

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



We have much to be thankful for

As we get closer to the holidays signifying the end of another year, we can't help but celebrate and be thankful for all of the things we have accomplished together.

As your medical group, we are truly privileged to be able to care for you and your families throughout the worst of the COVID-19 pandemic and as we continue to reconnect in-person as a community. As we move forward into the holiday season, our ongoing commitment is to continue making your health our priority. This Thanksgiving, we just want to say "thank you" for trusting us with your care. From all of us at Regal, Lakeside and ADOC, we wish you and your loved ones a happy, healthy and safe Thanksgiving holiday.

NOVEMBER IS NATIONAL DIABETES MONTH



From the desk of **Sacho R. Kondovski, DO**
Family Medicine

Dr. Kondovski is a dedicated family physician with more than 30 years of experience treating patients of all ages.

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National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes.

Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy. There are three (3) main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant). More than 122 million Americans are living with diabetes (37.3 million) or prediabetes (96 million).

For National Diabetes Month, we want to thank Dr. Kondovski for his time and expertise in helping to educate us about the causes and symptoms of diabetes, and important ways to prevent and live well with diabetes.

Is diabetes caused by eating sugar?

False. Sugar itself will not lead to diabetes. There are different types of diabetes and it can be caused by multiple factors. Type 1 diabetes is an autoimmune condition that is influenced by family history of diabetes, genetics and usually the onset is at an early age. Type 2 diabetes is caused by a variety of lifestyle factors including inactivity, overweight or obesity and genetic history. Gestational diabetes is a type of diabetes that can develop during pregnancy to some women. It occurs when a woman's body isn't able to make enough insulin during the pregnancy.

Is it true that if you have diabetes, you can no longer eat fruit?

False. It is not necessary to eliminate sugar or fruit from your diet if you have diabetes. Sugar is a form of carbohydrate that is needed to give you energy. When you have diabetes, your body has a hard time using large amounts of sugar at once. The key is not to avoid sugar but to manage the amount you are eating. Speak with your physician or a health educator to learn more about diabetes management and how to tailor your diet to meet your needs.

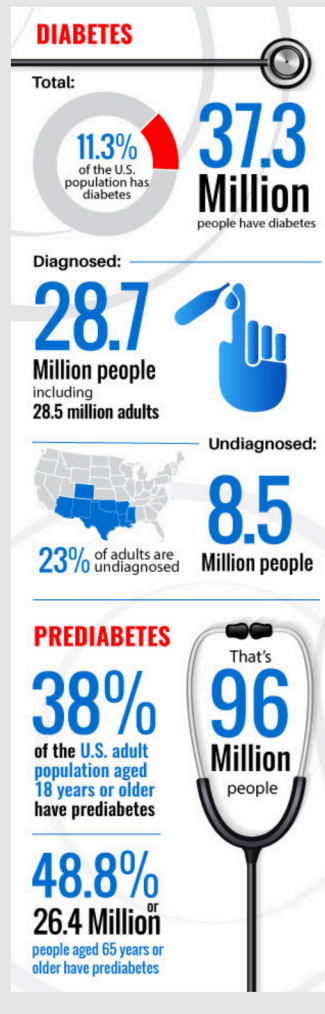
What are the symptoms that I should look out for?

The symptom to look for are frequent urinating, very thirsty, losing weight without trying, hungry often, have a numb or tingly feeling in your feet or hands, very dry skin, feeling extra tired, sores or cuts that heal slowly, or if you are getting sick more than usual. There are additional symptoms that you may need to watch out for such as often feelings of nausea, vomiting and stomach pains. If you are experiencing these symptoms, we recommend contacting your doctor about getting a blood sugar test.

What is prediabetes and how would I know if I have it?

Prediabetes can be a serious health condition, where your blood sugar levels are higher than normal, but not high enough to receive a diagnosis of diabetes. There are more than 96 million American adults living with prediabetes. Prediabetes is preventable, with lifestyle changes such as increased physical activity, balanced diets and weight loss.

Source: <https://www.cdc.gov/diabetes/data/statistics-report/index.html>



We gobbled up this healthy recipe just in time for Thanksgiving!



Who says you have to give up your Thanksgiving favorites during the holidays?

There are many healthy recipes that you can eat without sacrificing the flavors of the season. Like this delicious and savory turkey medallion recipe with sweet potato walnut mash. It will provide you with a balance of lean protein, heart healthy omega-6 fats, and cinnamon and spice to make everything nice. Try making this recipe over the weekend and save the leftovers for easy meals during the work week. This high-protein, high-fiber, and carb-balanced meal will give you enough energy to carry you throughout your day, and during this busy holiday season.

Get the complete recipe here



Benefits of bivalent COVID-19 boosters & influenza vaccines



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

Vaccination against the flu and COVID-19 remain the most effective way to protect yourself, your loved ones and the community.



