

IN THIS ISSUE

The Pandemic of the
Unvaccinated - 1

COVID-19 Update - 3

What is Science - 4

Importance of Physical
Activity - 5

Get your Flu Shot - 6

Nutrition Nuggets - 7

Centric Health - 10

COVID-19: The Pandemic of the Unvaccinated - William Baker, MD



The pandemic of Covid-19 has been with us for over 18 months and continues to be a scourge on humanity. Disease preventing vaccines are widely available in the United States. Scientific evidence is incontrovertible that vaccines prevent serious illness and death from Covid-19 in all of its variants. For a variety of reasons, I have discussed in our last Newsletter, many Americans continue to decline vaccination. Vaccinations have been proven to prevent illness and death since Edward Jenner first inoculated people with cowpox, to prevent smallpox in 1776. Since that time, vaccine hesitancy, antivaccine and antigovernment sentiment has hindered widespread vaccination efforts. To combat smallpox, the State of Massachusetts passed the first law requiring smallpox vaccination for the general population in 1809. The 1905 Supreme Court decision in *Jacobson vs. Massachusetts* upheld the authority of the states to pass and enforce vaccination laws in order to control and prevent epidemics. In 1922, the Supreme Court upheld the constitutionality of a

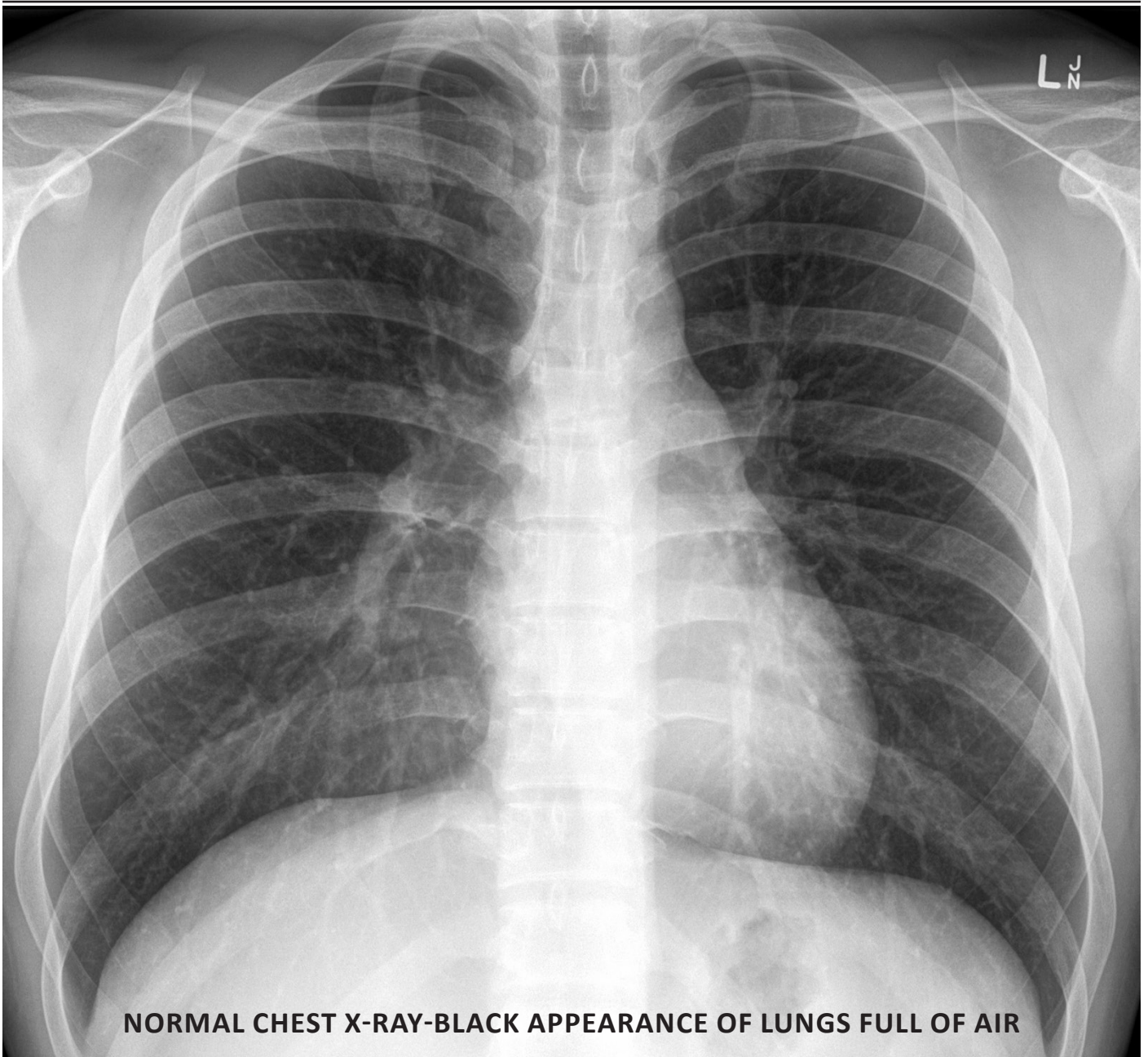
city ordinance requiring smallpox vaccination as a prerequisite to attend school. California state law requires vaccination in K-12 for measles, mumps, rubella, diphtheria, pertussis, chickenpox, tetanus hepatitis B and polio. Specific exemption laws vary slightly from state to state. The unvaccinated are excluded from school attendance during disease outbreaks.

