

MUCHA

An informational magazine for



patients

Salud



WE WISH YOU A
Merry Christmas



When it counts... Count on Leon

All patients, employees and members of the community are carefully monitored for 15/30 minutes after their vaccine by a healthcare professional and our facilities are fully equipped to manage any immediate adverse reactions to the vaccine.

At Leon Medical centers we have administered nearly 120,000 doses of the COVID vaccines!

Following CDC recommendations, we are currently administering an additional primary dose of mRNA COVID-19 vaccine after the initial 2nd doses and booster shot of Moderna and Pfizer-BioTech COVID-19 vaccines to our eligible patients, employees and members of the community.

This is Leon Medical Centers' motto and when it comes to COVID vaccines, Leon Medical Centers has once more said "count on us" when it counts the most. Vaccinating our patients, employees and members of our community is and has been one of our highest priorities at Leon Medical Centers. According to the CDC COVID-19 vaccines are very effective at protecting you from COVID-19, especially severe illness and death. COVID-19 vaccines can reduce the risk of people spreading the virus that causes COVID-19.

Leon Medical Centers was one of the pioneers to start vaccinating in our community. We created specific areas at each of our 7 super centers to safely and effectively administer COVID-19 vaccines following CDC guidelines. Each vaccination center was staffed with the utmost qualified health care professionals to safely prepare and administer COVID-19 vaccines.



MEET OUR DOCTORS



Dr. Dunia Rojas Espinoza

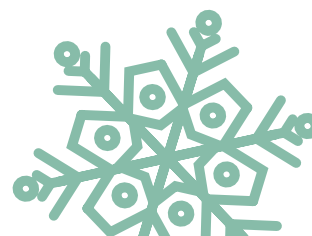
There are major decisions in life that lead us to huge satisfaction, and I can say that four of them have made me become the woman and doctor I am today.

I made the first one when I was 8 years old, at the time I met the doctor that saved my life at birth, and as of then, a feeling of great passion for medicine originated in me, which keeps growing each and every day.

The second one was when at the age of 18 I registered with Havana Cuba's Instituto Superior de Ciencias Médicas [Higher Institute of Medical Sciences] where I completed my doctoral program, while I enjoyed caring for patients, as well as learning both from them and my professors.

The third was at the time it was highly painful to leave my family, my friends, and the homeland of my birth to have my dream of living in freedom, in the United States, come true. In July, 2009, I mustered some courage, and I overcame the adversities that happen to doctors that break away from Cuban Government Missions. Finally, I succeeded in reaching this wonderful country with a special visa, and I started to go to school immediately to validate my courses. In the meantime, I worked as a physician's assistant to support myself. At the time, I met Dr. Jesús Jiménez, who told me about Leon Medical Centers and its values, which matched my goals.

And my fourth decision was joining Leon. Given its positive doctor-patient environment, quality care, company values and compassion for and kindness to patients, I became additionally motivated to continue on, become realized as a professional and individual and keep devoting my life to what I am passionate about.



BE IN THE LOOP

Who hasn't heard of the well-known saying:

"Shrimp that snooze always lose?" That's why, to keep us in the loop, Dr. Haleem Mohammed shares information on the connection existing amongst shrimp, the heart, and a healthy heart.

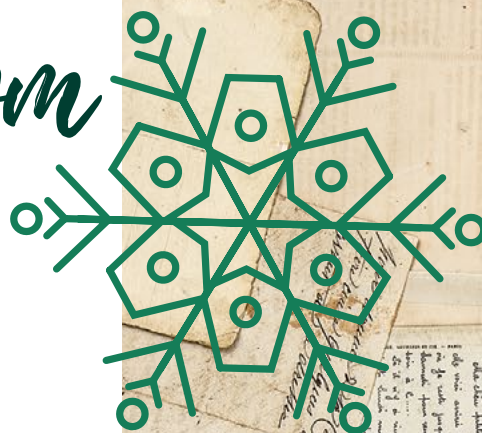
"Since my patients often ask me about shrimp and cholesterol, I decided to check on and share some interesting medical literature," says Dr. Haleem.

