

MUCHA

An informational magazine for  LEON patients

Salud

Celebrating our
25th anniversary

Learn how to
prepare new recipes,
keep active and
lots more.

Letter from our founder Benjamín León, Jr.



Dear Patients,

There are special moments that cannot be overlooked, and this is one of them.

This year marks the 25th Anniversary of Leon Medical Centers, and we should all feel proud because together, we have created the best, most prestigious and comprehensive medical institution of its kind, in the nation.

It's been 25 years of medical excellence, 25 years filled with accomplishments, recognitions and also major challenges that we have faced successfully, as very few have done.

Leon Medical Centers is the only Medicare Advantage medical center throughout the entire country that has received the prestigious, internationally renowned HIMMS Stage 7 distinction honoring health-care institutions that utilize state-of-the-art technology at the most advanced levels, and what's most important, this technology is used for improving patients' lives. We have been honored with this distinction for two consecutive years.

We are also the only medical center with two Women's Health Institutes, covering both north and south Miami-Dade County. Additionally, we have succeeded in becoming a *BICOE or Breast Imaging Center of Excellence health-care institution*, accredited by the American College of Radiology.

This year we opened our own cancer treatment oncology center designed with 26 private bays, assuring our patients affected with this terrible disease, that Leon is always at their side, accompanying them at all times.

So far to date, we have distributed nearly 70,000 doses of COVID-19 vaccines. It's been an exhaustive but worthwhile effort, and we are extremely pleased and proud of the results achieved. Today we can say that our response to the pandemic was, is and will continue to be exceptional, showing that we are ready to help and be of service at all times, having all of the resources, advances and services necessary to fight the unexpected.

We have come this far stronger and more unified than ever, and we are sure that our daily perseverance will enable us to build an even better future where your health and wellbeing will continue to be our top priorities.

Happy 25th Anniversary and thank you from the bottom of my heart for trusting us, throughout all these years, with the most precious thing a human being has, his/her health!

Benjamín León, Jr.
Founder and Chairman

MUCHA *Salud*

An informational magazine for patients

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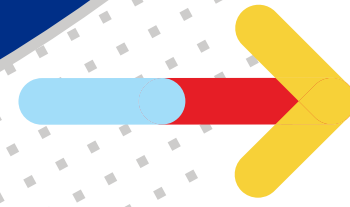
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LEON now offers MEDICARE SAVINGS PROGRAMS



At Leon, not only providing medical excellence is our priority, we also want to ensure that you receive all the help available for your well-being, that's why LEON Medical Centers is proud to partner with Dade County Department of Children and Families (DCF) to offer several programs to help with social services. Programs range from Medicare Savings Program to Temporary cash assistance. The eligibility of each program is determined by DCF.

LEON ACCESS team has over 20 years of experience to help you navigate and find programs that meet your needs. Please call today at 305-642-5366 to see if you qualify for any of the available programs.

MEDICARE SAVINGS PROGRAM at LEON ACCESS

The Medicare Savings Programs (Medicare Buy-in) can help Medicare beneficiaries with limited finances pay their Medicare premiums; and in some instances, deductibles and co-payments. Medicare Buy-In provides different levels of assistance depending on the amount of an individual or couple's income. Individuals eligible for Medicaid or Medicare Savings Program are automatically enrolled in Social Security's Extra Help with Part D (Low Income Subsidy) benefit of the remainder of the year.

LONG TERM CARE ASSISTANCE at LEON ACCESS

This program allows individuals to live in their home while providing long-term care services, like homemaker – light housekeeping, personal care – bathing the patients, meals and much more. The

Statewide Medicaid Managed Care, Long Term Care (SMMC LTC) Waiver provides Home and Community Based Services (HCBS) the adequate waivers allowing you to stay home and helps prevent institutionalization.

LIFELINE CELLULAR PHONE at LEON ACCESS

At Leon we recognize the benefits associated with having phone access, especially if you have difficulties in affording phone service. In 1985 the federal government created the Lifeline Assistance program. LEON ACCESS team can help you with the process of applying for a discounted or free phone service.

CITIZENSHIP APPLICATION ASSISTANCE at LEON ACCESS

LEON ACCESS team works with state and federal agencies to assist eligible individuals with the application process to become a United States Citizen or Resident. This includes gathering information and completing the application to be submitted to the immigration department.

