

# PULSE

FALL 2021 NEWSLETTER  
HERE COMES THE BOOSTERS



YOUR CHOICE.  
YOUR HEALTH.  
OUR MISSION.





# Flu and COVID-19 流感和新型冠狀病毒

## Who should get the flu vaccine for the 2021-2022?

Annual flu vaccination is recommended by CDC for everyone **6 months and older**, with few exceptions.

## What is the difference between flu and COVID-19?

Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. **People can be infected with both a flu virus and the virus that causes COVID-19 at the same time.** In general, COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. Compared with people who have flu infections, people who have COVID-19 can take longer to show symptoms and be contagious for longer.

## Can I get a COVID-19 vaccine and a flu vaccine during the same visit?

**Yes**, you can get a **flu vaccine** at the same time you get a **COVID-19 vaccine (or a COVID-19 booster shot)**. Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine: If you haven't gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can.

## 2021-2022年的流感季，哪些人應該接種流感疫苗？

疾控中心建議年齡在**6個月或以上的人士**都應接種年度流感疫苗，少數情況除外。

## 流感病毒和新型冠狀病毒有什麼區別？

流感病毒和新型冠狀病毒都是呼吸道傳染疾病，但它們是由不同的病毒引起的。**人們可能同時感染流感病毒和新型冠狀病毒。**一般來說，新型冠狀病毒似乎比流感病毒更易傳播，並在部分人中出現更嚴重的病症。與感染流感的人相比，感染新型冠狀病毒的人可能需更長時間才會出現症狀並具有傳染性。

## 我可否同時打流感疫苗和新型冠狀病毒疫苗？

**可以**，你可以在接種**流感疫苗**的同時，接種**新型冠狀病毒疫苗（或新冠加強針）**。但雖然你可以同時打新型冠狀病毒疫苗及流感疫苗，你仍應遵守各種疫苗的接種建議指引，如果你還沒完成新型冠狀病毒疫苗的接種，請盡快安排接種。

For more information, please visit 想了解更多信息，歡迎瀏覽：[www.cdc.gov/flu/season/index.html](http://www.cdc.gov/flu/season/index.html)

### Stay Healthy By Getting a Free Flu Shot

You are recommended to get a flu shot at no cost to protect you and your family.

**You could see your doctor now for flu shot.**

**Don't delay, make an appointment today!**

### 為了確保您的健康安全

我們建議您接種免費流感疫苗以保護您和您的家人。您可以約見家庭醫生，**接種流感疫苗針。**

**不要拖延，今天就去預約！**

# 新冠新階段

—— 陳鴻傑醫生專訪

**問: 為何 Delta 變種病毒比之前的變種病毒更具傳染性?**

**答:** 高傳染性可能由於此變種病毒擁有在體內**快速複製**的能力。研究還發現，感染Delta變種的人比感染原始病毒的人更早攜帶可檢測到的病毒（暴露在**Delta**病毒後只需**4天**，而暴露在其他變種病毒後一般需**6天**），另一項研究發現Delta變種保持傳染性的時間更長（**Delta 變種可持續18天**，其他變種病毒一般只持續**13天**）。

**問: 感染Delta變種病毒和感染原始病毒的症狀有何差別?**

**答:** 感染Delta變種病毒的症狀其實和原始病毒差不多。但醫生也發現兩者之間有一定區別。**發燒和咳嗽**在兩種感染上都普遍存在。但**頭痛，鼻竇充血，喉嚨痛，流鼻涕**，以及**嚴重打噴嚏**等症狀更常見於Delta變種感染患者。而**失去味覺及嗅覺**，被認為是感染原始病毒的標誌性病徵，在Delta變種感染者身上則沒那麼常見。

**問: 疫苗是否會對變種病毒無效呢?**

**答:** 當一種新的變種出現，最大的問題就是它是否會突破疫苗的保護。但實際上疫苗生產出來最主要的作用就是：**預防重症，住院以及死亡**。疫苗的作用不僅僅是觸發中和抗體的產生。它們還可透過**T細胞和記憶B細胞**令身體獲得免疫力。因此，變種病毒很難令疫苗失效。

掃描二維碼  
觀看完整視頻



\*三藩市同時也正在接受已接種強生疫苗的個人提出的接種mRNA補充劑疫苗的請求。

**需要打補充劑或加強針疫苗? 歡迎聯繫陳鴻傑醫生診所!**

**請致電: (415) 421-4525**

診所地址: 728 Pacific Avenue, Suite 402, San Francisco, CA 94133

**陳鴻傑 M.D.**  
內科家庭醫生



# COVID-19 update

— Interview with Kenneth Chang, M.D.