In 1996, Dr. Elizabeth De Oliveira e Silva and her colleagues did a trial on a shrimp-based diet. After three weeks, they noted that the diet brought up LDL cholesterol by approximately 7%; however, HDL or "good" cholesterol also rose 12%, and triglycerides dropped 13%. This revealed that it had an overall positive effect on cholesterol because it improved both HDL and triglycerides by a total of 25% with a net improvement of 18%.

Heart disease risk is based on something more than LDL levels or total cholesterol. Inflammation is an important factor in heart disease risk, so, due to the HDL benefits provided by shrimp, you may enjoy them as part of a heart-healthy diet... a piece of very good news for this holiday season.



Memories from yesteryear



What would British ideologue and Christmas card originator Sir Henry Cole say if he would find out that printed Christmas greeting cards are almost a part of our memories?

In past Christmas seasons, we would make sure to send a few lines on a greeting card around this time to our relatives and close friends. We would write notes on them, by hand, and show an image that matched our message, best wishes and affection we had for the person it was intended for and his/her whole family.

In this day and age, we would dare to say that sending Christmas cards is a thing of the past, since real-time messaging on instant apps, e-mailing and social media have replaced that personal touch; however, we can't deny that current digital media is not able to let us feel that wonderful sensation of closeness that's gotten when receiving a card that's been thought of only and exclusively for us.



¿Did you know that...?

A person that's allergic to seafood isn't more likely to have a reaction to iodine, as used in medical practice, than anyone else.

Seafood allergies are usually due to protein found in any maritime shelled creature, including crabs, shrimp, oysters, scallops, as well as squid and octopus, but not to iodine.

Check with your doctor. He/She will be able to confirm through skin puncture and blood tests if you are allergic to seafood.

On the other hand, some people might have a high intolerance to iodine, but this is not classified as an allergic response. Iodine is an ingredient in the chemical agents in radiology contrast

materials that helps improve visualization on x-ray images, and an individual sensitive to iodine may have an adverse reaction to these agents and to certain disinfectants that contain iodine. Iodine is also an ingredient in some foods, and it may cause a reaction in some people, but this is not the same as a food-related allergic reaction.

If you suspect you are iodine-intolerant, talk to your doctor, she/he can run tests to confirm your intolerance and advise you on what food, treatment or medication to avoid for minimizing reactions.

Interesting, right?



DIABETES

**Did you know that November
is Diabetes Awareness Month?**

**That's why we want to share important
information about this condition.**

Some people with diabetes have such minor symptoms that they go unnoticed. That's why it's important to understand its risks and know your blood sugar levels. Its most common symptoms include:

- Frequent Micturition (urination)
- Blurry Vision
- Extreme Fatigue
- Tingling, pain or numbness of the hands or feet
- Extreme Thirst
- Cuts and bruises take more time to heal

Diabetes is a lifetime condition, but if you take action, as indicated below, you'll be able to control it and lead a healthy life.

- Do more physical activity
- Keep a healthy weight and choose healthy food
- Stop smoking
- Take the right diabetes drugs
- Get all your diagnostic testing
- Have an action plan

There are two different types of diabetes, Type 1 and Type 2. Type 2 Diabetes is the most common form of diabetes, but the good news is that you can prevent or delay it.



Your Christmas tree

por Bertila Ramos

The presence of a Christmas tree at home creates an ambiance of peace and blessings for welcoming the Christmas Season.

If you decide to buy a natural tree, the following should be kept in mind:

- 🌲 It should not have any dry areas.
- 🌲 It's to be green in its entirety.
- 🌲 It's to preserve the pine tree scent this plant is noted for.
- 🌲 Eyeball the wood thoroughly, so that there are neither bugs on its stalks nor a feeling of stickiness in your hands when you touch it because this is evidence of bug infection.
- 🌲 Once you are at home, it should be placed in water to keep it fresh, using $\frac{1}{4}$ gallon of water per inch of trunk diameter, as recommended.
- 🌲 Don't place it in areas where it gets sunlight or there is excessive heat to prevent it from drying up too quickly.
- 🌲 Use lighting that doesn't give off too much heat on the tree.
- 🌲 Turn off the lights on the tree when you leave home and at bedtime.
- 🌲 Once Christmas is over, recycle and use it for compost.



