

PULSE

SPRING 2021 NEWSLETTER INDOOR EXERCISES & VACCINES



AAMG

All American Medical Group



**Your Choice.
Your Health.
Our Mission.**



AAMG is a progressive, physician led multi-specialty medical group devoted to providing the highest quality health care to our patients. We hope to stand by your side for all your health care needs.

AAMG是一個由醫生領導的先進的多專業醫學小組，致力於為我們的患者提供最優質的醫療保健。我們希望與您一起滿足您的所有醫療保健需求。



Intro to New PCPs in your Area 您所在地區的新主診醫生簡介

Sunset



Jennifer Hsu, M.D.
Pediatrics/兒科



Kristin Wong, M.D.
Internal Medicine/內科

Inner Richmond



Gerald Murphy, M.D.
Internal Medicine/內科



Aissa Haman, M.D.
Internal Medicine/內科

Nob Hill



Alexander Chang, M.D.
Internal Medicine/內科



Angela Quang, M.D.
Internal Medicine/內科

Lake Shore



David Shu, M.D.
Internal Medicine/內科

Member Relations Department 會員關係部

Our Member Relations department is open to assist you! Please call **(415) 590-7418** during office hours Monday to Friday from 8:30am to 5:00pm to make an appointment.

我們的會員關係部隨時為您服務！請在週一至週五上午8:30至下午5:00的辦公時間內致電 (415) 590-7418進行預約。



823 Jackson Street, San Francisco, CA 94133

Languages 語言:

Cantonese 廣東話
Mandarin 普通話

Toishanese 台山話
English 英語

COVID Vaccination Locations

COVID疫苗接種地點

AAMG is committed to serving our members and the community to overcome COVID-19. In a major achievement for our community, AAMG Vaccination Centers and our doctors have begun COVID-19 vaccination to eligible individuals.

AAMG Vaccinations Centers are at these locations:

CHINATOWN - Dr. Kenneth Chang

(ambulatory vaccinations)

728 Pacific Avenue, Suite 402

San Francisco, CA 94133

SUNSET - Grace Pacific Medical Associates

(ambulatory and in-vehicle (for disability only) vaccinations)

1431 Noriega Street,

San Francisco, CA 94122

According to San Francisco County's guidelines, eligible individuals may contact AAMG Member Relations for appointment scheduling at **(415) 590-7418**. Our Member Relations representative will provide you with appointment availabilities and instructions for what to do on the day of your appointment. Due to high call volume, we may not be able to answer all calls immediately. Please leave a voice message with your name and contact information for call back.

美亞醫療集團致力於為我們的會員和社區服務，以克服新型冠狀病毒。美亞醫療疫苗接種中心和我們的醫生已向符合條件的人士開始了COVID-19疫苗接種，為我們社區取得了一項重大成就。

疫苗接種目前在以下地點進行：

唐人埠 / 陳鴻傑醫生

(診所內接種)

三藩市柏思域街728號美麗華大廈402室

星期二，星期三，星期五

下午1:00 - 下午4:30

日落區 / Grace Pacific Medical Associates

(診所內或車上(僅用於殘疾人士)接種)

1333 Noriega Street

星期一至星期六

上午9:00 - 中午12:00及

下午1:30至下午4:00

根據三藩市縣的指引，符合條件的人士可以致電美亞醫療會員關係部 **(415) 590-7418** 與我們的會員關係代表預約疫苗接種時間，並提供在疫苗接種當天的指引。由於預約疫苗的電話量很大，我們可能無法立即接聽所有電話。請留言給我們包含姓名和聯繫信息以供回電。

At-Home Exercises During the Pandemic

There is a lot of time at home during the pandemic, but how can you do physical activities with limited space? Try **balance exercises!** These exercises can improve the body's ability to control and stabilize its position. It benefits people of all ages, reduces the risk of falls, and helps improve brain functions. Give it a try today!

Remember:
Please consult your doctor before starting any exercise program!