SMALLPOX - Smallpox has killed at least 300-500 million people since 1900. Worldwide eradication by vaccination was achieved in 1977.

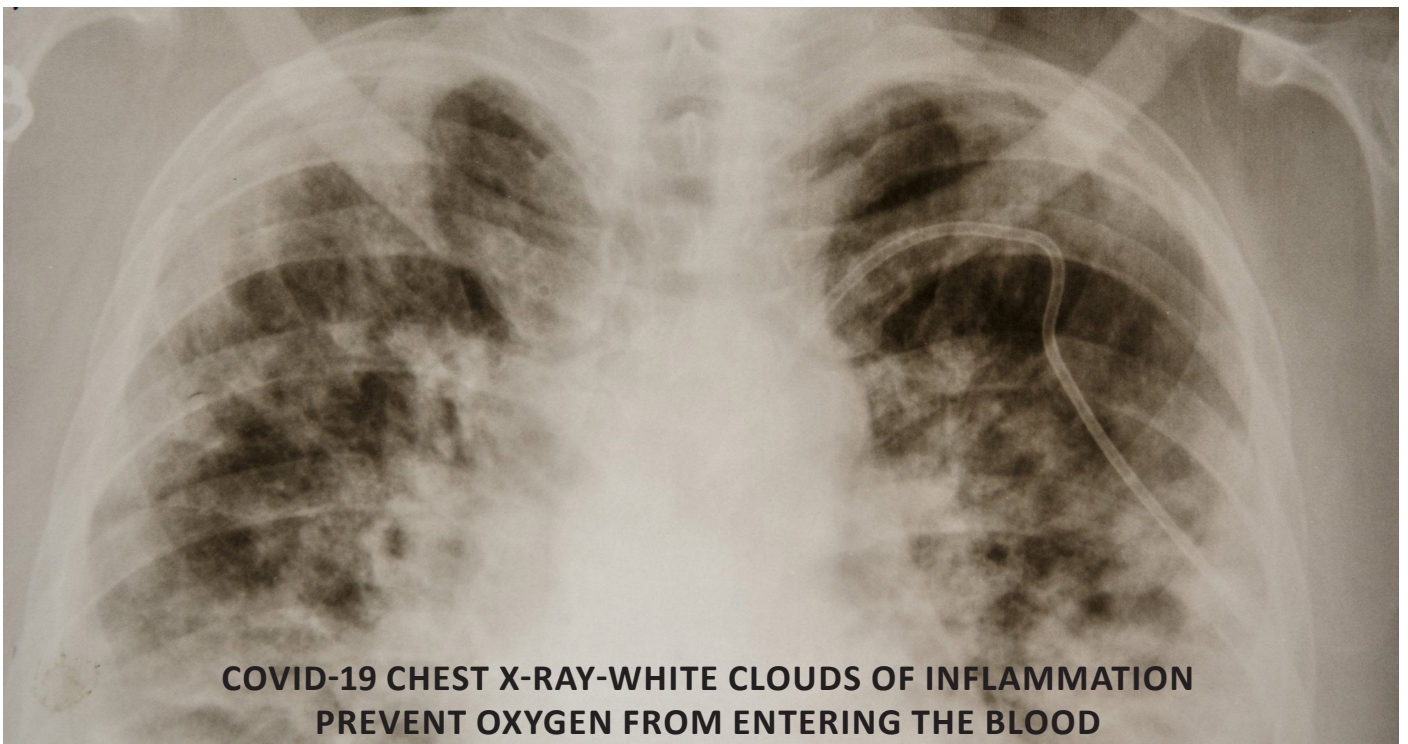
MEASLES - US eradication has resulted from vaccination, except rare outbreaks among the unvaccinated. World-wide, measles resulted in 2.6 million deaths in 1980.