FOOD STAMP PROGRAM at LEON ACCESS

The Food Assistance Program helps people with low-income, purchase healthy food. A food assistance household is normally a group of people who live together and buy food and cook meals together. If your household passes the Food Assistance Program's eligibility rules, the amount of food assistance benefits you get depends on the number of people in your household and how much money is left after certain expenses are subtracted.

MEDICAID PROGRAM at LEON ACCESS

Medicaid provides medical coverage to low-income individuals and families. The state and federal government share the cost of the Medicaid program. Medicaid services in Florida are administered by the Agency for Health Care Administration.

Medicaid eligibility in Florida is determined either by the Department of Children and Families (DCF) or the Social Security Administration (for SSI recipients). DCF determines Medicaid eligibility for:

- Parents and caretakers' relatives of children
- Children
- Pregnant women
- Former Foster Care Individuals
- Non-citizens with medical emergencies
- Aged or disabled individuals not currently receiving Supplemental Security
- Income (SSI)

TEMPORARY CASH ASSISTANCE PROGRAM at LEON ACCESS

Temporary Cash Assistance (TCA) provides cash assistance to families with children under the age of 18 or under the age of 19 if full time secondary (high school) school students, that meet the technical, income, and asset requirements. The program helps families become self-supporting while allowing children to remain in their own homes. Pregnant women may also receive TCA, either in the third trimester of pregnancy if unable to work, or in the 9th month of pregnancy. Parents, children and minor

siblings who live together must apply together. Some of the eligibility rules for this program are time limits, work rules, citizenship, and child support among others.

Please call today at 305.642.5366 to see if you qualify for any of the programs.



LATEST NEWS |

Colorectal Cancer



March is National Colorectal Cancer Awareness Month and we want you to take action because regular colorectal cancer screenings save lives.

Most colorectal cancers start as polyps in the colon or rectum, which can be present in the colon for years without showing symptoms before progressing to invasive cancer. Tests can find precancerous polyps that can be removed before they become cancerous. Among the tests is a colonoscopy which allows the doctor to examine the lining of the colon (large intestine) to rule out abnormalities.

While all of our patients have access to Leon's gastroenterologists for routine care and cancer screenings, the medical centers are among the few that have access to same-day appointments for emergencies. In many cases, this has helped our patients avoid risky hospital admission and most return home the same day. The GI team at Leon Medical Centers makes all of this possible by providing a high level of medical counseling to our patients.

Your risk of colorectal cancer increases as you age, if you have any symptoms or risk factors, see your primary care physician today.

Source: CDC and Leon Medical Centers

"At Leon Medical Centers, our main goal for colorectal cancer prevention is to come up with an integrated holistic plan for you, that includes healthy activities, diet and regular screenings."

Haleem Mohammed MD MBA

Meet our doctors



Dr. Cristina Rodríguez

It has been an honor for me to be a part of the Leon Medical Centers team since 2020.

I am a certified internal medicine physician and I feel privileged to have been able to fulfill my lifelong dream of being a doctor, as well as serving my community, which I love and respect so much.

I grew up in Miami and continued my studies in the Dominican Republic where I obtained my medical degree. Later I returned to Miami to complete my residency training at KRMCC.

Today, I feel very fortunate to serve our patients in Miami. My husband and my daughters, along with my patients, are my daily priority.



Dr. Paul J. Nieves Santiago

I was born in San Juan, Puerto Rico. My father was in the Army and from a very young age I began to travel the world over. I studied my first years of primary school at the American military base in Karlsruhe, Germany, and since I was little, I wanted to be a doctor, probably because my pediatrician always enjoyed what he did.

I have a bachelor's degree in Chemistry from the University of Puerto Rico and later I graduated Magna Cum Laude from the Central University of the Caribbean in Bayamón. During my four years in medical school, I considered different specialties, but the one I enjoyed the most was Internal Medicine as it directly impacted the health and quality of life of the patient.

Then I did a three-year residency in Internal Medicine at Mount Sinai Medical Center in Miami Beach, and in 2009, I graduated from Gastroenterology in Puerto Rico. Together with my wife, who is also a gastroenterologist, we established our own practice in Puerto Rico where we provided care to our community for more than ten years.