Music to your ears

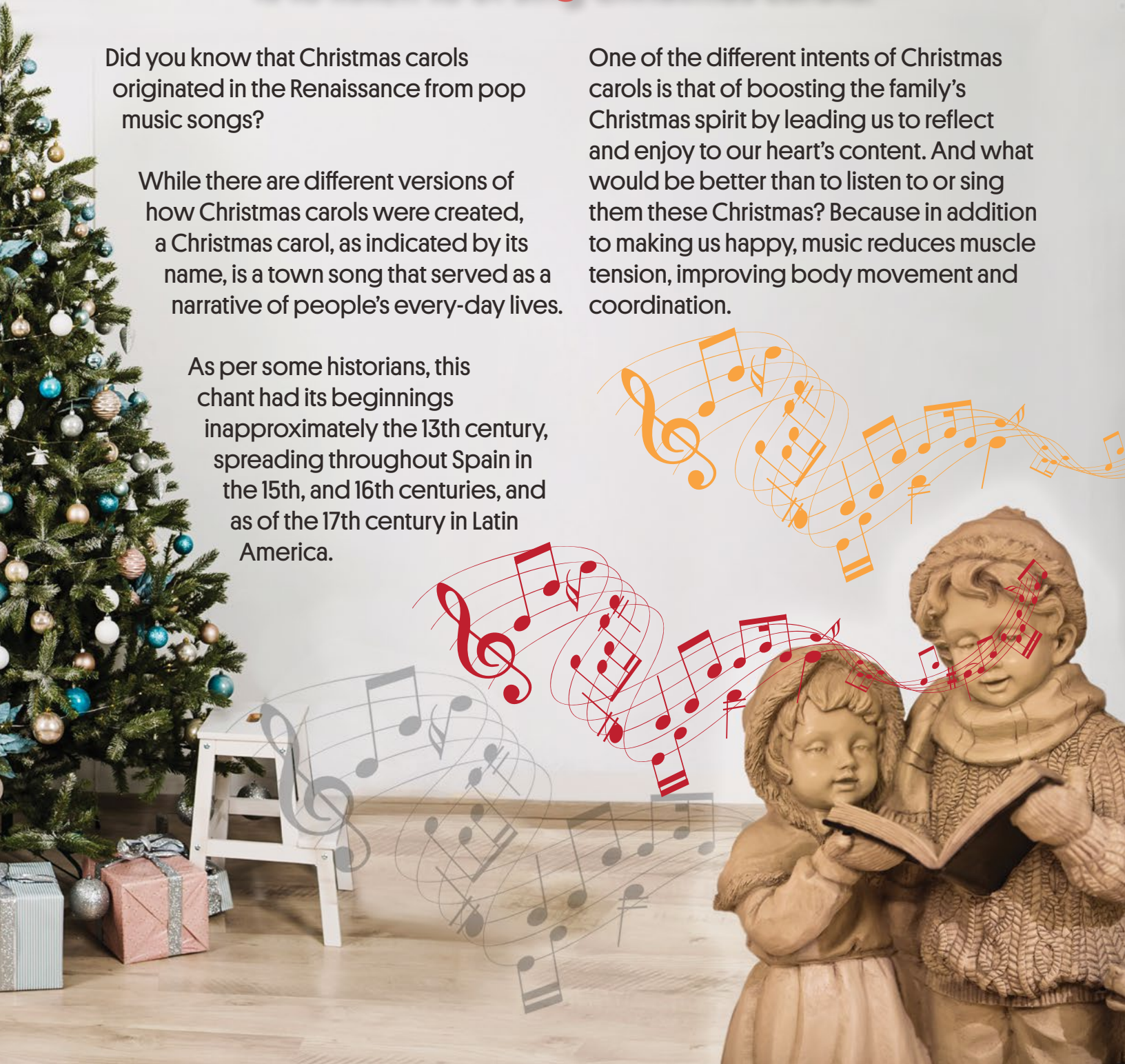
One of the things that we most often do in the holidays is to listen to or sing Christmas carols.