POLIO - Polio killed or paralyzed 580,000 per year at the peak in the 1940's and 1950's. World-wide eradication was achieved by vaccination

COVID-19 - Pandemic control is only possible by widespread vaccination – 2021 Covid-19 has become the Pandemic of the Unvaccinated



NORMAL CHEST X-RAY-BLACK APPEARANCE OF LUNGS FULL OF AIR



**COVID-19 CHEST X-RAY-WHITE CLOUDS OF INFLAMMATION
PREVENT OXYGEN FROM ENTERING THE BLOOD**

COVID-19 update - William Baker, MD



In the United States, there have been over 40 million persons infected with the Covid -19 virus and over 700,000 deaths. Since the Covid-19 vaccines became available for those over 12 years of age, over 100,00 Americans have died. At least 90% of these deaths have been in unvaccinated individuals. That is 90,000 completely avoidable deaths!

As of October 3, 2021, there are approximately 110,000 new US cases per day, with cases and hospitalizations in some states at critical levels. Spread of Covid is most rapid among the 5-17 year-olds. In Kern County the number of Covid cases to date is 140,000 cases with 1,547 deaths. Kern County lags behind in vaccinations with 43.5% of Kern County citizens fully vaccinated, compared to 69.5% of the population, statewide. Approximately 185 million of Americans have been fully vaccinated, which is 56%. Worldwide there have been 6.31 billion vaccine doses given with 34% of the world's population fully vaccinated.

Benefits of vaccination: There is a 7 times greater chance of testing positive if one is unvaccinated. From University of Washington data - Unvaccinated individuals

are 49 times more likely to be hospitalized for Covid-19 and 323 times more likely to die. From 95% to 99.9% of hospitalized and dying patients are unvaccinated. From the September 8, 2021 issue of the New England Journal of Medicine, a study of 41,552 admissions to 187 hospitals has demonstrated mRNA vaccines to be 89% effective against laboratory confirmed Covid-19 infection leading to hospitalization, and 90% effective against infection leading to an ICU admission.

Covid vaccination adverse events: Anaphylaxis after vaccination is rare and has occurred in approximately 2-5 people per million vaccinated in the US. 44 cases of the Thrombosis with Thrombocytopenia Syndrome have occurred with the Johnson and Johnson vaccine after 14.2 million doses and no cases with the Moderna or Pfizer-BioNTech vaccine out of 395 million doses in the US. Myocarditis and pericarditis have occurred in 798 individuals under the age of 30 after mRNA vaccines (Moderna and Pfizer-BioNTech). There have been no deaths due to myocarditis or pericarditis and all patients have recovered. Deaths due to Covid 19 vaccination are exceedingly rare. 7,218 deaths have been reported to the Vaccine Adverse Event Reporting System as due

to the vaccine (0.0020%). Subsequent analysis has determined that of this reported number only 2 deaths can be confirmed as due to vaccination, these due to cerebral venous thrombosis associated with the J&J vaccine. The currently available Covid vaccines are certainly history's most intensively monitored for adverse effects and appear to be the safest ever produced.

The Delta variant is now the dominant Covid strain in the US at more than 99% of cases. Delta is more than 2 times as contagious as the other Covid variants. Since January 2021, 99.5% of the people who died of Covid-19 were unvaccinated. Children and young adults are 2 ½ times more likely to be infected with the Delta variant. Fully vaccinated people with Delta breakthrough infections can spread the virus to others, however, for a shorter period of time. Data published August 26, 2021 demonstrate effectiveness against Delta variant Covid-19 illness of 67% for the J&J vaccine, 66-95% for the Moderna vaccine and 42-96% for the Pfizer-BioNTech.

