FIND YOUR Healthy Way
MONTHLY NEWSLETTER

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

Regal Medical Group
Lakeside Community Healthcare™
ADOC Medical Group

We are facing the worst pediatric-care crisis in decades

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

An early, massive wave of RSV, flu, and other viral infections is affecting children and overcrowding emergency departments.

According to the article published by *The Atlantic,* hospitals across the nation are seeing massive waves of viral infections driven largely by RSV, the flu, rhinovirus, enterovirus, and SARS-CoV-2. Many emergency departments and intensive-care units are now at or past capacity, and are taking extreme measures to care for those affected. It has become the largest surge of infectious illnesses that some pediatricians have seen in decades, and many worry that the worst is yet to come.

This fall, children are back in day cares and classrooms with no precautions in place which creates an environment for microbes to make their catastrophic comeback. Rhinovirus and enterovirus were two of the first to overrun hospitals late this summer; now they're being joined by RSV, all while SARS-CoV-2 remains in play. Also on the horizon is the flu, which has begun to pick up in the South and the mid-Atlantic, triggering school closures or remote learning. More than ever it is extremely important to do what you can to keep children safe and healthy this season and throughout the year. Speak with your child's pediatrician or healthcare provider to get your child vaccinated against COVID-19 and the flu.

For more information and to read the full article, visit www.theatlantic.com

REMINDER!

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!

We encourage everyone to get vaccinated against the COVID-19 and flu variants to help prevent illness and maintain good health and well-being throughout the year.

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**

Ask the Registered Dietitian Nutritionist

From the desk of
Christina Cha, RDN

Registered Dietitian Nutritionist and Clinical Health Educator

Additional Language: Korean
Locations: Burbank, North Hollywood

Specializations: Prenatal Nutrition, Pediatrics, Weight Management, Hypertension, Diabetes Self- Management, Dyslipidemia, Renal Disease, Gout, Celiac Disease, Vegetarian Diets

The holidays are a time for fun, festivities, good food and visits with family and friends. Whether it's sitting around the dinner table, sharing treats with co-workers, eating at a restaurant/cafe or munching on snacks at a party, the holidays mean food – lots of it and all kinds. It can be hard to keep from overdoing it, but it is possible. Christina Cha, one of the members of our health education team and registered dietitian, responds to some of your questions about eating habits during the holidays.

What are some tips to help prevent overeating?

- **Eat regularly throughout the day.** Make sure to eat three meals a day and small snacks in between. It's best to have a small snack before heading to a holiday dinner. This will help curve your hunger and allow you to pace your meals.
- **Choose the small plate.** We tend to fill up our plates with all the yummy dinner options, so by using a smaller plate will cut back on overdoing it.
- **Start with foods high in nutrition, such as fruits and vegetables.** Wait a few minutes and then move onto the protein and then carbohydrate foods. This will help you pace yourself and allow time to fill up on the healthier food options.
- **Choose lower calorie drinks.** Limit alcohol to 1-2 drinks with a lower calorie option such as sparkling water or soda with a squeeze of lemon.
- **Savor the flavor.** Take time between bites and sip water in between to make sure the food is getting to your stomach before going for another bite. Research shows it takes a few minutes for your stomach to let your brain know you feel full.
- **Socialize away from food.** This will allow you to not eat and talk in long conversations.

I often feel tired after eating. How can I avoid this?

Overeating can be defined as eating too much, or past the point of being full. When this happens it causes the stomach to expand and can leave us feeling discomfort as the stomach is creating more room for itself. It is common to feel tried, sluggish, bloated, and nauseous after overeating.

According to the American Academy of Dietetics, a great way to avoid overeating is by packing left overs to eat the next day. In doing so, this will help to avoid eating too large of a meal in one sitting and allows you to enjoy this meal a second time. Smaller portions is also a great way to have multiple courses during the holidays without feeling the symptoms of overeating.

Sometimes the day after a holiday meal, I have no energy left. What can I do to get back into a healthy routine?

You've got a lot on your plate this time of year. As eating habits change physical activity can sometimes be overlooked. If you did overindulge, don't beat yourself up. Just make sure your next meal is a healthier choice and work to include small bits of movement in your daily routine. Being active is your secret holiday weapon; it can help make up for eating more than usual and relieve tension during this most stressful time of year. Some easy tips to incorporate activities are:

- Plan a morning or after dinner walk with the whole family.
- In-between daily routines, add a 5-10 minute movement session. Studies show even 10 minutes of activity can improve mood and stress levels.

Sources: www.eatright.org | www.mayoclinic.org | www.eatright.org

Nothing says warm & cozy like apple oatmeal muffins

(and they're healthy, too)

Sink your teeth into these delicious muffins made with apples, cinnamon and oatmeal to give you a hearty and festive treat. These muffins are perfect for social gatherings or anytime during the holiday season. They are easy to prepare ahead of time so you can grab-them-and-go on a busy morning, or enjoy them with a cup of tea for a cozy afternoon snack. To make these muffins more nutritious, substitute with whole wheat flour instead of all-purpose flour. Enjoy!

Get the complete recipe HERE

Stretch and Flex

with Harry Verni

(Virtual Event)

Join health educator and fitness expert Harry Verni for his virtual classes to learn ways to form healthy routines. These 30-minute classes provide movement and flexibility training to help support your well-being. Exercises are done standing and sitting with optimal mat exercises after the conclusion of the 30-minute session.

Please be advised that the last chance to RSVP is 12 hours before the start of this virtual event.

RSVP HERE

We wish you a happy & healthy *holiday season!*

The holidays are here! As we move along with our busy schedules of gathering with family and friends, cooking meals, preparing to travel, or celebrating family traditions, we want to take this time to wish you a healthy, safe, and joyous holiday season. Also, make sure to take time for yourself – and your health. Sometimes we often overlook our own needs when caring for the needs of others. This holiday season, make sure that you're feeling your best to enjoy your most cherished moments. If you haven't gotten your flu shot or vaccines this year, we recommend that you keep up to date to avoid getting sick. And as we cheer and say goodbye to 2022, we want to give you our sincerest thanks and gratitude for trusting us with your care, and wish you the very best of health and happiness this holiday.

Happy holidays from the Regal, Lakeside and ADOC family!

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