**Q: How is the Delta variant more contagious than previous variants?**

**A:** The high infectiousness could be due to its ability to **replicate rapidly** in the body. A study found that people infected with the Delta variant carry the detectable virus earlier than with the original virus (**4 days vs 6 days after exposure**) and another study found that they remain infectious for a longer period of time (**18 days versus 13 days**).

**Q: What are the differences between the symptoms of the Delta variant and the original coronavirus?**

**A:** The Delta variant may look and act very similar to the original strain of COVID-19, but doctors have noticed some differences. **Fever** and **cough** are present in both types, but **headaches, sinus congestion, sore throats** and **runny noses** all appear to be more common with the Delta strain. **Excessive sneezing** is also a symptom. **Loss of taste and smell**, considered a hallmark symptom of the original virus, may happen less frequently.

**Q: Will the variants make the vaccines useless?**

**A:** Whenever a new variant appears, the big question that follows is whether it will bypass the vaccines. The vaccines perform what they were designed to do: **prevent severe illness, hospitalization, and death**. Vaccines do a lot more than just trigger the production of neutralizing antibodies. They also grant immunity through T cells and memory B cells. As a result, **it is difficult for a variant to render the vaccines useless**.

Scan the QR code  
to watch the full interview.



\* San Francisco is also accommodating requests from individuals who have received the J&J vaccines to receive an mRNA supplemental dose.

**Need a supplemental dose or a booster dose?**

**Make an appointment with us today!**

**Call (415) 421-4525**

**Office: 728 Pacific Avenue, Suite 402, San Francisco, CA 94133**

**KENNETH CHANG**  
**M.D.**

**Internal Medicine**

# Are You or a Friend Turning 65?

## 你或你的朋友是65歲嗎？

Medicare is available for people age 65 or older, younger people with disabilities and people with End Stage Renal Disease (permanent kidney failure requiring dialysis or transplant). Medicare has two parts, Part A (Hospital Insurance) and Part B (Medicare Insurance).

Medicare適用於65歲或以上的長者，殘障人士和患有終末期腎病（需要透析或移植的永久性腎衰竭）的人士。Medicare有兩部分，A部分（醫院保險）和B部分（Medicare保險）。



## When Do You Need to Apply for Medicare?

### 您什麼時候需要申請醫療保險？

If you're eligible for Medicare when you turn 65, you can sign up during the 7-month period that:  
如果您在65歲時有資格獲得Medicare，則可以在7個月內註冊：

- Begins 3 months before the month you turn 65  
開始於您滿65歲的月份的前3個月
- Ends 3 months after the month you turn 65  
滿65歲後的3個月後結束
- Includes the month you turn 65  
包括您滿65歲的月份

## Why is it Important to Apply for Medicare?

### 為什麼申請醫療保險很重要？

If you don't sign up for Medicare Part A or Part B when you're first eligible, you'll have to pay a late enrollment penalty. You'll have to pay this penalty for as long as you have Part A or Part B and could have a gap in your health coverage.

如果您首次符合資格時沒有註冊Medicare A部分或B部分，則必須支付後期註冊罰款。只要您擁有A部分或B部分，並且您的健康保險可能存在缺口，您就必須支付這筆罰款。

**Are you 65? Call us today at (415) 590 - 7418 to check if you are eligible.**

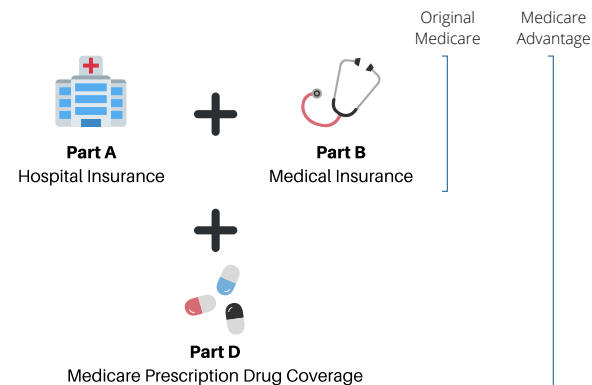
**你是65歲嗎？今天致電（415）590-7418，以查詢您是否符合資格。**

## Do you Need Prescription Drug Coverage?

### 您需要處方藥保險嗎？

Medicare Advantage (MA) plans are offered through private insurance companies. MA Health plans include prescription drug coverage (Part D) and extra benefits, like dental, vision, hearing, and fitness, often for no additional monthly premium.