Looking for better opportunities, mainly for my son who has special needs, I decided to come to the US where at the end of 2020 Leon Medical Centers offered me a job opportunity. Today, I am proud to say that since February 2021, I have been part of the Leon family.

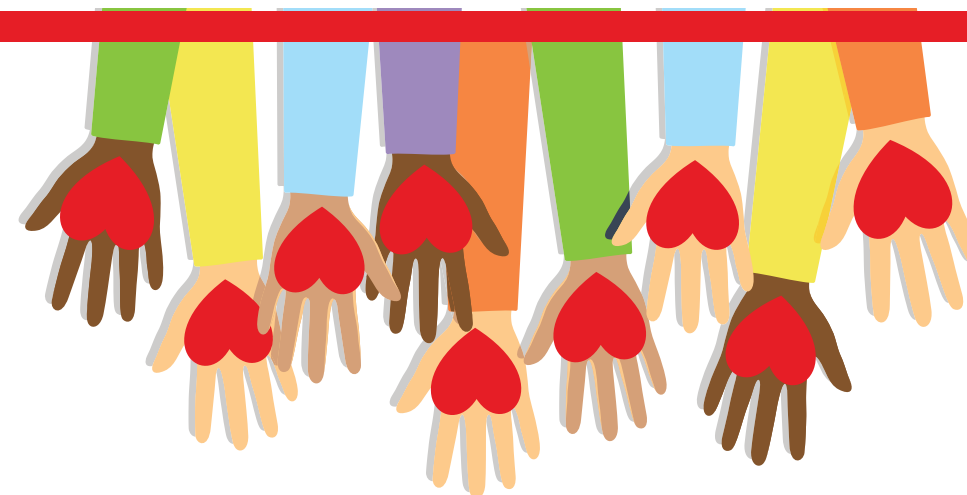
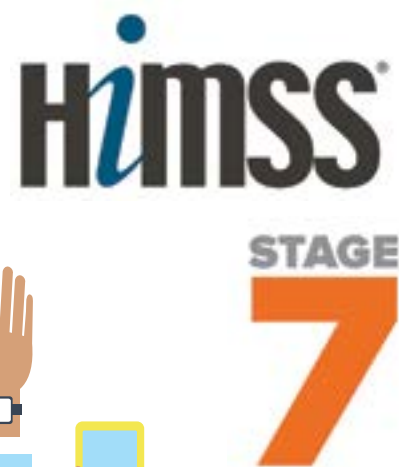
Technology within your reach

Leon Medical Centers is the only Medicare Advantage Medical Center in the United States to have received the prestigious, internationally-recognized HIMMS STAGE 7 designation which honors healthcare organizations that use technology at the most advanced levels. More importantly, use it to measurably improve their patients lives .

Our state-of-the-art technology includes the latest diagnostic medical equipment including CT, MRI, and mammography, as well as alignment with the #1 Electronic Medical Record System in the U.S., which provides our staff, physicians, and members, the best tools in healthcare.

On the other hand, our MyLeon portal offers our patients safe access to their medical records, better electronic communication with doctors, the possibility of sharing medical information with family members in a safe way, refilling medications, and making appointments, among many other functions.

Leon Medical Centers is the place where human compassion and the latest technology come together to deliver medical excellence.



Your heart is in your hands... not in your chest.

The more informed you are about the risks of heart disease, the more prepared you will be for your heart to be healthy.

According to the American Heart Association [AHA], cardiovascular disease represents the leading cause of death in adults in the United States, but if you lead a healthy life - eating healthy, exercising, reducing stress and not smoking – you can reduce the risk of heart disease by up to 80 percent.

At Leon Medical Centers, we know you want to live a long and healthy life, and with us, you can receive a variety of cardiology services without leaving our clinics, including state-of-the-art imaging scans, disease treatment and more. We strive to provide our patients with the most innovative and least invasive methods to stabilize any heart condition. Our team investigates and verifies the operation of any cardiac implant, both

in the centers and in Urgent Care. Also, for certain cases such as open heart surgery, we are affiliated with the best local hospitals where your own doctors will treat you.