Current data is available at [cdc.com](https://www.cdc.gov), [yalemedicine.org](https://www.yalemedicine.org), [covidactnow.com](https://www.covidactnow.com) and [kernpublichealth.com](https://www.kernpublichealth.com)

What is Science - William Baker, MD



The scientific method is a disciplined, systematic way of asking and answering questions about the physical world. Scientific inquiry must begin with the attempt to answer a question. The goal should be to gain knowledge and not to “prove a point”. Careful observations are made forming the basis for drawing conclusions. Observations are followed by developing a hypothesis and the hypothesis leading to a series of tests to prove the hypothesis true or false. Any conclusions must be reproducible by other investigators with the same results.

In the case of the smallpox vaccine, Edward Jenner observed that milkmaids often developed sores due to cowpox but did not contract smallpox. He hypothesized that illness with smallpox could be prevented by vaccination with cowpox. He performed a simple experiment, taking some material from a cowpox sore on the hand of a milkmaid and scratching it into the arm of James Phipps,

the eight-year old son of his Gardener. Phipps felt poorly for a few days and made a full recovery. A short time later, he took material from a fresh human smallpox sore and scratched it into Phipps’s arm. Phipps did not contract smallpox. Jenner subsequently performed the same experiment on others humans and then published his findings. This technique spread around the world as a method of protecting against smallpox. The disease of smallpox, with a fatality rate of 30%, decimated populations from the third century BC until 1977, when it was eradicated through vaccination. Smallpox is estimated to have killed over 500 million people in the 20th century alone.

All of the medical and surgical treatments in use today have been developed using the scientific method. Over time the standard for medical trials has become the double-blind, randomized, controlled clinical trial. All vaccines currently in use have been

developed using such precise, reproducible methods.

The current age of widespread use of social media and reliance on information via the many sources available via the internet has greatly complicated the battle against Covid-19. Many people rely on Facebook or other social media platforms as their source for information. There are a wide variety of internet sites which make claims not based on conclusions from rigorous scientific investigation.

Vaccination science has led to the development and implementation of many vaccines, which have saved countless millions of lives. Trust in medicine and trust in vaccines, just as confidence in most of the products we rely on every day is possible because of the knowledge that the scientific method assures us of their effectiveness and safety.

Importance of Physical Activity in Regard to COVID-19

- By Kelsey Reason, CEP

Many people were stopped in their exercise tracks last year with the introduction of Coronavirus into our world. Gyms shut down, we were asked to stay indoors, and even if we could exercise, being asked to wear a mask while doing so made it practically impossible. While the focus was on our health in regard to fending off COVID-19, many neglected to consider other areas of health like cardiovascular endurance and musculoskeletal strength, which are very important to develop or maintain, especially if we intend to fight off a deadly virus. While the risk of contracting COVID-19 is still present and likely something we will deal with for a long time coming, we must focus our efforts now on strengthening ourselves and preparing our immune systems so that we may fight against Coronavirus should we become exposed or infected.

A National Institutes of Health (NIH) article written May 2020 makes the observation that, "physical inactivity due to sustained quarantine and social distancing can downregulate the ability of organs systems to resist the viral infection and increase the risk of damage to the immune, respiratory, cardiovascular, musculoskeletal systems and the brain." This thought has not changed, thus we see the importance of maintaining physical activity, despite being in the middle of a pandemic. At this point, the benefits outweigh the risks when it comes to whether or not we should exercise. Now more than ever, with a viral threat in our midst, we should be actively working to enhance our body's systems through exercise.

The reason being, as the article goes on, that "daily exercise may help combat the disease by boosting our immune systems and counteracting some of the comorbidities like obesity, diabetes, hypertension, and serious heart conditions that make us more susceptible to severe COVID-19 illness." There are ways to go about exercise safely of course, and thankfully it's never too late to get started!

Perhaps the realization is just now hitting you, that you need to begin an exercise program for all the wonderful health benefits it affords, but you don't really know where to start or what is considered safe in a world plagued with Coronavirus. Outdoor exercise would usually be the perfect solution as there are many regulations imposed on gyms at this time but especially in our valley with heat and air pollution posing barriers, all I can say is we need to think outside the box and do the best we can.

