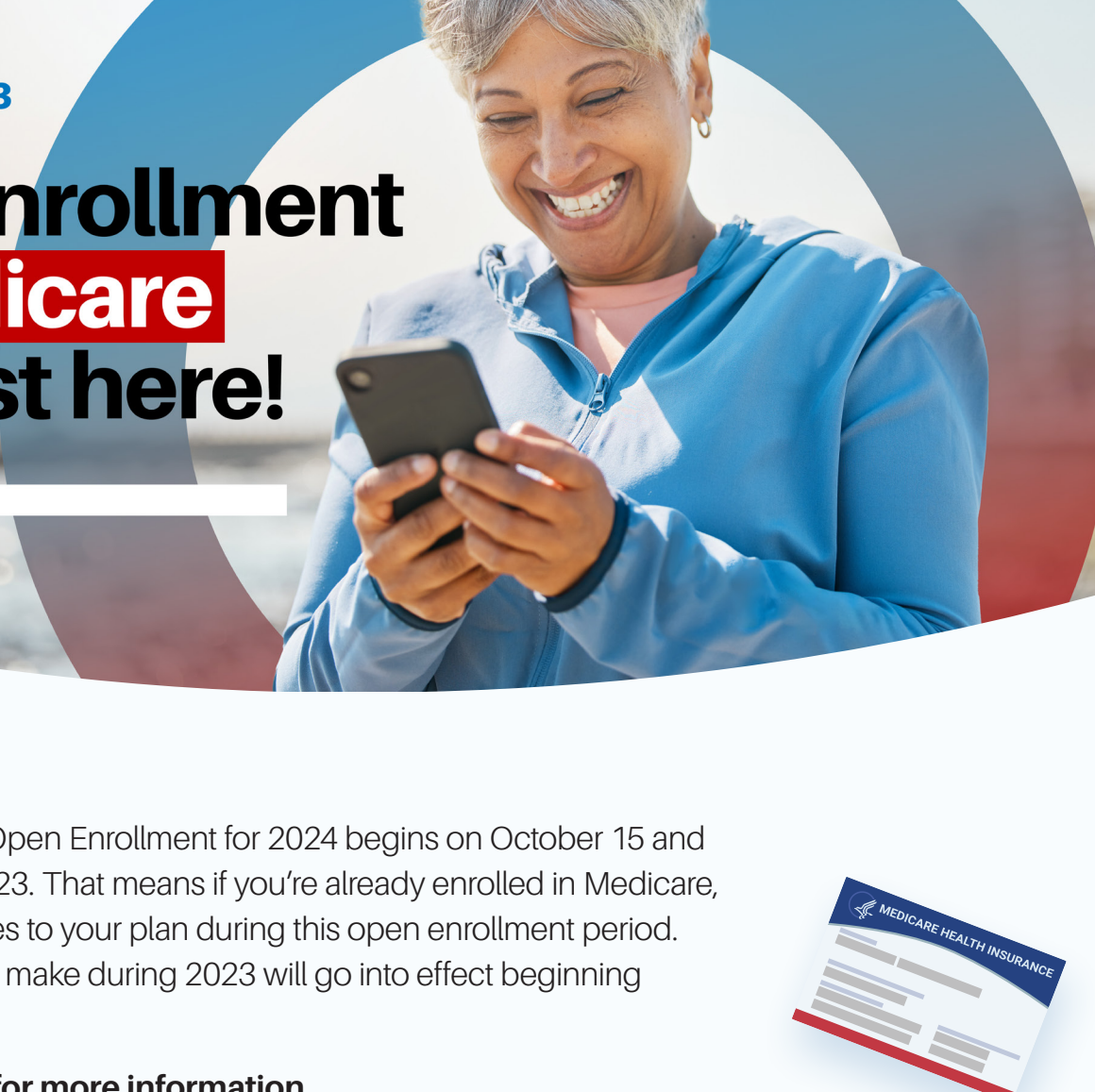


FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

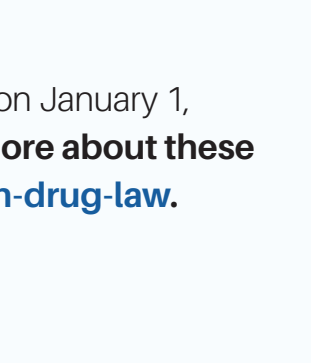
Keeping you connected to important health updates, upcoming classes and helpful resources

OCTOBER 15, 2023

Open Enrollment for Medicare is almost here!



