

# Healthy Eating during the Holidays (A Festive Recipe is Included)



Here are some tips that can help:

- Drink lots of water
- Eat your favorite “unhealthy” foods in moderation
- Be sure to always have vegetables and fruits on your plate
- Take a walk after every meal to help digestion
- Limit your alcohol intake
- Eat slowly to control your appetite

## Ingredients : (Servings 4)

- Boneless chicken thighs (skinless) 320 g)
- Taro 160 g
- Pumpkin 160 g
- Unsweetened soy milk 200 ml
- Ginger 2 slices
- Garlic (minced) 2 cloves
- Vegetable oil 1 tbsp

## Marinade (for chicken thigh):

- Light soy sauce 1 tsp
- Sugar  $\frac{1}{2}$  tsp
- Cornstarch 1 tsp

## Seasoning:

- Salt  $\frac{1}{4}$  tsp

## Directions:

- Cut the chicken thighs into pieces. Mix well with the marinade for about 30 minutes.
- Rinse and peel the taro. Cut into chunks and steam for 10 minutes. Set

aside.

- Rinse and peel the pumpkin. Cut into chunks.
- Heat oil in a non-stick pan and fry the ginger and garlic. Then stir-fry the chicken.
- Add the taro, pumpkin and soy milk. Cover with a lid and braise at low heat until the taro and pumpkin chunks become tender.
- Add in the seasoning and stir-fry well.

#### **Nutrition Analysis: (Per Serving)**

- Energy 198 Kcal
- Carbohydrate 14g
- Protein 18g
- Fat 8g
- Dietary fiber 1.6g
- Sodium 300mg

Enjoy your holidays, healthy!

Source: [www.elderly.gov.hk](http://www.elderly.gov.hk)

#### **Medical Disclaimer:**

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## **What is Video Visit?**



Video visits are face-to-face virtual appointments with your doctor but from the comfort and safety of your home or anywhere convenient to you. It's convenient without worrying about traffic, parking, or your schedule. During the pandemic, it has become a widely-used alternative to in-person visits. Patients can use a

smartphone, tablet, or computer to get the health care they need.

Video visits offer a variety of care and services with the same quality as in-person care, such as primary care, follow-up visits, mental health services, pain management, and medication monitoring. Your provider will decide whether a video visit is right for your health needs.

In most cases, video visits are covered by your health plan and have a co-pay similar to an in-office visit. Contact your insurance company about coverage.

With the weather getting colder and flu season approaching, if you are feeling unwell, you can try to schedule a video visit appointment with your doctor!

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## **Omicron-Updated COVID-19 Boosters Q&A**



**Chinese Hospital now offers both Pfizer and Moderna bivalent boosters that have been updated to better match the latest coronavirus strains.**

**How are the updated boosters different from the original ones?**

The new bivalent booster is a type of vaccine that protects against a combination

of two or more coronavirus strains. Half of it targets the original strain, and the other half targets the BA.4 and BA.5 Omicron variants.

### **Do I need to stick with the same brand?**

According to the CDC, people ages 18 and older may get a different brand for their booster than they received for their primary vaccine series.

### **Are the side effects any different?**

In the study, participants who received the bivalent vaccine reported the same common side effects as very mild or even non-existent, which may include pain, redness and/or swelling at the injection site, fatigue, headache, muscle pain, chills, and joint pain.

### **Is there a difference between the Pfizer and Moderna boosters?**

The two shots have very similar formulations and different dosage amounts. Pfizer's bivalent booster contains 30 micrograms while Moderna's bivalent booster contains 50 micrograms.

### **Who is eligible to get an updated booster?**

Anyone 5 and older who had their primary vaccine series or last booster more than 2 months ago is eligible for the bivalent booster. For people ages 5-17 years, their boosters can only be Pfizer.

### **Can I get a bivalent COVID-19 booster and flu shot at the same time?**

Both influenza and COVID-19 vaccines can be administered at the same visit, without regard to timing. If you have concerns, speak with a healthcare provider.

### **Should you get a booster if you recently had COVID?**

According to the CDC, if you recently had COVID, you may consider delaying your next vaccine dose by 3 months from when your symptoms started or, if you had no symptoms when you first received a positive test.

### **Chinese Hospital Vaccination Clinic**

- Chinatown: 845 Jackson Street, B1, San Francisco
- Sunset: 1800 31st Ave, San Francisco
- Excelsior: 888 Paris St, #202, San Francisco

- Daly City: 386 Gellert Blvd, Daly City

\*Insurance required. If you have any questions or would like to schedule an appointment, please call 1-628-228-2828.