First off, talk to your doctor to evaluate your underlying health conditions. Don't go outside to exercise when the air quality is bad and don't ignore heart attack symptoms by brushing them off thinking you're out of shape. Once your underlying health conditions have been evaluated, you and your doctor can discuss any exercise precautions you should take. As our air quality begins to improve and the heat starts to fade, I would encourage you to just start somewhere with exercise. I know it can be difficult to get started after a year and a half of this altered reality but get going slowly and gradually

increase as your endurance and strength improve. Start with a walk or bike ride around the block as many times as you can or a number of times throughout the day. Once you have achieved about 30 minutes of exercise per day, you may begin to increase intensity if you need to. You want to feel like your heart rate has noticeably increased to know if you've done a good cardiovascular workout. Cardio doesn't have to be boring though. You can still swim in the pool (our weather usually permits us to do this for a greater part of the year than most places), explore a new park setting, or walk around a mall and window shop to start getting ideas for Christmas!

These principles would still apply if you've previously had COVID-19. You may need to start even slower than if you had not had the disease, but don't be discouraged; you can still get started, gradually increase, and listen to your body to determine your limits. If you are diligent in your exercise and recovery you will get to the recommended 30 minutes of exercise per day soon! In today's environment, all you can do is go about your life and do your best to protect yourself and your loved ones. By beginning or maintaining a structured exercise program, you will increase your immune system response and increase your cardiovascular endurance. As a result, your body will be healthier and stronger for the future.

The COVID-19 pandemic and physical activity ([nih.gov](https://www.nih.gov))

If you haven't done it yet – get your flu shot!

Bakersfield Heart Hospital



You may be holding off on your flu shot waiting for the green light from the CDC (Centers for Disease Control) for the COVID-19 booster. Or you may think that since the 2020 flu rates were so low, you don't need to worry about the flu this year. No matter the reason why you haven't taken the flu vaccine yet, it's not too late to make that appointment.

It's been proven year after year that you're in better shape to fight off the flu if you get a flu shot. And even though flu rates were down last year, it was most likely due to COVID-19 precautions such as wearing face masks, social distancing, people staying home from work and school and traveling less. In addition, a record number of American adults got the flu shot last year.

But this year, experts fear that the reopening of schools, decreased adherence to pandemic precautions and surging delta variant infections could create a very serious flu and COVID-19 "twindemic."

If you are still on the fence about getting a flu shot this year, maybe

these questions and answers will help.

Can someone have the flu and COVID-19 at the same time? Yes. Catching two viruses at once can make it harder for your immune system to fend off both at the same time.

Will a flu vaccine protect me from getting COVID-19? Flu vaccines are not designed to protect against COVID-19. But getting a flu shot not only protects you against the flu, it helps conserve health care resources during this pandemic. For example, if you aren't in the hospital fighting the flu, there are more resources, like beds, for those who are hospitalized with other illnesses.

Does the flu vaccine raise your risk of getting COVID-19? No. There is no evidence that getting a flu vaccination raises your risk of getting sick from COVID-19.

With COVID-19 spreading in the community, should I go out and get a flu shot? Yes. Getting a flu

vaccine is an essential part of protecting your health and your family's health every year. Make sure you are wearing a mask, social distancing and performing hand hygiene while you are out getting a flu shot.

I wear a mask and practice social distancing. Do I still need a flu shot? Yes. The best way to reduce your risk of flu illness and its potentially serious complications is for everyone 6 months and older to get a flu vaccine each year. By getting a flu vaccine, you may also be protecting people around you who are more vulnerable to serious flu complications.

If I haven't gotten a COVID-19 vaccine yet, can I get a flu shot and a COVID-19 vaccine at the same time? Yes. The CDC has stated Flu vaccines and COVID-19 vaccines can be given at the same time.