Get ready! Medicare Open Enrollment for 2024 begins on October 15 and ends December 7, 2023. That means if you're already enrolled in Medicare, you can make changes to your plan during this open enrollment period. Any changes that you make during 2023 will go into effect beginning January 1, 2024.

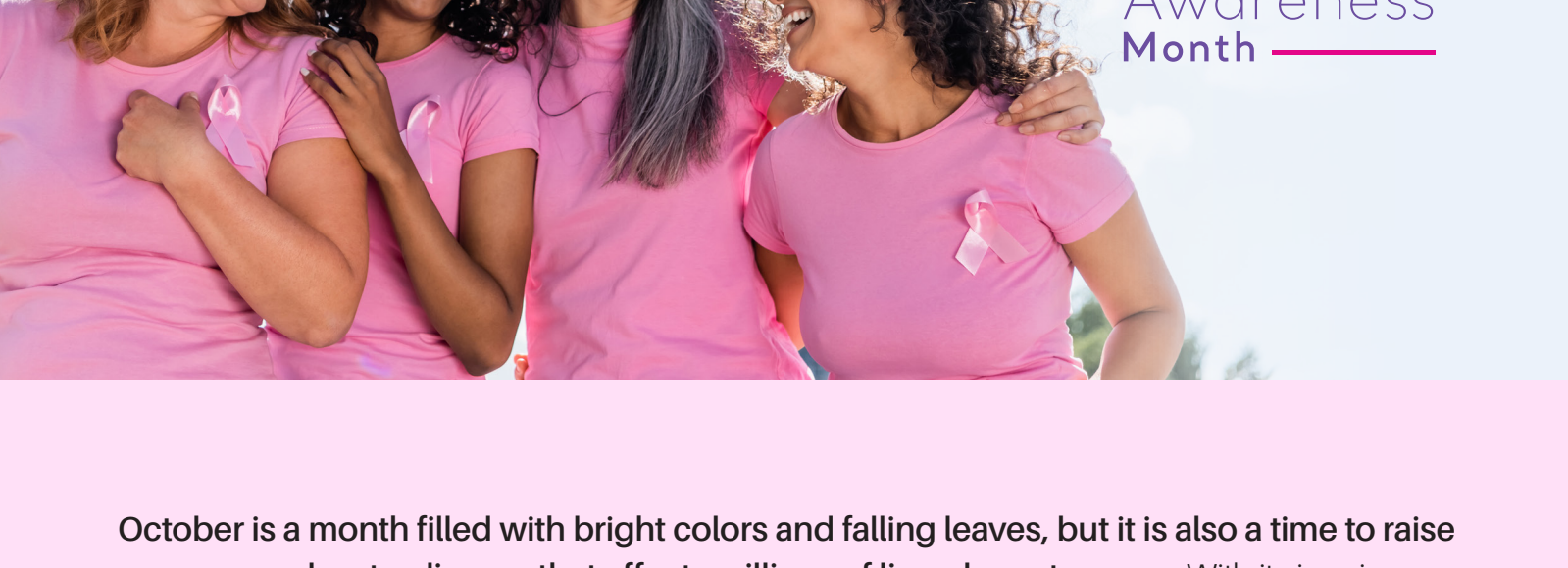


Visit [Medicare.gov](https://www.Medicare.gov) for more information.



Lower prescription drug costs

For those on Medicare, a new prescription drug law went into effect on January 1, 2023 that will help you save money on your prescription. **To learn more about these cost-saving benefits, visit [Medicare.gov/about-us/prescription-drug-law](https://www.Medicare.gov/about-us/prescription-drug-law).**



We Support Breast Cancer Awareness Month

October is a month filled with bright colors and falling leaves, but it is also a time to raise awareness about a disease that affects millions of lives: breast cancer. With its iconic pink ribbon serving as a symbol of hope, Breast Cancer Awareness Month reminds us of the importance of early detection and regular check-ups.

This month, we invited a few of our primary care physicians from SCKE Odyssey Medical Group to share some important information about the food we can eat to support breast health and prevent cancer. Welcome, Doctors Marleen Yacoob, M.D., Lynn Napoli, M.D., and Monica Harms, M.D.