Medicare Advantage (MA) 計劃通過私人保險公司提供。MA 健康計劃包括處方藥承保（D部分）和額外的福利，例如牙科，視力，聽力和健身，通常不需要額外的月費。





# 聯邦醫療保險年度參保期

10月15日至12月7日



**AAMG**  
All American Medical Group  
美亞醫療集團



## 為您提供的額外福利

聯邦醫療優勢計劃可能提供原始聯邦醫療不承保的額外福利。  
額外福利包括：

視力保健及眼鏡津貼

聽力保健及助聽器津貼

非處方藥物福利

醫療預約交通安排

個人緊急應變系統(平安鐘)

綜合牙齒護理

針灸

及更多...

## 為您而設的服務

聯邦醫療保險年度參保期由 **10月15日** 開始至 **12月7日**。您可以加入、更改或退出聯邦醫療優勢健康計劃。通過以下方式之一了解更多信息：



電話

致電 (415) 590-7418 聯繫會員關係



辦公室

預約並親臨我們的辦公室三藩市貝臣街823號與我們的持牌代表會面進行免費諮詢



Zoom

參加線上會議以了解有關我們網絡和服務的更多信息。掃描此二維碼登記並選擇在10月18日至12月6日之間的週一上午11時參加其中一個會議。







**AAMG**  
All American Medical Group  
美亞醫療集團

# MEDICARE

## ANNUAL ENROLLMENT

**OCTOBER 15TH - DECEMBER 7TH**



### Extra Benefits Available to You

Medicare Advantage health plans might offer extra benefits that Original Medicare does not cover. Extra benefits include:

-  Vision care and eyeglass allowance
-  Hearing exam and hearing aids allowance
-  Over-the-Counter benefits
-  Medical appointment transportation arrangement
-  Personal Emergency Response System
-  Comprehensive dental care
-  Acupuncture
-  And more...

### Services Designed Around You

The Medicare Annual Enrollment Period starts from October 15th until December 7th. You can sign up, change or disenroll a Medicare Advantage health plan. Find out more information through one of the ways below:



**Phone**  
Call Member Relations at (415) 590-7418



**Office**  
Make an appointment to meet our licensed representative in-person for a free consultation our office at 823 Jackson Street, San Francisco, CA 94133



**Zoom**  
Join a virtual information session to learn more about our network and services. Scan this code to register and choose one meeting date to attend on every Monday at 11am between Oct 18 and Dec 6.







# AAMG

All American Medical Group

### Member Relations/會員關係部

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 those individuals with both MediCare and Medi-Cal. Please contact our Member Relations department at (415) 590 - 7418 to join today!

推薦朋友加入美亞醫療集團的大家庭! 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!

美亞新冠病毒最新資訊

**Delta 變種肆虐 如何保持警惕**

Covid-19 Latest Update



余榮嶽 內科家庭醫生

AAMG YouTube Channel/美亞健康教育頻道

Tons of Health Videos/海量健康視頻

Stay Up-To-Date/實時最新

- COVID-19/新冠疫情
- Vaccination/疫苗接種
- Healthy living tips/健康生活常識

新冠疫情系列講座

**疫情轉折點**

疫苗? 重啟? 口罩新令?

你還需要知道什麼?



主講嘉賓 傅清泉 內科家庭醫生

新冠疫情 新階段

Delta? Delta Plus? Lambda? 症狀?

疫苗對變種病毒有用嗎? 有必要打加強針嗎?



內科家庭醫生 陳鴻傑

美亞醫療集團心臟健康系列講座

**全面了解心臟病**

認識心臟病很重要? 什麼是冠心病?  
什麼是心臟疾病? 怎樣診斷心臟病?  
什麼是心肌梗塞? 怎樣治療心臟病?



主講嘉賓 嚴薇 內科家庭醫生

通過實驗來告知你真相

**中式高碳水 飲食會 影響你的血糖?**



註冊營養師: 司徒玉清



實驗參與者醫學院學生: 李思葦



譚光美



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