For more information go to www.cdc.gov/flu/season/

NUTRITION NUGGETS – Michele Chynoweth, RD, CDE



Fall brings colors ...orange, yellow, browns, deep purple and forest green. We see reds, whites, golds and deep greens closer to the holidays. Health observance months include:

- October - Breast Cancer Awareness Month

- November - National Diabetes Month. World Diabetes Day - November 14th

A Blue Light in a window will signify this day

Often we talk about abundance of food and calories, but we rarely discuss food insecurity. In spite of acres of fresh produce in our county, many go hungry. There are ways to improve food access. Victory gardens, shared community gardens, Senior Citizen centers, Meals on Wheels, School Lunch programs, food banks and food give aways. 2-1-1 is Kern county's general information number for resources. Keep it handy.

Covid 19 may be remembered for the number of pounds gained while isolated. This happened to our youth as well.

For some the words "Covid 19" may stir emotions about the weight gained – often the "nineteen" pounds or more during the first year while we were adjusting to the many challenges. For children and teens, this has presented significant concerns from pediatricians and family practice providers.

Children are not 'little adults'. They are growing, developing, learning and more. Look at overall picture. Look at the healthy components for growing children and teens. Pediatricians have great charts to follow both height and weight. For children, teens and adults, too....Keep goals simple and measurable

- Sleep (more than 9-10 hours for young ones)
- Water
- Physical Activity (30 minutes per day for adults; 60 minutes for children/teens)
- Fun (see the activity calendar)
- Relaxation (yoga, prayer, meditation, sing)
- Protector foods (fruits/veggies)

- Building foods (protein—animal and plant based, high calcium and iron foods)

- Energy foods (grains, fruits, healthy oils/fats/nuts)

- Snack choices (purposeful refueling)

A N D

- Mindfulness

For help with your personal eating and health, check your insurance plan for nutrition counseling, preventive services and medical nutrition therapy. For seniors, Medicare will cover multi-visits yearly for those with diabetes and/or chronic kidney disease (and up to 3 years post transplant). Check the toll free number on your insurance card, 1 800 Medicare or www.medicare.gov and www.eat-right.org/find-an-expert

Prepare for holidays

At the time this newsletter went to print, we didn't know what holiday gatherings would look like. We know that we have missed socializing with friends, family and neighbors. Enjoy your friends, family and colleagues during this coming holiday season no matter

the location-in person or virtual. For the last quarter of 2021, make small lifestyle goals that you can live with: What does healthy eating look like?

Colorful—half the plate should include fruits and vegetables. Choose from A to Z to vary your choices all season long.

Shapes—choose or cut foods into circles, ball (melons, meat or plant-based meats), shapes from cookie cutters, rectangles, 'sticks', grated or shredded

Vary Textures—blend or puree vegetables to thicken soups; eat crunchy raw fruits or vegetables; grill or roast; add sesame seeds, chia or sunflower seeds to salads or stir-fry mixes.

Explore temperatures—cold, room temperature and hot—even soups and beverages can be modified to fit all temperature categories.

Use more than your eyes—pay attention to aromas and flavors—add citrus squeezed over salads, vegetables, meat ...and even lime juice sprinkled on corn tortillas before grilling or broiling. Use cumin, celery seed, garlic, onion, coriander, mint, basil or rosemary... Check out the old "Betty Crocker" cookbook—2 pages on what seasonings to use with what or google www.fruitsandvegetables.org

Mindful eating – use skewers or toothpicks to kabob fruit, vegetables, chicken/beef/turkey/fish cubes to grill—Why—it takes longer to eat with toothpicks, frilled-cocktail picks, or chopsticks than with spoons and forks. Place the fork by the plate after one bite. Chew deliberately and slowly.

Healthy Eating

Tuna and White Bean Wraps



INGREDIENTS

(common pantry items)

¾ cup no added salt cannellini beans, drain

3 tablespoons plain fat free Greek yogurt

2 tablespoons light mayonnaise

1 tablespoon olive oil

1 tablespoon lemon juice

½ tsp ground black pepper

3 - 5 oz. cans, 50% less sodium chunk light tuna

in water, drain(or cooked turkey, shred or cube

4 - 8-inch multi-grain flour tortillas

3 Roma tomatoes, chopped (1 cup)

½ cup matchstick-size pieces carrots

¼ cup finely chopped red onion

¼ cup snipped fresh parsley

1. In a food processor, combine beans, yogurt, mayo, oil, lemon juice, & pepper. Cover & process til smooth.

2. In medium bowl, combine tuna and bean mixture. Stir to coat

3. Divide mixture among tortillas. Top with tomatoes, carrot, red onion & parsley. Roll up tightly. Serve.

Servings:
4 (1 wrap each) Calories 337;
fat 10 grams;
Protein 25 grams,
carbohydrate 35 grams,
fiber 8 grams,
sodium 550mg
(substitutions: turkey)