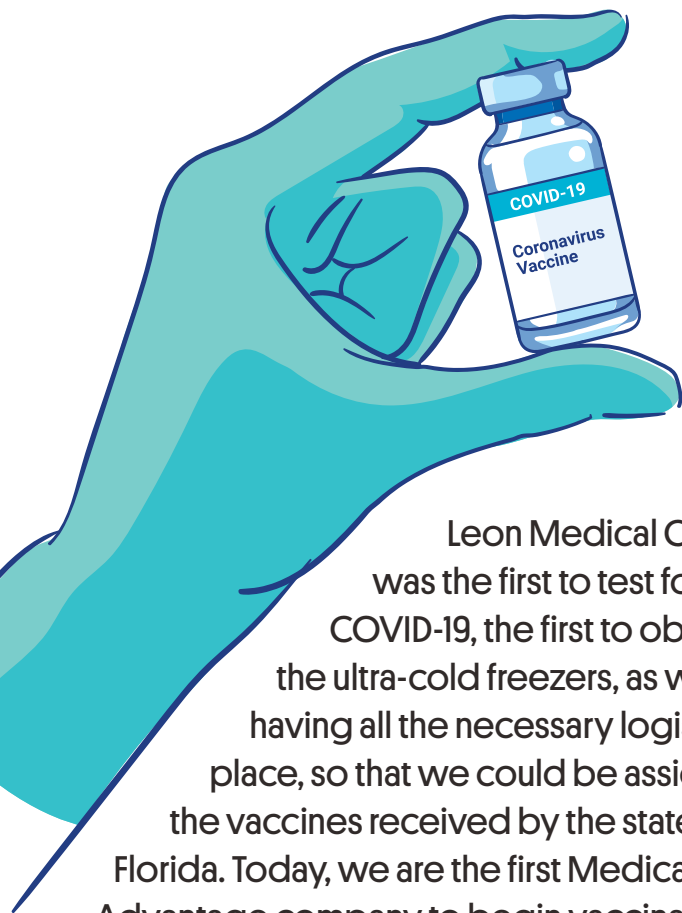
Your heart needs to be treated with a lot of love and at Leon we are here for you.



LEON'S BATTLE AGAINST COVID-19

Remarks - Maureen De Soria

Maureen De Soria, Vice President of Clinical Operations for Leon Medical Centers, reports that LMC has been able to vaccinate an average of 1,300 to 1,500 individuals per day.



Leon Medical Centers was the first to test for COVID-19, the first to obtain the ultra-cold freezers, as well as having all the necessary logistics in place, so that we could be assigned the vaccines received by the state of Florida. Today, we are the first Medicare Advantage company to begin vaccinating our patients quickly and efficiently.

DE SORIA SPEAKS ABOUT LEON'S SPEED AND EFFECTIVENESS IN THE FACE OF THE PANDEMIC

We began the battle against the pandemic in 2019. Fortunately, prior to the height of the pandemic we had already signed a contract with the government that met all the requirements, enabling Leon Medical Centers to dispense among our patients, our employees, and among the employees' families any medicine quickly, due to the declared emergency.

In January 2021 we received the first 9,000 vaccines which were distributed in 24 hours. This great achievement was possible due to having clinical staff ready, distribution locations, policies for both Pfizer and Moderna, and selecting patients with the highest risk factors, as well as the full support of the organization. This enabled immediate implementation and provide access of the vaccine to our patients.

We started vaccinating both patients and front-line employees, according to their

exposure to the virus, including everyone who works in the emergency room, PCPs, specialty doctors, medical assistants, until we gradually vaccinated all our employees.

MAUREEN SPEAKS ABOUT VACCINES AND THE IMPORTANCE OF VACCINATION

With the first dose of the vaccine, you obtain an immunity of more than 70%, and with the second dose of almost 95% to 96%. What does this mean? That 96% of the time – based on the most reliable study that was recently completed in Israel - you will not have serious symptoms or you may be not be hospitalized.