Stand On One Foot ★



1. Stand on one foot behind to a chair
2. A chair may be used for assistance
3. Hold position for 10 seconds
4. Repeat 15 times for each leg

Weight Shift ★



1. Stand feet width apart
2. Shift weight to your right foot and lift left foot for 30 seconds
3. Alternate with other leg

Side Leg Raise ★



1. Lift up one leg off the ground
2. Bend it back for 30 seconds
3. Alternate with other leg

Flamingo Stand ★★



1. Stand on one foot without support for a period of time
2. Alternate with other foot

Balance Walk ★★



1. Raise arms to sides
2. Walk in a straight line
3. Lift your back leg
4. Pause for 1 second before stepping forward
5. Repeat 20 steps for each leg

Heel to Toe Walk ★★



1. Position your heel of one foot in front of the toes of the other foot
2. Take a step and place your heel to other foot
3. Repeat for 20 steps

Back Leg Raises ★★★



1. Keep balance on single leg while pulled to one side with resistance band around ankles
2. Alternate with other foot

Sit-to-stands ★★★



1. Stand with your feet shoulder-width apart
2. Squat down by pushing knees to the side while pushing hips back

Exercises and images adopted from the [National Institute of Aging](#) and [Mayo Clinic](#)

Resources: <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

★ = Level of Difficulty

疫情期間的在家運動

疫情期間我們多了時間留在家裡，如何在有限的空間中做運動呢？來試試**平衡訓練**，它可提高對身體控制和維持穩定狀態的能力，對任何年齡的人都有益，還可降低跌倒的風險，並有助改善大腦功能。

請記得：
開始任何運動計劃之前，請諮詢您的醫生！



扶椅單腳站立



1. 站在一張堅固穩定的椅子後，單腳站立
2. 可手扶著椅背支撐
3. 維持單腳支撐達10秒鐘
4. 每條腿重複動作15次

重心轉移



1. 雙腳分開站立
2. 將重力轉移到右腳，然後將左腳抬起並保持30秒
3. 換另一條腿重複動作

側抬腿



1. 將一條腿向外側抬離地面
2. 保持30秒后慢慢將腿放下
3. 與另一條腿交替進行

火烈鳥式單腳站



1. 在沒有支撐的情況下單腳站立一段時間
2. 與另一隻腳交替進行

平衡行走



1. 雙臂向兩側平舉
2. 沿著直線行走
3. 行走時將後腿舉高
4. 停一秒後再向前踩出
5. 兩腿交替，走20步

腳跟抵腳尖行走



1. 將一隻腳的腳跟向前移到另一隻腳的腳尖前
2. 繼續以腳跟抵腳尖的方式向前邁出一步
3. 重複以上動作，向前行走20步

後抬腿



1. 將阻力帶環繞在腳踝上，單腳站立保持平衡，同時慢慢向後抬起一條腿
2. 換另一條腿，重複動作

坐到站訓練



1. 雙腳分開站立，與肩同寬
2. 將臀部向後推壓同時膝蓋向外推完成下蹲

訓練圖片來自美國國立衰老研究所 (NIA) 和梅奧診所醫學中心 (Mayo Clinic)

Resources: <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

★ = 難度係數

COVID-19 Vaccine Comparisons

Brand	Moderna	Pfizer	Johnson & Johnson
Type	mRNA		Viral Vector
How does it work?	<ul style="list-style-type: none"> • These new vaccines make use of the SARS-CoV2's spikes (the S-protein that attaches to your cells). • The new vaccine is a genetic code (mRNA) that makes your cells create the same spike. • Your immune system recognizes this protein and could protect you from the real virus. 		<ul style="list-style-type: none"> • A weakened version of a live virus has genetic material from the virus that causes COVID-19. • The genetic material gives cells instructions to make a protein that causes COVID-19. • Prompts our bodies to build lymphocytes that will remember how to fight that virus if we are infected in the future.
Side effects	Injection site reactions: • Pain • Swelling • Redness • Tenderness and swelling of the lymph nodes in the same arm of the injection (Moderna)		
	General side effects: • Headache • Fatigue • Muscle pain/aches • Nausea • Fever • Chills • Joint pain (Moderna, Pfizer) • Feeling unwell • Swollen lymph nodes • Non-severe allergic reactions, e.g. rash, itching, hives, or swelling of the face (Pfizer)		
	Small chance of severe allergic reactions:	<ul style="list-style-type: none"> • Difficulty breathing • Swelling of the face and throat 	<ul style="list-style-type: none"> • Bad rash all over your body • Dizziness and weakness
Shots needed	2		1
Eligibility	Ages 18 and older	Ages 16 and older	Ages 18 and older
Days between shots	28	21	none
Efficacy	94.1%*	95%*	66%*
*All vaccines can prevent hospitalizations and death. We should not use the efficacy data to compare between any vaccines because no head-to-head studies have been conducted. The efficacy data are unique to their respective clinical studies. Factors such as location, variant strains, and when the studies were conducted can also vary the efficacy of the vaccines.			