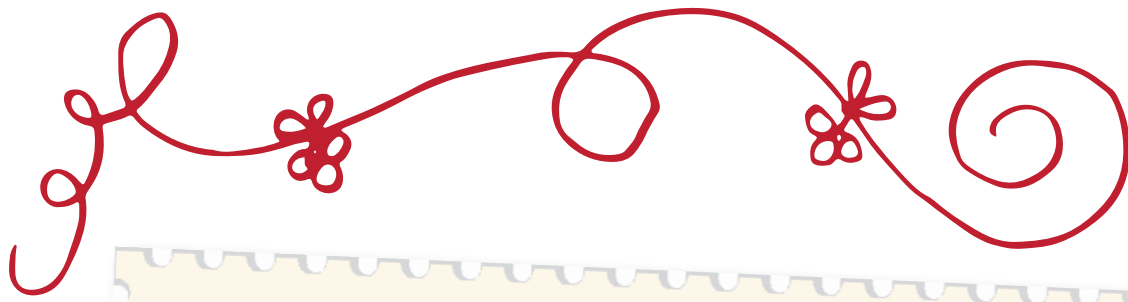
Did you know that Christmas carols originated in the Renaissance from pop music songs?

While there are different versions of how Christmas carols were created, a Christmas carol, as indicated by its name, is a town song that served as a narrative of people's every-day lives.

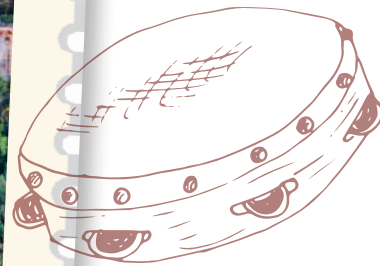
As per some historians, this chant had its beginnings in approximately the 13th century, spreading throughout Spain in the 15th, and 16th centuries, and as of the 17th century in Latin America.

One of the different intents of Christmas carols is that of boosting the family's Christmas spirit by leading us to reflect and enjoy to our heart's content. And what would be better than to listen to or sing them these Christmas? Because in addition to making us happy, music reduces muscle tension, improving body movement and coordination.

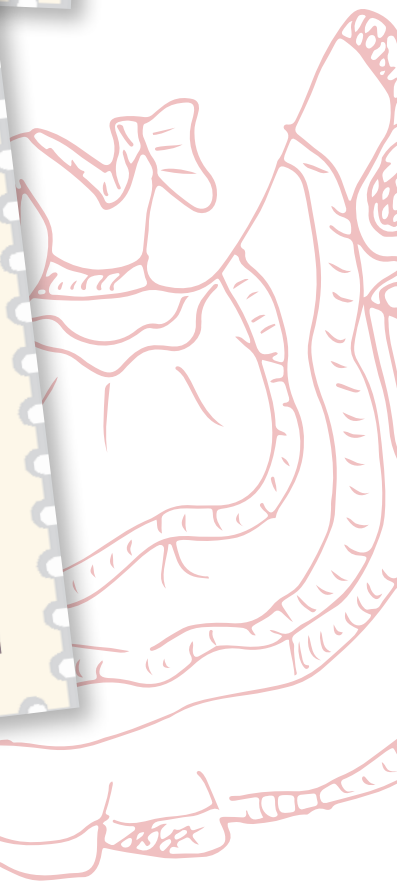




Granada



Madrid





Let's take a trip!



The Christmas celebration is held throughout Spain from December 24 to January 6, a few days for seeking – more than anything—happiness, joy and harmony within the family. What if we take a trip to Old Country Spain from the comfort of your home? We invite you to visit three of Spain's paramount cities.

Let's start with Madrid, the city with the greatest number of people in the country and the third population wise in Europe. Madrid is a monumental city with majestic avenues, an incredible cultural offering with plays, shows and a few of the most important museums in the world, including the Prado Museum and the Reina Sofia Museum.