Bivalent COVID-19 Boosters:

Bivalent COVID-19 booster vaccines are expected to provide broader overall protection including more protection against future variants. When the immune system is exposed to different versions of the COVID-19 virus, a more robust response is seen. This will help decrease the spread of the virus and decrease rates of long COVID.



Flu Shots:

We are expecting a severe flu season this year based on Australia's experience having the worst flu season in over 20 years during their recent winter months. And what happens during the winter south of the equator often foreshadows that will happen in the Northern Hemisphere. The 2022 - 2023 flu vaccine has 90% effectiveness against the circulating flu strains. Now is the time to get your annual flu shot to provide protection during the peak of flu season!

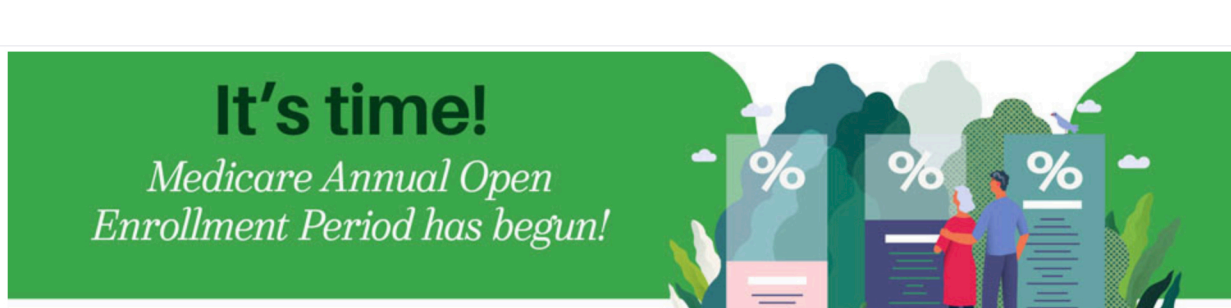


NEW UPDATE!

The F.D.A. cleared the new coronavirus booster shots, which target Omicron sub-variants, for children as young as 5. Visit [here](#) to learn more.

For additional information, please visit [COVID.gov](https://www.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
- Safety requirements by city
- Safety & testing requirements for travel



The Medicare annual enrollment period has begun for this year and will end on 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.

DID YOU KNOW?

In 2023, Medicare recipients will see lower premiums for Medicare Advantage and Medicare Part D prescription drug plans. Thanks to the Inflation Reduction Act, people with Medicare prescription drug coverage will have improved and more affordable benefits, including a \$35 cost-sharing limit on a month's supply of each covered insulin product, as well as adult vaccines that are recommended by the Advisory Committee on Immunization Practices (ACIP) at no additional cost.

- Medicare Advantage plans will continue to offer a wide range of supplemental benefits in 2023, including eyewear, hearing aids, preventive and comprehensive dental benefits, access to meals (for a limited duration), over-the-counter items, and fitness benefits. Some plans may also offer The Medicare Giveback Benefit which is a monthly Part B premium reduction.

We invite you to find out more about Medicare Advantage and how it can help you reduce the cost of healthcare and your prescription drugs.

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.

November Dates & Locations

Northridge
Bob's Big Boy
8876 Corbin Ave.
Northridge, CA 91324

Thursday, November 3
5:30 p.m. – 7:00 p.m.

Tuesday, November 8 or Thursday, November 17
10:30 a.m. – 12:00 p.m.

Mission Hills
Coco's
10841 Sepulveda Blvd.
Mission Hills, CA 91345

Monday, November 7 or Wednesday, November 16
10:00 a.m. – 11:30 a.m.

North Hollywood
Denny's
11377 Burbank Blvd.
North Hollywood, CA 91601

Wednesday, November 2
2:00 p.m. – 3:30 p.m.

Friday, November 11
10:00 a.m. – 11:30 a.m.

Burbank
Denny's
1010 W. Alameda Ave.
Burbank, CA 91506

Wednesday, November 2 or Friday, November 18
10:00 a.m. – 12:00 p.m.

Monday, November 7
5:30 p.m. – 7:00 p.m.

Covina
Millie's Restaurant
403 S. Citrus Ave.
Covina, CA 91723

Thursday, November 3
11:00 a.m. – 12:30 p.m.

Thursday, November 1
2:00 p.m. – 3:30 p.m.

Los Angeles
Mimi's Cafe
2925, Los Feliz Blvd.
Los Angeles, CA 90039

Tuesday, November 1
2:00 p.m. – 3:30 p.m.

Tuesday, November 8
11:00 a.m. – 12:30 p.m.

Thousand Oaks
Marcello Ristorante
140 W. Hillcrest Dr.
Thousand Oaks, CA 91360

Wednesday, November 2
5:30 p.m. – 7:00 p.m. at

or

Little Calf Creamery & Café
652 E. Janss Rd.
Thousand Oaks, CA 91360

Wednesday, November 9
2:00 p.m. – 4:00 p.m.

Tuesday, November 15
11:00 a.m. – 12:30 p.m.

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.