

From The Desk Of

Gina

**Greco-Tartaglia, MD**

## August 2023 Newsletter

### Month #3 of our new venture together!

Hello all!

I am so pleased with your ongoing outpouring of support since we transitioned over to our personalized care model!

### July Event

I have enclosed photos of our first member event that took place on Friday, July 28th, at the office. Our theme was “summer safety.” It was well attended and hope to see more of you during our NOVEMBER member event. We will be focusing on “diabetes awareness.” I’m still working on the location, but will keep you all posted.





## Website & Member Programs Portal

**We will be hosting a Webinar to introduce you to the Member Programs Portal and Perks THIS THURSDAY, AUGUST 3RD from 6-7pm.** Please register in advance at the link below. After registering, you will receive the link for the webinar in an email. If you are unable to attend the meeting, a recording will be made available to registrants. You **must register** to receive the recording.

[CLICK HERE TO REGISTER FOR THE WEBINAR](#)

Please let me know if anyone is having difficulty getting on our SignatureMD website. We added some new content and hope you are taking advantage of the “member perks.”

To get to your member perks

1. Visit my website and find the Member Portal link under the Member Benefits tab or visit [SignatureMD.com/memberprograms](https://SignatureMD.com/memberprograms).
2. Type in my name and your email address.
3. Click Submit.

You can now view all the benefits by clicking on each section (MIND, BODY, NUTRITION, PERKS). Take some time and explore all that's available with your membership.

## Upcoming Events

**Saturday, November 18, 2023:**

## Member walk for Diabetes Awareness Month

Location: TBD

**December:**

**Member Appreciation Event**

Date/ Location: TBD

## National Health Observance



### August is National Immunization Awareness Month

#### What is a vaccine?

Vaccines differ from other medical drugs in two important ways.

The first is that they are designed to **prevent disease**, rather than treat it. They do this by priming a person's immune system to recognize a specific disease-causing bacteria, virus or other pathogen. This "memory" can last years, or in some cases for life, which is why *vaccination can be so effective*, stopping people from getting sick, rather than waiting until disease occurs.

The second is that vaccines by their nature tend to be **biological products**, rather than chemical like most drugs.

#### How do vaccines work?

Vaccines prime the immune system to detect a particular virus or bacteria by showing it a harmless version of the pathogen, or part of it – much like giving a bloodhound a rag to sniff – so that it can remember it and is able to mount a defense if the person ever becomes infected. They typically do this by stimulating the production of antibodies, which are proteins made by our bodies to fight disease.

#### Why should I get vaccinated?

Vaccines protect us from serious diseases and some can also help contain the spread of disease, saving around 2-3 million lives every year.

Many of us receive these vaccines, for diseases such as measles, mumps, meningitis and pneumonia, as routine childhood immunizations. This has led to these diseases becoming less common, or even eliminated, in areas with high levels of vaccination. Some diseases have the potential to be eradicated, as smallpox was in 1980

## SPECIFIC VACCINES:

### What is a flu vaccine?

Influenza (flu) vaccines (often called “flu shots”) are vaccines that protect against the four influenza viruses that research indicates will be most common during the upcoming season. This is an ANNUAL vaccine that changes with each flu season.

### What is Shingrix?

Shingrix provides strong protection against shingles and a common complication of shingles, called post-herpetic neuralgia (PHN). In adults 50 years and older who have healthy immune systems, Shingrix is more than 90% effective at preventing shingles and PHN. Immunity stays strong for at least the first 7 years after vaccination. It consists of a series of TWO vaccines given between 2 and 6 months apart.

### Who is Prevnar 20 recommended for?

Prevnar 20®: Doctors give this vaccine to adults 65 years or older and other adults who need it. The vaccine helps protect against 20 types of pneumococcal bacteria that commonly cause serious infections in adults.

**Dr. Gina Greco-Tartaglia**

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