

# Get Your Flu Vaccine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 60% among the US population during flu seasons.



## Benefits of Flu Vaccinations\*

- ✔ Supports flu prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of flu-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Reduces children's risk of life-threatening influenza

\*According to the CDC

## How to Book Your Vaccination:



### Call Us

Call us to schedule a flu vaccination appointment.

Pacific Medical Group - Beaverton

(503) 644-1171

Pacific Medical Group - N. Portland

(503) 285-6607

Pacific Medical Group - Tigard

(503) 598-2000

Pacific Medical Group - Canby

(503) 723-4660

Pacific Medical Group - Oregon City

(503) 656-5273

Northwest Medical Associates - Vancouver, WA

(360) 254-8025



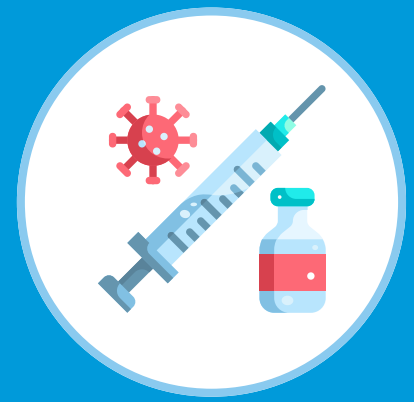
### During Your In-Office Visit

Flu vaccines can also be given during your scheduled office visit. Just let your medical assistant know during your visit.

# Covid-19 Updates

COVID vaccine updates from the CDC can be found [here](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/overview-COVID-19-vaccines.html).

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## Currently authorized by US FDA:

- Pfizer-BioNTech and Moderna COVID 19 vaccines which are mRNA vaccines (6mos and older)
- Novavax COVID 19 vaccine which is a protein subunit vaccine (age 12 and older)

## Recommendations:

- **Everyone aged 6 years and older** should get 1 updated Pfizer-BioNTech or Moderna COVID-19 vaccine regardless of whether they've received any original COVID-19 vaccines
- **People aged 65 years and older** may get an additional dose of COVID-19 vaccine four or more months after the 1st updated COVID-19 vaccine
- **People who are moderately or severely immunocompromised** may get 1 additional dose of the updated COVID-19 vaccine 2 or more months after the last updated COVID-19 vaccine.

## When are you up to date?

### Everyone aged 6 years and older

- When you get 1 updated Pfizer-BioNTech or Moderna COVID-19 vaccine.

### Children aged 6 months—5 years who got the Pfizer-BioNTech COVID-19 vaccine

- Aged 6 Months—4 years and you get 3 COVID-19 vaccine doses, including at least 1 updated COVID-19 dose.
- Aged 5 years and you get at least 1 updated COVID-19 vaccine dose.

### Children aged 6 months—5 years who got the Moderna COVID-19 vaccine

- When you get 2 Moderna COVID-19 vaccine doses, including at least 1 updated COVID-19 vaccine dose.

### People who are unable or choose not to get a recommended mRNA vaccine

- When you get the Novavax COVID-19 vaccine doses approved for your age group.

### People who got the Johnson & Johnson/Janssen COVID-19 vaccine

- When you get 1 updated COVID-19 vaccine.



## Why Are Annual Exams Important?

### Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

### Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

### Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

### Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.

## Schedule an Appointment Today

[Pacific Medical Group](#)

[Northwest Medical Associates](#)





PRAXIS HEALTH  
ASK PRAXIS



Sarah Klimek, FNP

## Why are Screening Mammograms Important?

We recently asked Sarah Klimek, FNP to learn why she encourages patient to have their Mammograms done.



*October is National Breast Cancer Awareness month. For many of us, this month can be a reminder of friends or family that have been diagnosed with breast cancer in the past, or loved ones that are currently fighting breast cancer.*

*As a primary care provider, October is not only a month to remember those already affected by breast cancer, but it is also a good time to remind people in our community that breast cancer has a 5 year relative survival rate of 99% when it is detected early in a localized stage, according to the American Cancer Society.*

*If you know you are due for your screening mammogram, or if you would like to discuss your personal risk of breast cancer, I encourage you to schedule an appointment with me this fall.*

## Schedule an Appointment Today

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[Northwest Medical Associates](#)

**NOW ACCEPTING NEW PATIENTS!**





**Michael Espino, MD**

## Quick Facts About Our Provider

- Dr. Espino's clinical philosophy revolves around preventive care, chronic disease management, and health education.
- He takes pride in taking the time to listen to his patients, understand their unique health concerns and healthcare barriers.
- His hobbies include spending time exploring new restaurants, cooking new recipes, and staying active through dragon boat paddling.

### Pacific Medical Group - Tigard

 13200 SW Pacific Hwy  
Tigard, OR 97223

 (503) 598-2000

## Services that we offer include:



Family  
Medicine



Pediatrics

## Schedule an Appointment Today!



(503) 598-2000



NOW ACCEPTING NEW PATIENTS!





Morgan Powell ARNP, FNP

## Quick Facts About Our Provider

- Morgan believes in taking the time to get to know patients by listening and discussing their health care needs.
- Morgan serving in the United States Air Force for 6 years, where she found her passion for nursing and working with patients.
- Morgan has a background in labor and delivery and loves treating mothers as well as their children.
- Her hobbies include cooking, gardening, and enjoying the outdoors.

### Northwest Medical Associates

 222 NE Park Plaza Drive  
Suite 100 – Park Tower III  
Vancouver, WA 98684

 (360) 254-8025

## Services that we offer include:



Family  
Medicine



Pediatrics

## Schedule an Appointment Today!



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**HAPPY HALLOWEEN!**



PACIFIC MEDICAL GROUP - CANBY'S

**PUMPKIN CARVING  
CONTEST**



Pacific Medical Group - Canby



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(503) 285-6607