

Michael Dominguez, M.D.

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National Immunization Month

Hello everyone! I want to share some important information about National Immunization Month. This special month is dedicated to raising awareness about the importance of vaccines in keeping us healthy and preventing diseases. Vaccines are like superheroes for our bodies, helping us fight off dangerous germs and stay healthy!

Vaccines are tiny, weakened, or inactivated versions of harmful germs, like viruses or bacteria. When you get vaccinated, your body learns how to recognize these germs and make special proteins called antibodies. These antibodies protect you from getting sick if you ever come across real germs in the future.

Vaccines are essential for several reasons:

1. **Prevention:** Vaccines prevent dangerous diseases like measles, mumps, and whooping cough, which can make you very sick or even lead to serious complications. Over the last 3 years, we have all learned about the COVID vaccines to help prevent infection and hospitalization.
2. **Community Health:** Where many people get vaccinated, it creates “herd immunity.” This means the germs have a hard time spreading, protecting even those who cannot get vaccinated, like babies or people with weak immune systems.
3. **Safe and Effective:** Vaccines are thoroughly tested to ensure they are safe and work well. They have been protecting people worldwide for many years!

Here are some common vaccines you might have heard about:

1. **MMR:** Protects against measles, mumps, and rubella.
2. **DTaP:** Guards against diphtheria, tetanus, and pertussis (whooping cough).
3. **HPV:** Helps prevent certain types of cancers caused by the human papillomavirus.
4. **Flu:** Protects against the seasonal influenza virus.

Vaccine recommendations by age:

Birth to Age 18: <https://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-combined-schedule-bw.pdf>

Age 19 to 65: <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule-bw.pdf>

Texas Vaccines for Children Program – Immunizations Unit: <https://www.dshs.texas.gov/immunization-unit/texas-vaccines-children-program-immunizations-unit>


This fall, our senior patients will have access to a vaccine against Respiratory Syncytial Virus, RSV. This is a virus that often affects infants and toddlers but can cause significant illness in older patients. The vaccine should be available around the same time as the flu shot this year.

For those over 50, the shingles vaccine is very important. If a person gets a shingles outbreak, it can cause significant pain long after the rash resolves. The vaccine requires 2 shots given 1-2 months apart. Recent legislation has made the vaccine free for many patients.

Vaccines are incredibly safe, but like any medicine, they may have some side effects. Common side effects are mild, like a sore arm or a slight fever. These go away quickly and are a sign that your body is building immunity. The benefits of vaccines far outweigh the risks of getting sick from preventable diseases.

In conclusion, National Immunization Month is a fantastic time to learn about the power of vaccines. By getting vaccinated, you protect yourself, your friends, and your family from dangerous diseases. Vaccines are a crucial part of staying healthy and keeping our community strong. So, let's celebrate National Immunization Month by getting vaccinated and being superheroes for our health! Stay safe and be well!

TO VACCINATE OR NOT?



MYTHS

“One shot is enough”
A single shot does not ensure immunity

“Vaccines can cause autism”
There is no correlation between autism and vaccines. The study was proven to be false

“Vaccines can cause mercury poisoning”
Some vaccines have a small amount of thimerosal but this is not enough to cause mercury poisoning.

WHAT ARE VACCINES?

Contains harmless antigens that simulate an infection

Triggers a response from the immune system to protect itself from that bacteria or virus

HOW IT WORKS?

The B- and T-lymphocytes remember how to fight the disease in the future

Talk to your primary care provider about getting vaccinated

QPIC Corner





SATURDAY MAMMOGRAMS

SCHEDULE NOW



Scan the QR code
or contact us at:

 (210) 268-01698
 QPICCM@healthtexas.org



Under 40? Provider order REQUIRED.

Article provided by:
Michael Dominguez, M.D.
Board Certified Family Medicine
Top Doctors in America®
Bridges to Excellence®
Best Doctors in San Antonio®
Hablo Español



HealthTexas – Holy Cross
590 N General McMullen Dr.
San Antonio, TX 78228
Hours:
M, T, Th, & F 8:00 am – 5:00 pm
W 10 am – 5 pm
Phone: (210) 249.0212

qpicsa.com



Healthy Recipe

<https://downshiftology.com/recipes/chocolate-covered-bananas/>

Boost Your Immunity Recipe
Healthy Recipe

By: Lisa Bryan

Makes: 6 Servings

Prep: 2 hours 15 minutes

Ingredients:

3 medium banana, sliced

1 cup chocolate chips (dark chocolate preferable)

Optional Toppings:

Nuts

Seeds

Shredded Coconut

Almond butter or peanut butter (drizzle)

Dried fruit

6 wooden pop sticks



Directions:

1. Peel the bananas, then slice in half and insert a popsicle stick into the cut end.
2. Lay the bananas on a piece of parchment paper and freeze for at least 2 hours
3. Melt the chocolate in a double broiler or in 20 second increments in the microwave.
4. Dip the frozen banana into the melted chocolate and twirl to remove any excess.
5. Sprinkle on any toppings while the chocolate is still wet,
6. Then place on a piece of parchment paper or wax and allow the chocolate to fully harden.
7. Enjoy immediately

Tips: Freeze in separated layers: If you plan to freeze these after making them, you can place them in a storage container but make sure to have parchment paper or wax paper between layers. You don't want them sticking together.

Nutrition

CALORIES: 219.4KCAL | **CARBOHYDRATES:** 26.1G | **PROTEIN:** 2.5G | **FAT:** 10.1G |

SATURATED FAT: 10G | **SODIUM:** 0.4MG | **FIBER:** 1.2G | **SUGAR:** 19.4G

Source: Downshiftology with Lisa Bryan & HealthStart Foundation : https://www.healthstartfoundation.org/hsblog/6-quick-easy-snacks-to-boost-your-immune-system?gad=1&gclid=CjwKCAjw_aemBhBLEiwAT98FMqx_7c9XXZfbjorlWXRDN5zXn6aDBp4utuGmUnXmUIDkRruU1DVxBxoCD9UQAyD_BwE

<https://downshiftology.com/recipes/chocolate-covered-bananas/#wprm-recipe-container-33267>

Downshiftology, by Lisa Bryan

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