Now let's visit Granada. There you'll find the Alhambra and Generalife, its little brother, both declared Heritage of Humanity by UNESCO. Would you like to experience the fascinating world of flamenco? Then, we are inviting you to one of its cave homes where authentic flamenco music, played by gypsies, will touch your soul.

Let's wrap up this journey in Barcelona, where you'll find the Sagrada Familia Basilica; Barrio Gótico and its Palacio Real [Royal Palace] where Queen Isabella and King Fernando welcomed Colon after his voyage to the New World; La Pedrera, one of Gaudi's projects included on UNESCO'S World Heritage List, and Las Ramblas, where life never stops.



Traveling is healthy, so, in the next edition of Mucha Salud, we'll keep on traveling.



Love comes in through the kitchen

As of the time we were really young, we've heard the well-known line: "Love Comes in Through the Kitchen"; and while the first look or smile filled with love did not take place in the kitchen, it's just as true that enjoying tasty dishes brings out that wonderful feeling, and there is no better time than this new Christmas Season when we devote ourselves to the noble art of good cooking, doubling it down with a healthy delicious recipe.



CHICKEN AND CHESTNUTS [4 PEOPLE]

INGREDIENTS

- 1 onion
- 4 carrots
- 100 grams of chestnuts
- 8 skinless chicken drumsticks
- Thyme
- 1 cup of white wine
- 1 teaspoon of extra virgin olive oil
- Sea salt to taste

INSTRUCTIONS

1. Boil the chestnuts, and once they are boiled, peel them.
2. Cut the carrots in very thin slices, and dice the onions in small pieces.
3. Boil the chicken drumsticks, and once they are boiled, add sea salt to taste and brown them in extra virgin olive oil; ideally, the chicken is to be sealed on the outside, keeping its juice inside.
4. Once the drumsticks are browned, pour the cut onions, the sliced carrots and the thyme in the skillet.
5. Add the boiled and peeled chestnuts, keeping everything at medium-low heat for 30 minutes.
6. Finally, pour in the white wine, and let it reduce at low heat, with the skillet covered, for approximately 20 minutes.

Once you are finished, place the chicken in a Christmas tray, garnish it with thyme and accompany it with cooked vegetables... Enjoy!

Let's Play! *Find the 9 differences*



Christmas word scramble

1. FLMAIY

2. REET

3. EDCOARIONTS

4. RPATESI

5. YBAB EJSSU

6. RETHAW

7. RRMEY RHCITSAMS

8. TASNA

9. YLOH MILYAF

10. RAGIUTTED

The World of Plants

by Bertila Ramos

Poinsettia

The saying goes: ***“Red and green are a must at home, if you don’t want your luck to be gone.”***

That’s why the dark green and intense red on the leaves of *Euphorbia pulcherrima* (Poinsettia), also known as Christmas Flower, led to have it become a Christmas hallmark, since it’s the most valued plant for Christmas decorations and to lure your good luck in.

Its care starts from the time it’s purchased. Its leaves are to be green and wholesome, with well-formed stalks, and they should not have any dry earth or bugs on them.

Care for it in Different Ways:

- It needs high-intensity light. If it doesn’t have good exposure to light, the plant won’t thrive.
- It needs to be planted in ground with good drainage. It should be watered 2 or 3 times a week, using very deep irrigation, but avoid dampening its leaves.
- Trim it once its flowering period is over.
- You may plant it in your garden once spring begins, but I always recommend that it be kept in a flowerpot, and care for it as required by plants that grow in flowerpots. As a result, during this season, you can place it in the dark at night time and expose it to light during the day.
- Watch out for bugs that affect it, including, but not limited to mites, mealybugs, aphids and whiteflies.
- Be careful with keeping it too wet or having bad drainage, since this will lead to fungus on its roots and stalks.

Enjoy Your Christmas Flower This Holiday Season.

