

NEWS and HEALTH UPDATE



Flu Shots Keep People healthy

Including
YOU!



The H1N1 pandemic is over, but there is only one way to make sure flu doesn't come back into your life – get a flu shot every year.

“The Center for Disease Control recommends a yearly flu vaccination as the first and most important step in protecting against the flu,” says Dr. Albert Arteaga founder of LaSalle Medical Associates. “This

year's seasonal flu vaccine will protect you against H1N1 and two other types of flu viruses.

“These three viruses are circulating in many parts of the world, and without immunizations, chances are you will come down with one of them.

“The H1N1 virus was especially powerful, causing many hospitalizations and deaths,” he says. “It had never been detected in humans prior to 2009, which meant no one was immune. Now, many people are immune, but the best way to be sure is to have the vaccination,” Dr. Arteaga adds.

Even if you have developed immunity to H1N1, you still may be susceptible to one of the other

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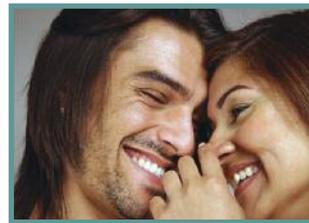
You're Never Too Young or Too Old for Immunizations!

“It is not just children who need immunizations,” says Dr. Albert Arteaga, president and CEO of LaSalle Medical Associates. “Especially as we get older, or when we travel to foreign countries, immunizations are a safe way to guard against diseases that could cause unnecessary pain and suffering.”

For the very youngest adults, those in the 18-26 age category, two immunizations are especially recommended, although both can be given in the preteen and earlier teen years.

The first of these is the meningitis vaccine, as this disease is especially contagious among people who live in close proximity, such as a college dormitory.

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Stop Whooping Cough with Immunizations

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Statewide, there have been more than 4,000 cases of pertussis, which causes “whooping

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cough,” reported thus far in 2010. This is the most of any year since 1955, when the disease affected 4,949 people.

As of September 15, there were nine deaths from pertussis, including two infants from San Bernardino County.

“There is a way to prevent this disease from spreading,” says Dr. Albert Arteaga. “That is, by making sure all children are immunized against this sometimes deadly disease.”

Babies should receive immunization against pertussis at two months, four months and six months of age, according to the Center for Disease Control. Young children should receive booster shots between 15-18 months, and again at ages four-five years.

Pertussis, which is administered with vaccines for diphtheria and tetanus, is one of the required immunizations children must have before they begin school. The vaccine given to children age six and younger is known as DTaP.

“Pertussis is a very serious threat this year,” Dr. Arteaga adds. “Children can avoid it and many other diseases simply by staying current on immunizations.”

Four booster immunizations – including DTaP - are needed for all kindergarteners before entering school for the first time, adds Dr. Cheryl Emoto, director of medical services. And, as they grow older, children need additional immunizations.

“Children entering kindergarten should receive boosters for DTaP (diphtheria, tetanus and pertussis), polio, MMR (measles, mumps and rubella) and Varicella (chicken pox),” Dr. Emoto says. “Fortunately, there is a combination vaccine that is available that allows for only three injections instead of four.”

If parents have kept up with their child’s immunizations from birth, only the above booster immunizations are needed. However, if the child is behind on their other required immunizations, they may need several doses of immunizations to get caught up.

New this year, says Dr. Emoto, is an updated pneumococcal vaccine (Pevnar 13). This vaccine includes added protection as compared to the older version (Pevnar 7) and all children between 15 months

“There is a way to prevent this disease from spreading... BY MAKING SURE ALL CHILDREN ARE IMMUNIZED!”

and 5 years of age should have one additional dose of the newer Pevnar, even if your doctor previously told you that your child was up-to-date.

“When children turn 11, they should receive the meningitis vaccine for the first time, and a Tdap booster,” Dr. Emoto adds. “Tdap covers the same diseases (tetanus, diphtheria and pertussis). The Tdap vaccine is particularly important this year because of the pertussis epidemic.”

Parents should schedule these vaccines shortly after the child’s 11th birthday, but they also can be part of a back-to-school immunization routine for any student, even those over 18.

“Children older than 11 who have not received these vaccines should also come in to get them,” Emoto says. “And if you have a teenager who is enrolling in college, planning to live in a dormitory, and hasn’t been vaccinated for meningitis and Tdap, they should be vaccinated now.” ♥



Dr. Albert Arteaga, President and CEO of LaSalle Medical Associates, encourages Inland Empire residents to take advantage of the preventative health care services that are now covered by private insurance.

PREVENT SICKNESS FROM BACK

That’s good news to Dr. Albert Arteaga. For more than 25 years, Dr. Arteaga has advocated making going to the doctor no more intimidating than going to the grocery store.

“People should be able to come see the doctor before they get sick,” Dr. Arteaga says. “We want to make sure we catch things as early as we can so that we can start interventions before they cause serious health problems.”

One of the United States’ most well-known physicians, Dr. Jill Biden (wife of Vice President Joe Biden) also sees making preventative services affordable to all as a necessity.

