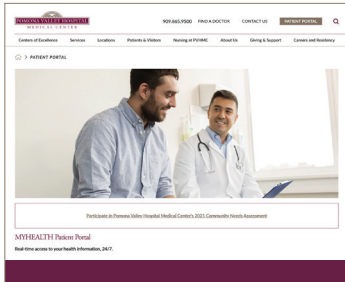


Comprehensive. Convenient. Compassionate.

Winter 2023



### Access Your Healthcare Team and Manage Your Health Needs with the MYHEALTH Patient Portal

Here's what you can do:



Privately View Lab and  
Imaging Results



Securely Message Your  
Healthcare Team



Instantly Access and  
Share Health Records



View and Pay Your Bills

### Get Started Today by

Registering at

[pvhmc.org/patient-portal](https://pvhmc.org/patient-portal).

### Already registered?

Download the HealtheLife App to access Your MYHEALTH account from your phone.

Or Text MYHEALTH to 474747 to receive a download link.

### Need help or have questions?

Please call 909.865.9995



Mohamed Elsharkawy, MD, specializes in Family Medicine and Obstetrics at our Pomona location.

## Urgent Care vs. Emergency Room: Know the Differences

### Urgent Care

#### 1. Assess the severity of symptoms.

Urgent care suits non-life-threatening issues like minor injuries, fever, or infections. If you are experiencing severe symptoms like chest pain, difficulty breathing, or sudden numbness, go to the emergency room or call 9-1-1 now.

#### 2. Understand the urgency.

Urgent care is a good option if your condition requires immediate attention but isn't life-threatening. The emergency room

is right for critical situations such as severe bleeding, poisoning, or suspected heart attack or stroke.

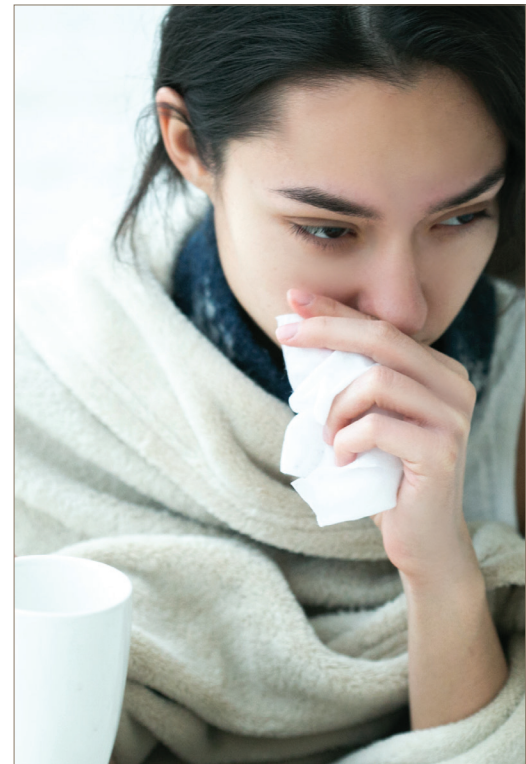
#### 3. Consider the age and vulnerability of the patient.

Children, the elderly, or those with chronic conditions may require a higher level of care and attention, which can be provided in the emergency room.

#### Bonus Tip:

You can now reserve a spot in line at any PVHC urgent care via our online check-in page.

Visit <https://mypvhc.com/services/urgent-care/>.



## Preparing for an MRI

### Imaging

Need an MRI? While the process is painless, you will have to lie on your back in a tight space for 30 to 45 minutes.

Here are 5 tips to help prepare for the appointment:

- 1. Practice deep breathing to help calm your nerves.**
- 2. Wear loose, comfortable clothing** without any metal to prevent discomfort.
- 3. Get as comfortable as possible** before imaging begins. Request a pillow or wedge under your legs or padding under your arms to relieve some of the pressure from the hard surfaces.
- 4. Listen to music over your ear plugs with provided headphones** to help pass the time and distract from any unwanted anxiety and machine noise.

- 5. Use a mirror or eye mask.** For some exams, the head coil has a mirror that attaches. This allows you to see outside the MRI machine. A face mask helps block your view of the tight space. You can also keep your eyes closed for the entirety of the exam if you prefer to do that over using an eye mask.

Our state-of-the-art outpatient MRI can be used to diagnose and solve issues related to pain and joints, as well as detect various forms of disease early on.