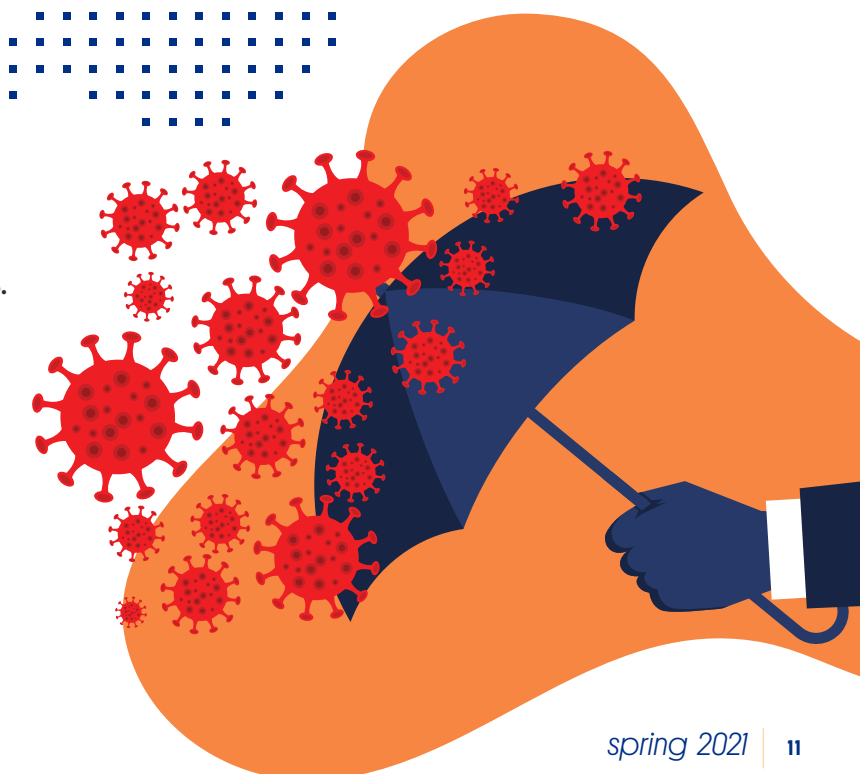
I was one of the first in line to get the vaccine. I strongly recommend for individuals to get vaccinated, the same way that I advised my whole family. This is a pandemic. What are the other options? Getting COVID? Dying? Or having serious problems that haven't even been fully understood yet, such as heart, lung, and many other health issues.

Maureen De Soria concludes by saying that every day there are new in-depth studies. We have already vaccinated a vast part of the population of the United States (70% rate), and we continue to vaccinate more people every day. The important thing is to obtain enough immunity throughout the

world to help us manage the pandemic [just 1 year old] and fight COVID-19 head on!



Maureen De Soria, JD, BSN, RN | VP of Clinical Operations



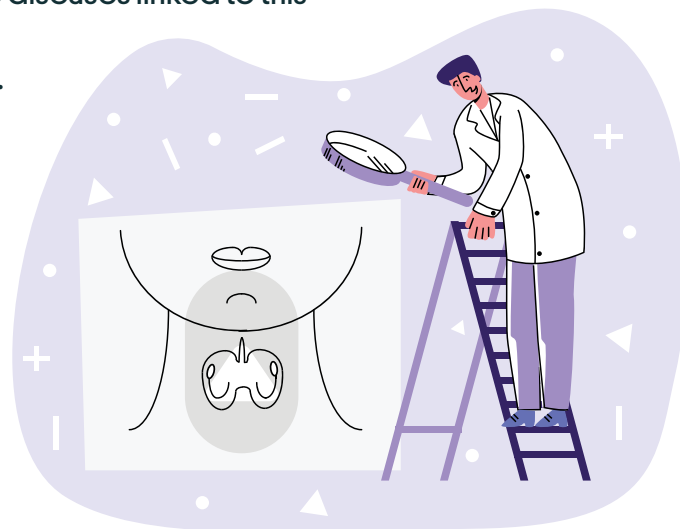
The Thyroid Gland

January is National Thyroid Awareness Month, and every May 25 is International Thyroid Day. The objective of both is to disseminate information and raise awareness of the diseases linked to this small gland, as well as the impact on people's health.

When there is a large amount of thyroid hormone in the body, the term hyperthyroidism is used, but when the thyroid gland is not able to produce enough thyroid hormone to keep the body functioning normally, the term hypothyroidism is used.

Symptoms or signs that the thyroid gland may not be working properly include lack of energy, dry skin, weight gain, neck swelling, nervousness, irritability, palpitations, difficulty sleeping, fine

hair, depression, plus many more. And others risk factors are being a female over 60, having a family history of autoimmunity, among many others.



At Leon we run all the necessary tests with the most advanced technology to determine how well your thyroid gland is functioning:

- Blood test to determine if you have hyperthyroidism or hypothyroidism
 - Ultrasounds to find out if there are any nodules, as well as biopsies
 - Follow-up appointments for results and referrals
- If you have any symptoms or risk factors, see your primary care physician today.

