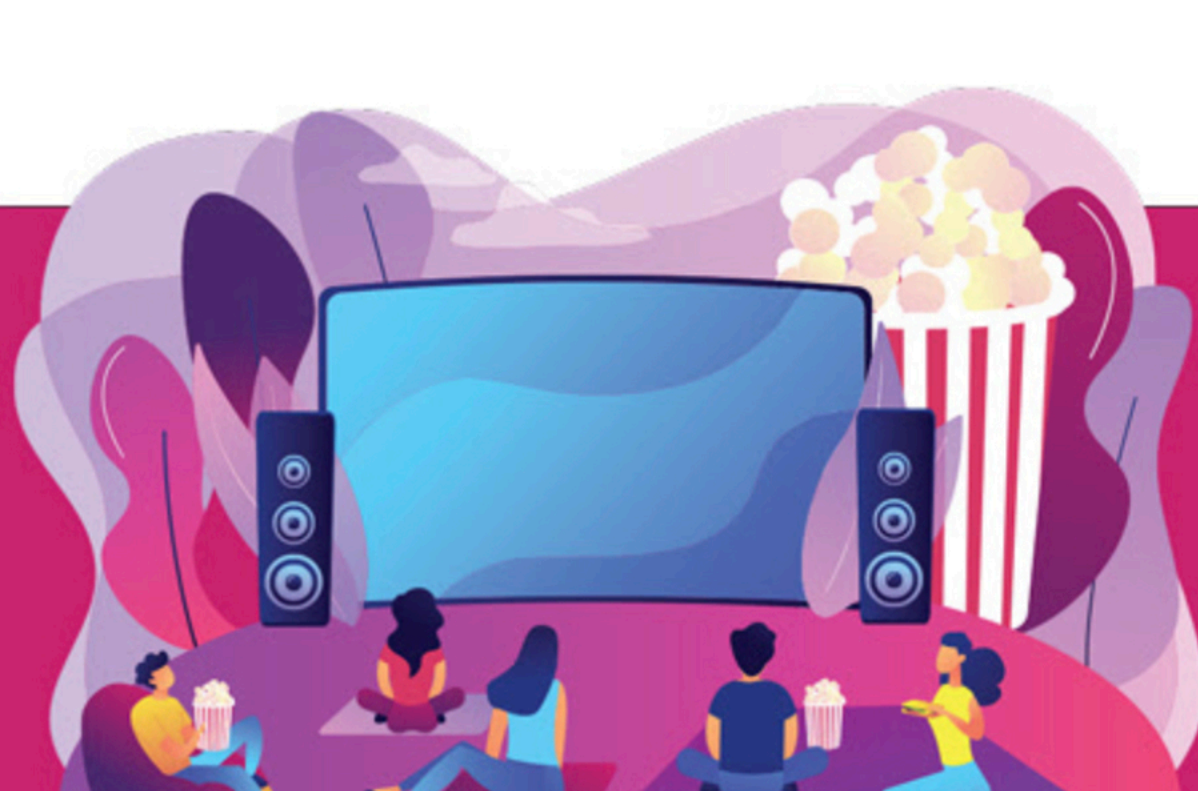
- Watermelon
- Strawberries
- Blueberries (optional)
- Small Mandarin oranges
- 3 oz plastic Dixie cups
- Popsicle craft sticks

Preparation

1. Cut long popsicle sticks in half.
2. Finely chop strawberries or pulse blend them in a food processor.
3. Pulse blend cut watermelon (without seeds) in a food processor.
4. Mix watermelon with chopped strawberries in a bowl.
5. Cut thin slices of orange for the top of the Dixie cups.
6. Mash blueberries in a bowl.
7. Assemble the popsicles by adding a layer of blueberries and then watermelon. Fill the watermelon to the very top of the Dixie cup.
8. Place orange slice on top and insert a popsicle stick through the orange slice and into the Dixie cup.
9. Repeat until all ingredients are used.
10. Place in the freezer for at least 4-5 hours. Run the cup under lukewarm water and twist to remove the popsicle.

Source: fitmencook.com/dixie-cup-fruit-popsicles

Outdoor Summer Night Flix at Plaza West Covina



Experience the magic of the cinema during our summer movie nights! The movie will be shown outdoors on the rooftop, underneath the stars! Regal Medical Group and Lakeside Community Healthcare are proud to sponsor these free events for the whole family.

Join us

- July 6 - **Raya and the Last Dragon**
- July 13 - **Crudes the New Age**
- July 20 - **The Abominable**
- July 27 - **Onward**

Please note: existing seating is available on a first-come, first-served basis. For guaranteed seating, please bring your own chairs.

Make sure to visit our booth and meet our pediatricians:

- July 6 - **Dr. Kanan Modi**
- July 13 - **Dr. Edmund Pascual**
- July 20 - **Dr. Imelda Tanchocho**
- July 27 - **Dr. Miguel Domingo**

Join us
Tuesday evenings in July at 112 Plaza Dr. West Covina, CA 91790
Doors open at 6:00 p.m. Movie begins promptly at 8:00 p.m.

[RSVP Today!](#)

Call (888) 719-2295 or email Maggie Yang at myang@regalmed.com for questions.



Freedom looks good on you, America!

Happy Independence Day.

As we begin to get ready to celebrate the 4th of July with our family and friends, we can look back on our history and marvel at how far we've come. Our nation is not without its faults and imperfections, but each day we work together and embrace our differences is another step closer to progress in making America a true symbol of freedom for all of us who call it home.

This Independence Day, attend a concert, barbecue, picnic, parade, or a baseball game. May you and your loved ones enjoy a safe and memorable 4th of July.

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