Congratulations to AAMG Internal Medicine specialist **Dr. Kenneth Chang** for his dedication and efforts! Our COVID vaccine series of videos featuring Dr. Chang have been a tremendous success to AAMG's YouTube channel, generating nearly **250,000** views!

Use your phone's camera to scan the QR code to check out our playlist of videos!



新型冠狀病毒疫苗對比

品牌	莫德納	輝瑞	強生
類型	mRNA (信使核糖核酸)		病毒載體
疫苗如何發揮作用?	<ul style="list-style-type: none"> ● 這種新型疫苗使用SARS-CoV2刺狀蛋白 (是一種S類蛋白可以依附在你的細胞中)。 ● 這種新疫苗是一種基因代碼 (mRNA信使核糖核酸)，可以令你的細胞產生同樣的刺狀蛋白。 ● 你的免疫系統可以識別這類蛋白，從而保護你原理真正的病毒。 		<ul style="list-style-type: none"> ● 是一個較弱版本的活的病毒，含有會導致新型冠狀病毒的遺傳物質。 ● 這些遺傳物質向細胞發出指令，讓細胞產生導致新型冠狀病毒的蛋白質。 ● 激發我們的身體產生淋巴細胞，並在將來受到感染時記住如何打敗這種病毒。
已知副作用	注射區域: • 疼痛 • 腫脹 • 發紅 • 注射的手臂淋巴結出現壓痛或腫脹 (莫德納)		
	一般副作用: • 頭痛 • 疲累 • 肌肉痛 • 噁心 • 發燒 • 發冷 • 關節疼痛 (莫德納, 輝瑞) • 感覺不適 • 淋巴結腫大 • 非嚴重過敏反應，例如皮疹，瘙癢，麻疹或者面部腫脹 (輝瑞)		
	非常少機會出現的嚴重過敏反應：	<ul style="list-style-type: none"> ● 呼吸困難 ● 面部及喉嚨腫脹 	<ul style="list-style-type: none"> ● 全身出現嚴重皮疹 ● 頭暈以及虛脫
需打針數	2		1
適用年齡	18+	16+	18+
兩針間隔	28日	21日	——
功效	94.1%*	95%*	66%*
<p>* 所有疫苗都能起到預防重症住院及死亡的作用。我們不能簡單使用有效率，來比較不同品牌疫苗的好壞。因為它們之間沒有進行過任何直接對比的研究，有效率都是基於它們各自獨立的臨床研究所得。諸如研究開展的地點，變異病毒株情況，以及研究開展的時間等因素，都能使疫苗的有效率存在差異。</p>			



感謝美亞醫療集團內科家庭醫生陳鴻傑的努力和付出，我們新冠疫苗系列視頻在YouTube頻道上獲得了巨大的成功，收穫接近25萬瀏覽量。

歡迎大家使用手機攝像頭掃描右邊二維碼，以獲取視頻列表鏈接。





AAMG

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Member Relations

823 Jackson St.
San Francisco, CA 94133
Tel: (415) 590-7418

Refer a friend to join the AAMG family! Open enrollment is open year round for **Medi-Medi** members. Please contact our Member Relations department at (415) 590 - 7418 to join today!

推薦朋友加入AAMG家族! 歡迎持有紅藍及白卡人士隨時加入。

請聯繫會員關係部(415) 590-7418, 立即加入!



Website 網站



YouTube



Facebook



AAMG's Health Educational Workshops

help you open new doors to different health topics!

- A variety of games and gifts during special events
- Upcoming health topics with psychologists, mental health providers, and public safety specialists:
 - Mental health management and self-healing strategies
 - Safety practices during the Asian hate crisis
 - Hypertension and stroke prevention
 - Lung health management
 - Smoking cessation tips during the pandemic

美亞醫療集團健康教育講座

為你打開不同健康話題的新大門!

- 各式遊戲及禮物伴隨講座等著你;
- 在接下來的健康講座中, 我們將邀請心理學專家, 心理輔導提供者, 和社區安全專員和你談談:
 - 心理健康管理以及自我治愈策略;
 - 仇視亞裔危機下的實用安全小知識;
 - 高血壓及中風的預防;
 - 肺部健康管理;
 - 疫情下的戒煙小技巧。

Want to join one of our workshops? Scan the QR code for easy access to our schedule. Workshop information is updated frequently. Stay tuned!

想參加我們健康教育講座? 只需掃描二維碼就能輕鬆獲得講座詳情, 我們將及時更新健康講座內容, 記得關注我們啦。