Source: The American Thyroid Association

Let's play!



Find 10 differences

T	B	E	S	P	E	R	A	F	O	R	R	E	S	T	Y
R	X	Z	J	T	X	V	K	R	B	L	R	J	D	K	U
E	D	S	P	R	I	N	G	O	B	O	W	T	A	M	L
E	P	L	O	C	E	S	T	Z	P	V	S	E	N	A	G
S	Z	F	L	O	W	E	R	S	X	E	L	T	R	E	Q
I	R	C	L	D	W	X	B	K	P	K	J	E	N	N	S
E	C	A	E	V	I	L	L	R	S	C	V	C	S	E	A
N	L	M	N	P	F	X	S	E	X	A	K	P	E	O	N
S	O	A	J	E	B	F	N	D	M	H	O	P	E	U	V
O	V	V	A	V	L	I	B	I	M	E	F	M	N	C	A
S	E	E	L	M	T	T	R	I	R	I	D	F	D	Q	L
L	R	S	D	N	X	P	S	H	R	J	R	L	B	X	E
N	D	K	E	A	P	E	S	E	B	D	E	R	S	Z	N
S	E	L	A	N	A	S	A	N	T	A	S	R	E	Y	T
B	A	M	O	R	X	A	B	D	Z	A	V	W	E	S	I
V	L	S	R	E	A	S	T	E	R	I	D	A	B	E	N

1. spring
2. flowers
3. bees
4. trees
5. pollen
6. birds
7. easter
8. valentines
9. love
10. hope
11. forrest
12. clover

Leon celebrates 25 years of Medical Excellence & Personal Attention with our community.

LEON
MEDICAL CENTERS
305.642.5366

ESTABLISHED IN 1996

The way to their heart is through their stomach

The heart is the driving force in your body and also one of the organs most affected by your lifestyle. Food is essential for a healthy heart, so we want to share some tips and a recipe to take care of your heart.

The ideal foods are those that have natural fats, Omega 3 and 6, even those that are considered monounsaturated. These are the ones that increase HDL [good cholesterol] levels, lower LDL [bad cholesterol] levels, in addition to lowering triglyceride levels.



CHICKEN WITH ASPARAGUS SALAD

INGREDIENTS

- 100 grams of chicken (preferably breast)
- 1 tablespoon of olive oil
- 250 grams of asparagus
- 1 tablespoon of lemon
- 1 garlic clove
- Pepper to your taste
- 1 sprig of coriander

INSTRUCTIONS

- Preheat the oven to 200° C.
- Place the asparagus in a bowl. Add a tablespoon of olive oil, pepper to taste and mix.
- Brush both sides of the chicken breast with 1 teaspoon of olive oil and pepper to taste.
- In a small bowl, mix the minced garlic, cilantro and add the lemon juice.
- Place the asparagus on an aluminum foil, place the chicken breast on top, and bathe them with the lemon and garlic mixture.
- Slice the lemon and place 3 slices on top of the chicken.
- Close the aluminum foil so that the contents do not come out and bake for 25 minutes or until the chicken is cooked.
- Serve it... **and lick your fingers at the same time you are helping your heart!**

The secret of plants

the language of Roses

by Bertila Ramos

Since ancient times, roses have been a bridge of communication to express all kinds of feelings; they have been cultivated through the ages not only for their beauty, but also for their captivating aroma. Their structure, made up of delicate petals and pointed thorns, makes roses very attractive and fascinating.

Roses convey a delicate language of love and friendship through their colors which has been manifested throughout history.



Red Roses

They express passion and true love. When you receive them, you know that there is a strong interest in you from the sender.



Pink Roses

They show tenderness, affection, sweetness, and love. These roses come from someone who is trustworthy and discreet.



Yellow Roses

They reflect an authentic feeling of friendship towards the other person, and are very versatile as gifts for any occasion.



White Roses

They express true love, purity, innocence and a deep spirituality. They symbolize intimacy, silence and are a favorite of brides.



Orange Roses

They evoke and symbolize admiration, brotherly love and respect between brothers, parents and children.

For more information about roses and other plants, look for Bertila Ramos' videos on our social networks.



Move your body!