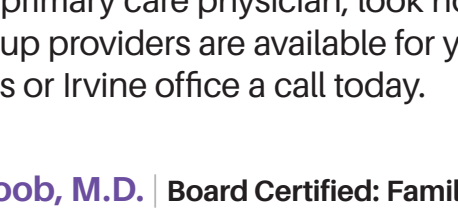
What foods are best for the breasts?

While there is no one way to prevent breast cancer, living a healthy lifestyle may reduce the risk of cancer and improve the chances of a successful recovery if diagnosed. Research suggests that eating a diet rich in fruits and vegetables, especially those high in carotenoids, may be related to a decreased risk of certain breast cancers. To improve your intake of carotenoids, consider adding these power foods into your meals:

- Carrots and tomatoes:** These vegetables are excellent sources of beta-carotene and lycopene, both of which are carotenoids associated with various health benefits.
- Spinach and kale:** High in lutein and beta-carotene, but also high in fiber, folate, vitamins A, C and K.
- Sweet potatoes:** Rich in fiber and antioxidants, sweet potatoes protect your body against free radical damage and promote a healthy gut and brain. Full of beta-carotene, a precursor to vitamin A that supports vision and the immune system.
- Cherries:** High in vitamins A, C, and K. Also full of potassium, magnesium, and calcium, and they carry antioxidants, like beta-carotene, and the essential nutrient choline.

By adding these carotenoid-rich foods into your diet, you can take proactive steps toward reducing the risk of certain breast cancers while benefiting from their overall nutritional value. As with all dietary changes, you are encouraged to discuss dietary changes and nutrition with your own medical professionals.

Sources: National Institute of Health, Academy of Nutrition and Dietetics "Reduce Breast Cancer Risk", <https://www.komen.org/breast-cancer/risk-factor/lifestyle/diet/>



If you're looking for a primary care physician, look no further! Our SCKE Odyssey Medical Group providers are available for you and your family. Give their Laguna Hills or Irvine office a call today.



Marlene Yacoob, M.D. | Board Certified: Family Medicine
Dr. Yacoob has more than 20 years of experience in family medicine. Patients describe her as thorough, knowledgeable and kind.
Medical Degree: University of Western Ontario



Lynn Napoli, M.D. | Internal Medicine, Geriatrics
Dr. Napoli completed her family practice internship at UCLA Medical Center with previous experience in family medicine and urgent care. She researched and wrote portions of Solutions: The Women's Crisis Handbook, which was published in 1997. Dr. Napoli also taught at Concordia University in Irvine.
Medical Degree: University of California, Irvine



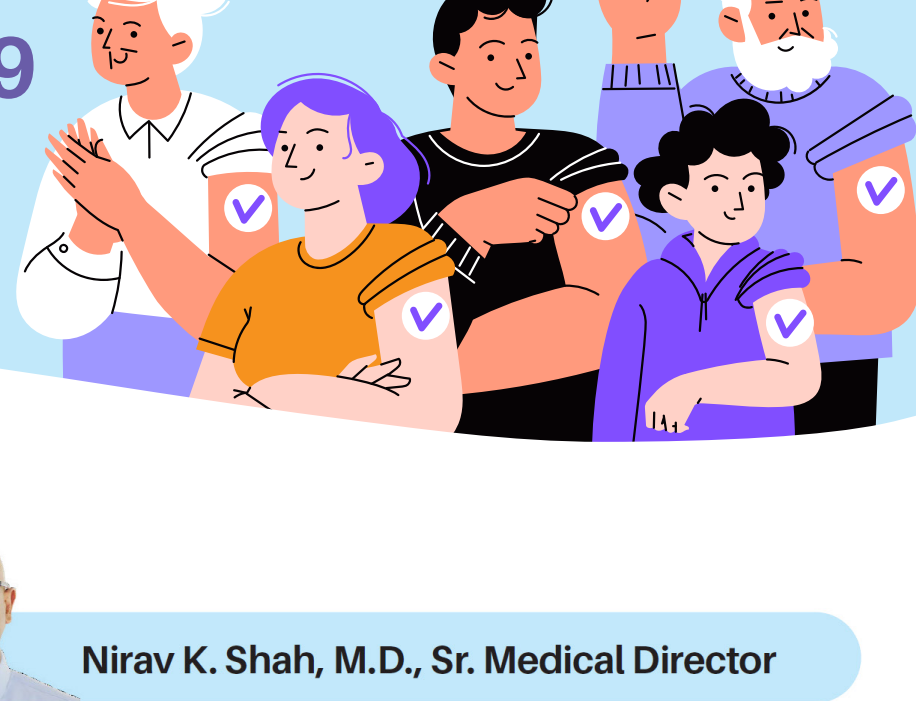
Monica Harms, M.D. Family Practice, Sports Nutritionist, Certified Personal Trainer
Dr. Harms completed her residency at Loma Linda University, in Loma Linda, CA. She specializes in adolescent health, pediatrics, weight management, nutrition, personal fitness, alternative medicine and preventive care.
Medical Degree: Keck School of Medicine of USC