Source:
Main Fresh.Food.Fast Vol 2

Try To Do Something Fun Every Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try a green fruit (not apple-this time try Kiwi, plum, grape)	Invent a game that involves yard work for you and your children!	Store whole citrus fruit, hard-rind squash, eggplant, and root veggies in a cool, dry place.	Create a fun lunch by using cookie cutters to cut sandwiches or tortillas into fun shapes. Put in colorful containers.	Clean out your closets Donate clothes to a worthy cause A feel-good exercise!	Use Mason jars, cups with lids, colorful paper plates-invert to cover your lunch	Serve roasted parsnips and Brussels sprouts with dinner. Delicious side to any dinner. (Oven roast or grill with 'Pam spray')
Is your refrigerator 40° or lower? Use an appliance thermometer to double check.	Purchase chalk so that your kids can create "sidewalk" art Also create a hopscotch board.	Easy 3-bean salad by mixing three cans of different low sodium beans and a low-fat, low-sugar vinaigrette salad dressing.	Use the stairs at work today instead of the elevator. Tell your kids - do the same	Eat leftovers for dinner tonight. Do not keep leftovers in your refrigerator for more than 2 or 3 days.	Make healthy brownies as a treat. Do not eat the uncooked batter, because it contains raw eggs and flour. Find one with nuts and pureed black bean	Buy frozen vegetables at the store, if fresh ones are too expensive. Frozen vegetables retain most all the nutritional value. Available year-round.
Designate today as "no remote" day. If your kids need to change the channel, they will need to get up to do it! Many TVs can only be remote controlled!	Store onions away from other vegetables that might absorb their odor	Pack lunch for work today to save money and calories. Use a divided plate or Mason quart jar	Find library books on birds, plants, & insects that live in your neighborhood. Then visit a park, garden, or other natural habitat to look for what you learned about.	Make roasted beets tonight. Look for golden ones to make your dish extra special	Trick or treat! Halloween is a day for treats, but choose just a few pieces of bite size/fun size candy. Read labels for the lowest calorie, lowest sugar.	Replace your spaghetti with spaghetti squash tonight. Top with your favorite low-salt, low-sugar tomato sauce.
Add bok choy to your salad or a healthy stir-fry. Bok choy is in season	Sign your family up for a virtual Family Fun Run or Walk (JDRF and Diabetes Month is November).	It is best to eat leftovers within 2 to 3 days after they were made, unless you freeze them.	Buy some chicory today. It is an overlooked bitter green that is delicious in salads. Try it.	Sweeten oatmeal with fruit or cinnamon instead of sugar or artificial sweeteners.	Prepare a vegetable that begins with the letter "R" Radish Radicchio Red cabbage Red/purple onions Red/purple beets Rhubarb Relish Red leaf lettuce	Is your freezer zero or lower? Use an appliance thermometer to double check. Reduce risk of food borne illness.

Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

The Physicians and healthcare professionals at Centric Health Medical Offices offer an array of services ranging from Cardiology, Vascular, Primary Care, Endocrinology, Pulmonology, Neurosurgical Spine Surgery, Urgent Care, and Diagnostic Imaging.

- **Central Cardiology Medical Center**
- **Preferred Family Care**
- **Sillect Medical Centers**
- **Kern Endocrine Center**
- **WF Baker MD and Associates**
- **J. Foster Campbell, MD**
- **Golden Valley Medical Associates**
- **Harjeet Singh, MD**
- **Susan Hall, MD**
- **Dr. Ian Armstrong - Spine Specialist**
- **Dr. Ashraf - Pulmonology**
- **Clinica Del Valle**
- **Golden State Hospitalists**
- **Centric Health Imaging**
- **Centric Urgent Care**

Quality Healthcare, Close to Home



Our Providers



J. Foster Campbell, MD



Lorene Rodriguez, MD



Kim Hatton, NP

Prompt Care For All Ages

- Primary Care
- Urgent Care
- Chronic Care Management
- Women's Health
- School Physicals
- Immunizations
- Minor Surgeries & Procedures
- On-site X-Ray and Lab Services
- Tele-Medicine (See your doctor from the comfort of your home)

Walk-ins Welcome!