A student and her “LEON Experience”

My aunt and oncology specialist, Dr. Mary Jo Villar, has been working for Leon Medical Centers for nearly 20 years. She often expresses how grateful she is for being able to work at Leon and has told me multiple heartwarming stories that truly embody the Leon philosophy. From donating food baskets to helping low income elderly patients during the pandemic who would normally eat at the centers, to selflessly supporting and donating money to a wide variety of non-profit organizations such as La Liga Contra el Cancer, Leon not only cares for their patients but makes an impact on the community.

This summer I joined Leon as an intern. I was able to see how everything is always done with the best interest of the patients in mind. I interacted with dozens of extremely grateful patients that were happy to be a part of Leon. I witnessed the many kind, hardworking and very attentive Leon employees at work that I had always heard about. From the

housekeeping staff to managers, they were always ready and willing to help and serve in any way possible. From the moment patients arrived I saw how they were guided every step of the way. In addition, I saw how doctors took their time to personally sit and talk with each patient concerning any questions or doubts they might have. At Leon, patients are not treated as numbers, but as family.

Leon Medical Centers has given me a once in a lifetime opportunity to fully understand the impact one can make on elderly patients by offering kindness, empathy, and compassion to those who see Leon as more than a company, but as a family. This experience has sparked in me a desire to touch and positively change lives in the same way that Leon Medical Centers does every day in our community.

Valentina Villar

While seasonal influenza [flu] viruses are detected year-round in the United States, flu viruses are most common during the fall and winter. People 65 years and older are at higher risk of developing serious flu complications. During most seasons, this same group bear the greatest burden of severe flu disease. According to the CDC, the best way to protect against flu and its potentially serious complications is with a flu vaccine. That is why Leon Medical Centers every year strives to vaccinate all of its patients and employees, and this year is no different.

Let's Get Vaccinated!

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 Directive

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 _____

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

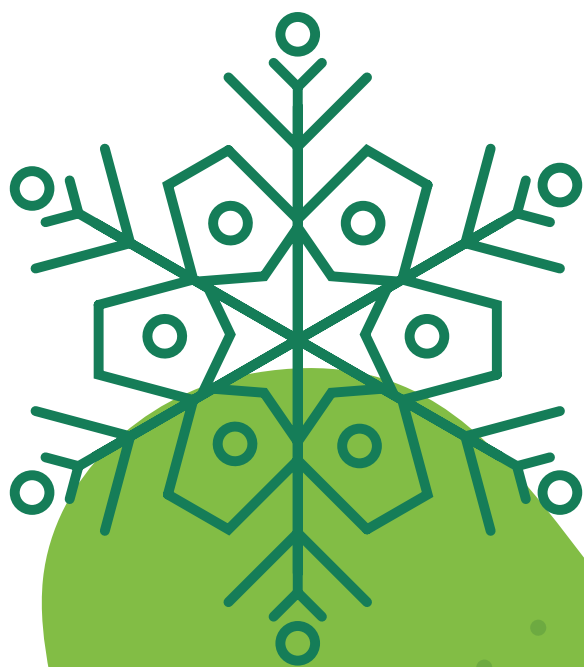
Be part of the latest electronic health record system to stay connected to our medical staff from wherever you are.



- 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 My Leon 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.



OUR PATIENTS' CORNER

This 2021 Covid-19 has shown no mercy throughout the whole complete world, and children, women, and seniors have died everywhere; Covid has shown no pity for anyone; vaccines that have come in from different places have not beaten Covid; it's stronger than a hurricane.

*All of us are terrified; we don't know how to escape,
not even using a face mask or locked up at home.*

*Only God with his power shall keep death away from the whole human race, and thus, life
will continue on plane [sic] earth with health and well-being.*

Even though the Leon Clinic has fought evil, but, despite all of its care, it has yet to be successful.

Silveiro Cruz

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.



@LEONMEDICALCENTERS



leon.medical



@LeonMedical



Leon Medical Centers

GAME'S ANSWERS



1. FAMILY

2. TREE

3. DECORATIONS

4. PARTIES

5. BABY JESUS

6. WREATH

7. MERRY CHRISTMAS

8. SANTA

9. HOLY FAMILY

10. GRATITUDE