***Visit your doctor and see if you need an MRI.***

#### CHINO HILLS

2140 Grand Avenue  
Chino Hills, California 91709

Family Medicine, Digital Radiology, Physical Therapy, Women's Health, Sports Medicine, Geriatric Medicine, Milestones Center for Child Development

#### CLAREMONT

1601 Monte Vista Avenue  
Claremont, California 91711

Urgent Care (No Appointments-Walk-In Only)  
Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy, Sleep Disorders Center, Women's Health, Geriatric Medicine, Sports Medicine, Milestones Center for Child Development

#### CHINO HILLS CROSSROADS

3110 Chino Avenue  
Chino Hills, California 91709

Urgent Care (No Appointments-Walk-In Only)  
Family Medicine, Occupational Medicine, Digital Radiology, Women's Health, Geriatric Medicine, Sports Medicine

#### POMONA

1770 North Orange Grove Avenue  
Pomona, California 91767

Family Medicine, Women's Health, Sports Medicine, Geriatric Medicine

#### LA VERNE

2333 Foothill Blvd.  
La Verne, California 91750

Urgent Care (No Appointments-Walk-In Only)  
Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy

## Cold vs. COVID-19 vs. Flu What are the Differences?

### Seasonal

As the seasons change, the arrival of the cold and flu season prompts us to stay vigilant about our health, especially in the context of COVID-19. Recognizing the differences among illnesses is essential for effective management and precautions.

The main differences between these illnesses include:

**Onset and Severity:** Colds typically develop gradually, while the flu and COVID-19 can strike suddenly and may be severe, with COVID-19 often leading to more severe symptoms.

**Fever:** The flu and COVID-19 both commonly include fevers, while a cold doesn't.

**Body Aches and Fatigue:** Flu and COVID-19 can both cause intense body aches and fatigue, which are less common with simple colds.

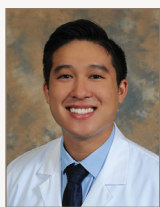
**Respiratory Symptoms:** COVID-19 can lead to severe respiratory symptoms, such as shortness of breath and loss of taste or smell, which are not typical of the common cold and less common with the flu.

**Duration:** The flu can last up to two weeks, while a cold is usually gone in about seven days. COVID-19 may have a longer duration and can lead to lingering symptoms known as "long COVID."

**Complications:** The flu and COVID-19 carry a higher risk of complications than the common cold, particularly in vulnerable populations.

If you are experiencing COVID-19, flu, or severe cold symptoms, [\*visit one of our 3 PVHC Urgent Care Centers for prompt diagnosis and treatment.\*](#)

## Meet The Doctors



**Dr. Michael Okazaki**  
**Board-Certified**

Family Medicine Physician

Dr. Okazaki's mission is to deliver evidence-based care, ensuring patients feel heard and cared for. He values building patient relationships and tailoring solutions to fit unique lifestyles. With a passion for family medicine, he guides patients toward informed health choices, fostering well-being across all life stages.



**Dr. Millie Mae Hathaway**  
**Board-Certified**

Family Medicine Physician

Dr. Hathaway is a compassionate healthcare provider with diverse experience in acute and chronic medical conditions. Committed to patient-centered care, she serves patients of all ages in various settings. Dr. Hathaway values collaboration and actively listens to her patients, emphasizing empathy to build strong connections and trust in her practice.





## The Importance of Breast Density in Breast Cancer Detection

### PVHMC

Breast density is a risk factor for the development of breast cancer.

According to the CDC, about **40% of women have dense breasts.**

Paul Reisch, M.D., medical director of the Breast Health Center at Pomona Valley Hospital Medical Center, explains how breast density can impact cancer detection.

Breasts are fat and glandular tissue held together by fibrous tissue. The more glandular and fibrous tissue relative to fatty tissue, the denser the breast will appear on a mammogram.

As breast density increases, mammographic sensitivity decreases, making cancer harder to detect.

Women with extremely dense breasts are four times more likely to develop breast cancer. The American Cancer Society says 1 in 8 women will develop breast cancer in their lifetime.

Whether you've been diagnosed with dense breasts, all women need to stay up to date with routine breast cancer screenings.

**For more information or to schedule an appointment, visit the Breast Health Center.**



## Urgent Care Clinic Welcomes Adults and Kids of All Ages. Immediate Care Available for:

- Allergies
- Asthma
- Sunburns
- Bites and Stings
- Rashes
- Sports Injuries
- Sprains, Strains, and Fractures
- Minor Cuts and Lacerations
- Colds and Flu
- Children's Illnesses
- Infections
- Migraine Headaches
- And More

## Walk-Ins Welcome Please call 909.479.5148

Open Monday-Friday:  
8 am to 6 pm

Saturdays-Sundays and  
Most Holidays: 9 am to 5 pm

**PVHC Urgent Care Locations:**  
La Verne | Claremont | Chino Hills

**Most Major Insurance Accepted**

## How to Ensure You Don't Lose Medicaid Coverage

### Medi-Cal/Medicaid

Are you part of the millions of people who will lose Medicaid coverage during the unwinding of the continuous coverage requirement? Find out how to reapply or transition to other coverage.

Some of the best ways to plan ahead include:

- Read policy changes and eligibility requirements.
- Promptly reapply with the necessary documents
- Consider alternative coverage options after reviewing other available policies.
- Leverage local resources and advocacy for a seamless transition.

With the right planning and tools, you can stay informed, act proactively to choose the right plan for you and secure your healthcare access for years to come.

All PVHC primary care and urgent care locations accept most major insurance plans.

**Learn more here: <https://www.dhcs.ca.gov/pages/keep-your-medi-cal.aspx>**