Office Locations

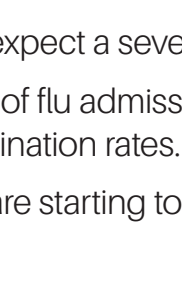
| | | |
|--|-------|---|
| Laguna Hills 23141 Moulton Pkwy., Ste. 102 Laguna Hills, CA 92653 | ••••• | Irvine 22 Odyssey, Ste. 115 Irvine, CA 92618 |
|--|-------|---|

Office Hours
Monday – Friday: 8:00 a.m. – 5:30 p.m. | Saturday: 10:00 a.m. – 4:00 p.m.

Get vaccinated against the flu and COVID-19



FROM THE DESK OF

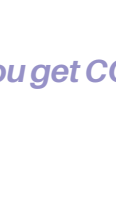


Nirav K. Shah, M.D., Sr. Medical Director



Flu Shots

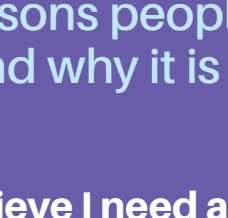
- We expect a severe flu season.
- 80% of flu admissions in Australia this year are children due to low vaccination rates.
- We are starting to see increasing flu admissions in Southern California.



COVID-19 Boosters and Vaccinations

- We are experiencing another spike in COVID-19 cases due to a new variant.
- The new variant is causing mild symptoms, but the elderly and immunocompromised are at highest risk for severe disease.
- Stay up to date with vaccinations. An updated COVID-19 vaccine has been approved by the FDA and CDC on 9/12/2023. The CDC recommends everyone 6 months and older get the updated vaccine.
- Get free COVID-19 tests from [covidtests.gov](https://www.covidtests.gov) starting September 25, 2023.

If you get COVID-19, call your doctor immediately, as there is a highly effective treatment against COVID-19 and it must be started within 5 days of symptom onset.



Hesitant on getting the flu shot?

Read about the main reasons people are reluctant to get the vaccine and why it is important.

"I'm healthy, so I don't believe I need a flu vaccine."

Fact: 10.6% of deaths due to flu are in adults 18-64 (2019-2022 data). And the flu is a leading cause of lost wages and reason for individuals to seek medical care.

"I'm concerned that the flu vaccine may not be safe or effective."

Fact: Flu vaccines are safe, as shown by more than 50 years of research and experience among hundreds of millions of Americans who have been immunized against influenza. There are some common side effects, such as swelling or redness from the shot, muscle aches, fever and nausea. But those should not be mistaken for influenza, which sends between 140,000 and 810,000 Americans to the hospital annually since 2010, according to the CDC.

"I'm concerned with the potential side effects of the flu vaccine."

Fact: The side effects from the vaccine are much milder than symptoms for a flu infection.

"I'll just wait until the flu hits my area."

Fact: It takes two weeks after flu vaccination for your body to develop the antibodies that protect you against influenza. Because of that, trying to time your vaccination to when the flu starts to circulate in your community is no simple task.

"I do not like getting injections."