“One of the best ways to improve the quality of life - and control health care costs, is to prevent illness in the first place,” said Dr. Biden, who announced these regulations for the three federal departments that created them. “Focusing on prevention and early treatment makes more sense than trying to play catch-up with a potentially deadly disease.” ♥



HAPPY HOLIDAYS!

Some “Food for Thought” to consider this Holiday Season...

“People are usually so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas” – *unknown*

Back Row, left to right: Kristina Hlebo, Alexandra Acosta, Lynda Long, Barbara Graber, Letie Sciafani, Anna Canton, Dr. Albert Arteaga

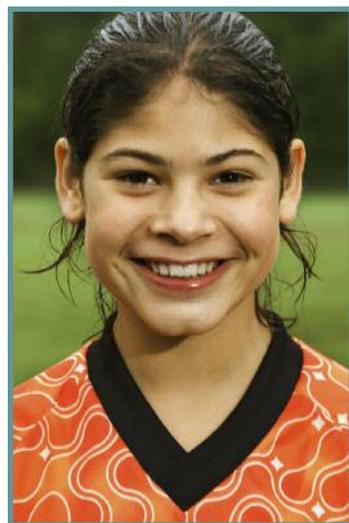
Front Row: Cheryl Emoto, Lizette Noriega.

Many Students Need Physicals

For many students, seeing the doctor for a physical evaluation is necessary at the start of a new school sport season.

“Physicals are required when a child enters school in California, most commonly kindergarten,” says Dr. Albert Artega, CEO of LaSalle Medical Associates. “And if an older child is into sports, almost all schools will require them to obtain a physical at the beginning of the season. Also, college students often need back-to-school physicals as a condition of living on campus.”

Physicals for children typically include making sure they have reached adequate



Students who play sports, and in some cases, students attending college, also need physicals.

height and weight for their age. Doctors also assure that children are up-to-date on the immunizations needed for their age.

Young children also are evaluated to be certain they can perform specific tasks. For instance, a child entering kindergarten should be able to play well with other children, state his or her first and last name, color with crayons and dress himself or herself.

Kindergarteners who are not able to do these things may have developmental delays that will cause them to need extra help throughout their education, and may also have medical conditions that need close monitoring by a doctor.

As with adults, physicals are a time to check overall health, by reviewing blood pressure, hearing and vision. Doctors also order blood tests to look for anemia, and a urinalysis to check for infections and diseases such as diabetes.

“All of these things we look for in a physical are what’s known as preventative health care,” Dr. Artega says. “We want to make sure we catch things as early as we can so that we can start interventions before they cause serious health problems.”

Most K-12 students in San Bernardino County began school in August, as did many colleges. Parents of any students needing mandatory back-to-school physicals to start school before Labor Day should have scheduled appointments with their doctors. ♥



To make sure your child is happy, healthy and does well in school it's required kids entering kindergarten receive a physical.

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viruses that are making the rounds. They can be just as deadly.

“Ideally, everyone should be vaccinated, but even if half of the population is immunized, there will be significant protection. That half of the population may prevent their neighbors from getting the flu as well, and if 75 percent of the population is immunized, we can stop the flu dead in its tracks.”

Dr. Artega urges parents to have their children (and themselves) vaccinated against the H1N1 and seasonal flu viruses.

“Children are especially at risk, because they have more opportunities to be exposed to the virus,” he explains.

“Even though adults may be at somewhat less risk, it is now recommended that everyone, ages 6 months and older, receive a seasonal flu vaccination,” Dr. Artega says. “Those who imply flu vaccines are unnecessary and harmful,” he adds, “are irresponsibly making light of the subject.”

The benefit of flu vaccines has been proven over and over.

Flu vaccines are available in two forms. The most common is the flu shot, an injected vaccine. A nasal spray vaccine is available as an alternative for most people ages two through 49.

To limit the spread of flu, Dr. Artega urges anyone with symptoms to stay home from school or work until they are well, and limit contact with others. They also should contact a health care provider, especially if worried about the symptoms.

“Everybody should cover their noses and mouths with tissues when they cough or sneeze, and avoid touching their eyes, nose or mouth,” he says. Also, healthy people should, to the extent possible, avoid contact with those who have flu symptoms.

“Every time we wash our hands, and take precautions when we cough, there is less flu to go around,” Dr. Artega explains. ♥

NEVER TOO YOUNG

CONTINUED FROM COVER

“If you have enrolled in college, and are living in a dormitory, and haven’t been vaccinated for meningitis, you should be vaccinated now,” says Dr. Cheryl Emoto, director of medical services for LaSalle Medical Associates.

Young adults up to age 26 should also receive a vaccine against the human papilloma virus (HPV) virus, which is a sexually transmitted disease that infects the genitals, and can cause cancer in either sex, but is especially likely to cause cervical cancer in women. 2010 is the first year it has been available to males.

“The HPV virus is the main cause of cervical cancer in women,” Emoto explains. “It is important that a girl or young woman receive three doses, which are given over a six-month period, before her first sexual encounter in order for the vaccine to be fully effective. Young men can also benefit from this vaccination, especially if they receive it before becoming sexually active.”