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## **What is Diabetes?**



**Type 1 diabetes**

**Type 2 diabetes**

**Gestational diabetes**

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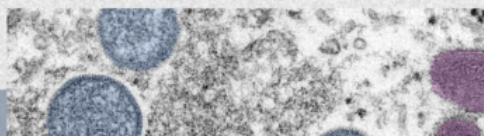


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# Monkeypox: Causes, Symptoms, Treatment and Prevention

What you should know about

# MONKEYPOX



## What is monkeypox?

Monkeypox is a rare disease caused by monkeypox virus. It was first discovered in 1958 in monkeys who were being kept for research, and the first human case was recorded in 1970. Monkeypox was mostly seen in African countries. But currently, an outbreak is spreading fast outside of Africa. The virus has been reported in at least a dozen countries, including the U.S.

## How does monkeypox spread?

Monkeypox spreads when a person comes into contact with an animal or human with the virus. It can spread through contact with body fluids and monkeypox sores, items that have been contaminated with fluids or sores (clothing, bedding, etc.), sexual contact, or through respiratory droplets following prolonged face-to-face contact. Transmission may occur during sex through skin-to-skin and other intimate contacts.

## What are the symptoms of monkeypox?

Monkeypox often begins as flu-like symptoms, such as fever, headache, chills, and muscle aches. The distinctive identification of monkeypox is a pimple-like rash that appears anywhere on your body, especially in the genital area.

## How can you prevent monkeypox?

- Avoid close contact with people who have symptoms

- Avoid contact with infected animals
- Avoiding contact with contaminated materials, such as clothing and bedding
- Practice good hand hygiene after contact with infected animals or humans
- Use appropriate PPE when caring for others with symptoms

### **Can monkeypox be treated?**

At this time, there are no specific treatments available for monkeypox infections. Medication may be used to ease the symptoms of illness. In some cases, a vaccine can be given to prevent the disease after a high-risk exposure to the virus. **People who live and work in San Francisco are eligible for a Jynneos vaccine:**

- Gay, bisexual, and other men or trans people who have sex with men, who have had more than 1 sexual partner in the past 14 days  
Sex workers of any sexual orientation or gender identity
- Persons who have had close contact within the past 14 days with someone with suspected or confirmed monkeypox
- Persons who had close contact with others at a venue or event or within a social group in the past 14 days where a suspected or confirmed monkeypox case was identified. This includes persons who received notice from a venue or event of a potential exposure within the past 14 days
- Laboratory workers who routinely perform monkeypox virus testing
- Clinicians who have had a high-risk occupational exposure (e.g., examined monkeypox lesions or collected monkeypox specimens without using recommended personal protective equipment)

### **Walk-in Vaccination Service:**

Chinese Hospital Support Health Services  
845 Jackson Street, B1, San Francisco, CA 94133  
Mon-Fri: 9am-12pm; 2pm-4pm

\*Please bring your insurance card. If you think you are infected with monkeypox, contact your healthcare provider ASAP and avoid close contact with others.

For more information, please visit [www.cdc.gov/poxvirus/monkeypox/index.html](http://www.cdc.gov/poxvirus/monkeypox/index.html)

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## **Schedule your annual checkup**



Even if you think you are healthy, scheduling an appointment with your primary care physician (PCP) for preventive care services is important. Through a preventive exam and routine health screenings, your PCP can determine your current health conditions, identify problems earlier, and help keep you healthier.

During your visit, your PCP will determine what tests or health screenings are right for you based on factors such as your age, gender, health status, and health and family history.

Your visit may involve:

- Your medical and family history review
- Measurements: Height, weight, heart rate, blood pressure
- Health risk assessment
- Screenings: blood pressure, diabetes, cancer, heart diseases or liver conditions
- Medication review
- Immunizations and flu shots

Preventive care is usually covered by most insurance plans through network providers. Health insurance plans accepted at Chinese Hospital's clinics include: CCHP, Hills Physicians, San Francisco Health Plan, San Mateo Health, Blue Shield, Blue Cross, Aetna, Cigna, Medicare, and Medi-Cal.

To schedule an appointment, please call 1-628-228-2828.

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# What to Know about Second COVID-19 Booster



Testing is one of the things you can do to protect yourself. In March of this year, the Food and Drug Administration (FDA) authorized a second booster dose of Pfizer and Moderna vaccines for adults 50 and older and those 12 and older who are immunocompromised. A fourth shot is recommended for these groups because they are more likely to suffer severe outcomes and be hospitalized if they are infected with COVID-19, and a second booster shot can help strengthen protection against new variants. In addition to these groups, individuals who received two doses of Johnson & Johnson vaccine are also eligible for a second booster.

Chinese Hospital offers COVID-19 boosters at various clinic locations. Walk-ins are welcome at our Chinatown location, and appointments are recommended for other clinics. To request an appointment, please call 1-628-228-2828. Please bring your insurance card with you at the time of your visit.

For more information, please visit [www.chinesehospital-sf.org/covid-19-vaccine](http://www.chinesehospital-sf.org/covid-19-vaccine)

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