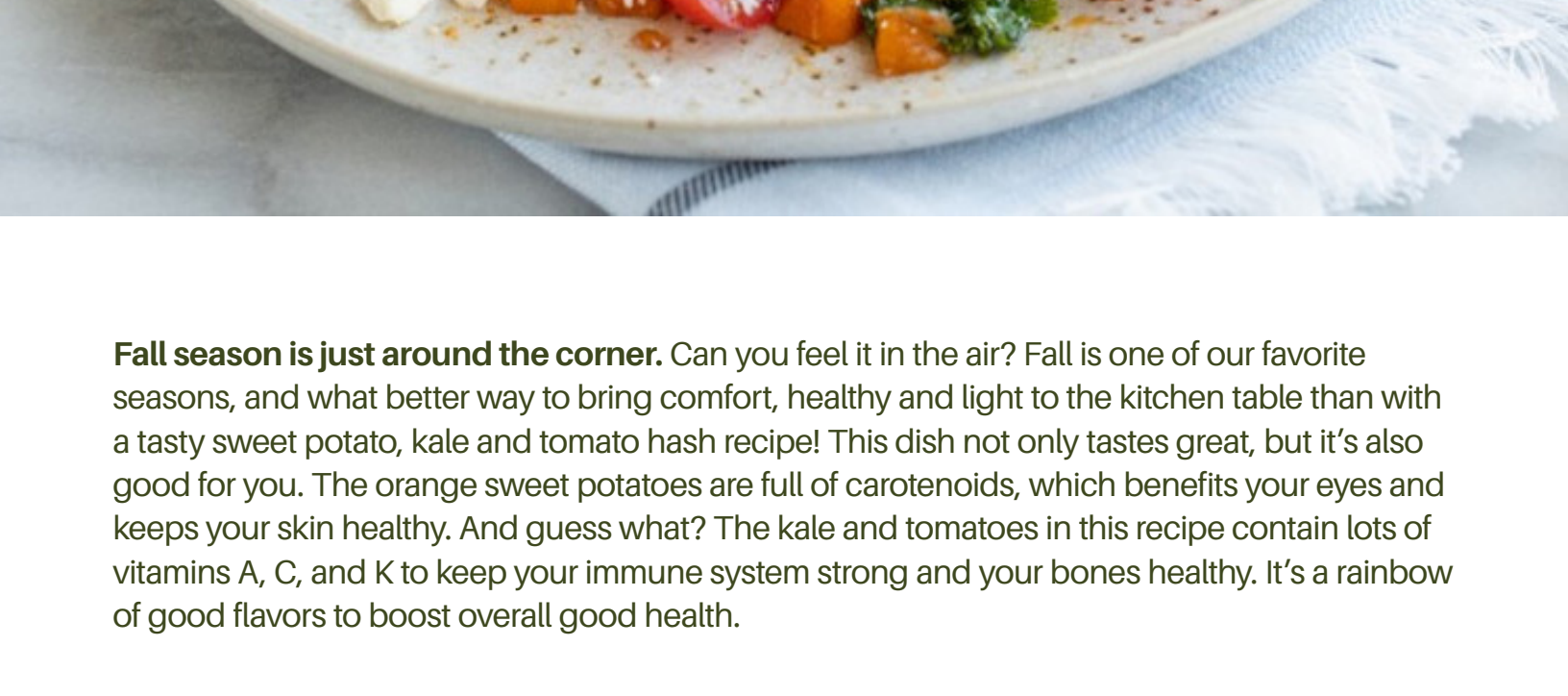
Fact: While needles are no fun, a trip to the hospital or a couple of weeks in bed are no picnic either. And as already stated, it can be even worse than that. Any little discomfort that you may feel from the flu shot is nothing compared to the suffering caused by influenza, the CDC says.

"I was already vaccinated last year."

Fact: Influenza viruses are changing all the time and flu vaccines are updated seasonally to afford the best possible protection against the virus strains that experts predict will circulate widely during flu season.

For more info on the flu vaccine, visit the [CDC](https://www.cdc.gov) page.

We've fallin' for this Sweet potato recipe



Fall season is just around the corner. Can you feel it in the air? Fall is one of our favorite seasons, and what better way to bring comfort, healthy and light to the kitchen table than with a tasty sweet potato, kale and tomato hash recipe! This dish not only tastes great, but it's also good for you. The orange sweet potatoes are full of carotenoids, which benefits your eyes and keeps your skin healthy. And guess what? The kale and tomatoes in this recipe contain lots of vitamins A, C, and K to keep your immune system strong and your bones healthy. It's a rainbow of good flavors to boost overall good health.

Get the full recipe here:

<https://www.diabetesfoodhub.org/recipes/sweet-potato-kale-hash.html>