Young and older adults may also need a tetanus booster, as it should be given every 10 years.

There are also vaccinations especially recommended for both middle-aged adults and senior adults.

Middle-aged adults, especially those who were less than five years old at any time between 1963 and 1968, should consider a measles/mumps/rubella (MMR) vaccination. This is because a vaccine used during those years relied on a “killed” virus instead of a live virus, which was not as effective as the live virus vaccine used since 1969.

Measles/mumps/rubella vaccines are especially crucial for women of childbearing age, and anyone who attends college or trade school, works in health care or will soon travel internationally or on a cruise ship.

Adults born prior to 1957 usually do not need measles or mumps vaccines, as most of them contracted both mumps and measles before the first vaccine was developed in 1963. However, any in this age category who either work in health care or who are premenopausal women should consider the MMR vaccine if they have not yet received it.

But there are vaccines needed for older adults. The pneumococcal (pneumonia) vaccine is recommended for all over age 65 and Zoster (shingles) vaccine is recommended for all over the age of 60. Adults over these ages are at greater risk of developing serious health problems if they contract these diseases.

People of any age who are traveling outside the United States may need vaccinations against diseases that are much more prevalent in other countries, such as hepatitis and meningitis. ♥

NEWS & HEALTH UPDATE WINTER 2010

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Winter Is Not Too Late for Kids' Immunizations

Every year, children may need new immunizations. Winter can be an excellent time to schedule them.

"In the fall, we get very busy with immunizations required for children who are starting a new school year, and with flu immunizations," says Dr. Albert Arteaga, CEO and President of LaSalle Medical Associates. "But many immunizations can and should be given after a child's birthday. If children don't have the immunizations required for their age, or if they have a birthday coming soon, we encourage parents to call us to schedule an appointment."

Four booster immunizations are needed for all kindergarteners before entering school for the first time, said Dr. Cheryl Emoto, director of medical services. These immunizations can be given to 4- and 5-year-olds at any time of year.

"Before they start kindergarten, children must receive boosters for DTaP (diphtheria, tetanus and pertussis), polio, MMR (measles, mumps and rubella) and Varicella (chicken pox)," Dr. Emoto said. "Fortunately, there's a combo vaccine that's available that allows for only three injections instead of four."

If parents have kept up with their child's immunizations from birth, only the above booster immunizations are needed. However, if the child is behind on their other required immunizations, they may need several doses of immunizations to get "caught up."

"If you start the vaccines long before school starts, the child does not have to receive all necessary injections at one time," Dr. Emoto said.

New for 2010, says Dr. Emoto, was an updated pneumococcal vaccine (Prevnar 13). This vaccine includes added protection as compared to the older version (Prevnar 7) and all children between 15 months and 5 years of age should have one additional dose of the newer Prevnar, "even if your doctor previously told you that your child was up-to-date."

When children turn 11, they should receive the meningitis vaccine for the first time, and a tetanus booster (Tdap), Dr. Emoto said. The Tdap vaccine is

particularly important because not only does it help prevent tetanus, but it also includes additional protection for pertussis (the "p" part in Tdap).

"Pertussis causes whooping cough and there has been a steep increase in the number of cases of whooping cough this year," Dr. Emoto said.

Parents should schedule these vaccines shortly after the child's 11th birthday, but they also can be given to anyone, even those over 18.

"Children older than 11 who have not received these vaccines should also come in to get them," she said. "And if you have a teenager who will start college in 2011, planning to live in a dormitory, and hasn't been vaccinated for meningitis, they should be vaccinated now."

In addition to the meningitis vaccine and Tdap, young people (boys and girls) ages 9-26 should receive a vaccine against the human papilloma virus (HPV), which is a sexually transmitted disease that infects the genitals, and can cause cancer in either sex, but is especially likely to cause cervical cancer in women. 2010 is the first year it has been available to males.

While giving this vaccine to children in elementary school is not without controversy, many doctors, including those at LaSalle Medical Associates, are highly in favor.

"The HPV virus is the main cause of cervical cancer in women," Emoto explained. "It is important that a person receive three doses, which are given over a six-month period, before their first sexual encounter in order for the vaccine to be fully effective. Both young men and women can benefit from this vaccination, especially if they receive it before becoming sexually active."

The key, Emoto said, is to have the vaccine before any sexual activity, and while parents might think their children will wait till they are older, statistics show that almost half of teenagers report at least one sexual encounter during high school. "Prevention, prior to exposure, with the HPV vaccine will prevent disease and save lives." ♥

Prevent Sickness Before It Starts

Federal regulations now require new private health plans taking effect on or after Sept. 23, 2010 to cover most preventative medical services without co-payments or other fees.

The United States departments of Health and Human Services, Labor and Treasury issued these new regulations recently. The new rules provide for free access to preventative services such as blood pressure, diabetes and cholesterol tests; many cancer screenings; routine vaccinations; pre-natal care; and regular wellness visits.

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Dr. Jill Biden, wife of Vice President Joe Biden, recently announced new federal regulations requiring most private health plans to cover preventative medical services.