Accepting All Major Insurances

Mon-Fri 8am-5pm


SE HABLA ESPANOL

Opposite St. John's Lutheran School

CENTRIC URGENT & PRIMARY CARE

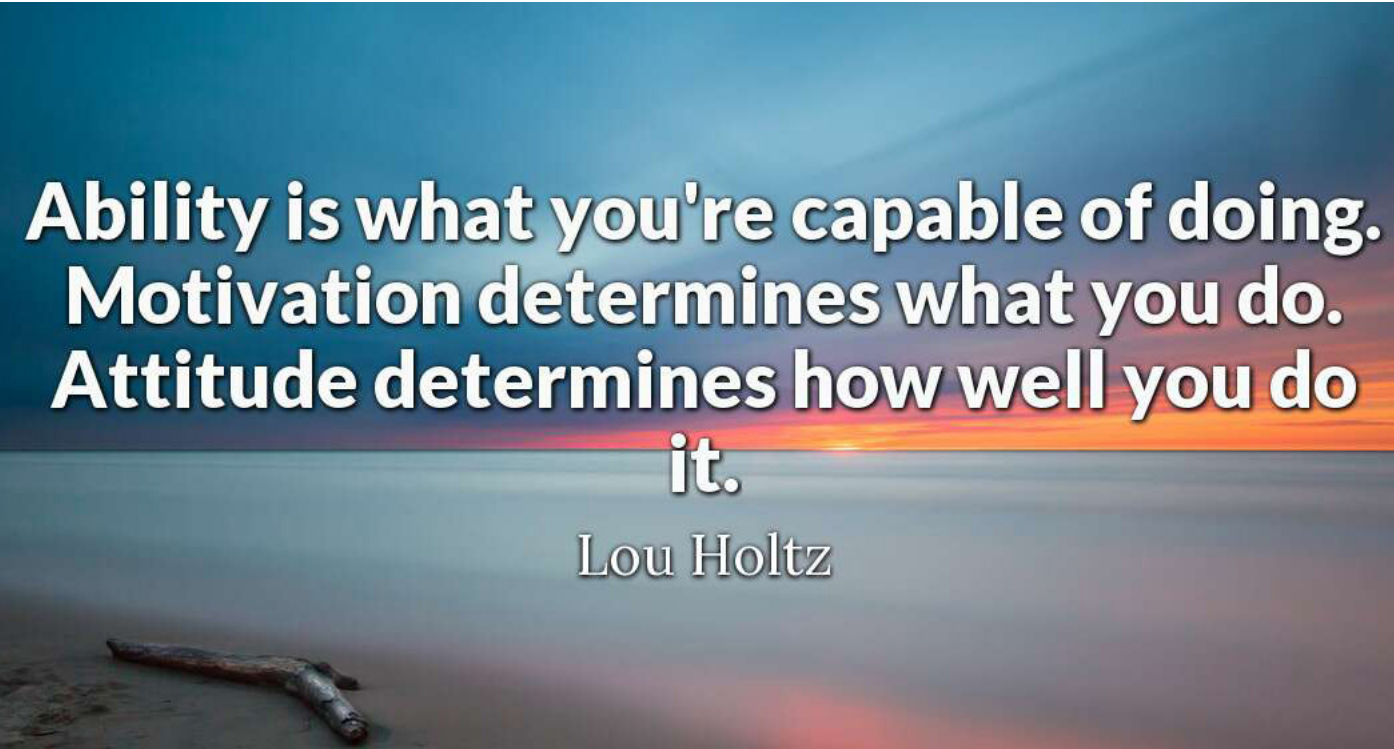
A Division of CENTRIC HEALTH

4531 Buena Vista Rd., Suite 100 Bakersfield, CA 93311 | (661) 865-5600 | www.centricuc.com



COURAGE DOESN'T ALWAYS ROAR.
SOMETIMES COURAGE IS THE QUIET VOICE AT
THE END OF THE DAY SAYING,
"I WILL TRY AGAIN TOMORROW."

Mary Anne Radmacher



**Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do
it.**

Lou Holtz

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.