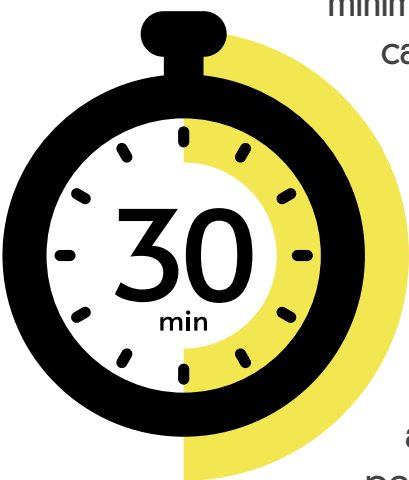
... and your heart!

Cardio is key to a healthy heart and according to Hannah Bronfman, “A healthy heart is the key to longevity.”

Did you know that cardiovascular exercise can improve the function of the heart, lungs and circulatory system?

For those older adults who seek to maintain their health in good condition, specialists recommend performing a

minimum of 30 minutes of cardiovascular activity with moderate intensity, preferably seven days a week. Medical studies have also shown that short periods of physical exercise that add up to 30 minutes per day are as beneficial to health as 30 continuous minutes of exercise.



Among the top ten benefits of cardiovascular exercise are:

1. Improving the cardiovascular system
2. Burning calories
3. Releasing tension
4. Stimulating memory
5. Improving flexibility
6. Strengthening the bones
7. Improving the skeletal muscle system
8. Increasing self-esteem
9. Toning the body
10. Improving coordination
11. Helps to socialize when practiced in a group

Listen to your heart and choose the healthy path. Visit the Leon Healthy Living Centers for information and guidance on our cardio exercise programs.



It's good to be prepared

Advance Directives

Clarifying everything:

Your family

Your life

Your community

Your doctor

Your decisions

Find out your options for end-of-life health care.

- Communicate your decisions.

- Read about what the Advance Directives and its components represent.

- Clarify any concerns you have.

- Build confidence in that your family knows your wishes.

- Express your desired medical care.

Keep communication open As we get older, we expect life to be longer while we enjoy more opportunities with our loved ones. Preparing Advance Directives just

in case something happens to us is another way of keeping communication open and enjoying the time we have without worrying that those who love us won't know what to do or how to fulfill our wishes.

What are Advance Directives? It is a written statement that describes your personal wishes regarding the medical care that you want, or do not want, if you become unable to make your own decisions.

How can Advance Directives be helpful? Advance Directives make difficult decisions easier for your family and loved ones. By planning with them and letting them know your personal decisions, they are better prepared to make the tough decisions and carry out your wishes.

Where can I find the Advance Directives Forms? Your healthcare provider or attorney are available to help you with the forms or any questions you may have. Also call **LEON MEDICAL CENTERS** patient services at **305.642.5366** or talk to your doctor about your options.

ADVANCE DIRECTIVES - POCKET CARD

Please fill out and bring the card below. Present it to your health professionals. Keep it in your wallet or purse and indicate that you have already prepared your Advance Directives and where you keep them.

NOTICE TO HEALTH PROFESSIONAL: I ALREADY PREPARED MY ADVANCE DIRECTIVES

My name _____

My date of birth _____

My phone _____

My doctor _____

Doctor's phone _____

A copy of my Advance Directives can be found: _____

Other copies are with:

Name _____

Phone _____

Name _____

Phone _____

3... 2... 1... Register!

Be part of the latest electronic health record system to stay connected to our medical staff from wherever you are.

MyLEON

- At your first medical visit, you will receive an activation code to enroll in **MyLeon**.
- If you forget or lose your code, you can still enroll by visiting the website and answering some personalized security questions about yourself.
- If you want to give a trusted caregiver, family member, or friend access to your **MyLeon** account, just fill out a form indicating that you want someone else to view your electronic health record.
- Remember that we are available **24/7** to help you sign up and to answer all your questions.

Before closing this magazine dedicated to you, sign up for MyLeon right now.

Don't forget to call us at **305.642.5366** for more information and help from our trained staff on using our digital platform.



there's only one **LEON**

Your opinion is very important to us, share in our social media or call us at

305.642.5366

Stay tuned and informed on our social media. And if you have any questions about the Covid-19 vaccine, contact your primary care physicians or specialists.



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Leon Medical Centers

answers to games

