

FIND YOUR **Healthy Way** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

2024 CONSUMER ASSESSMENT OF HEALTHCARE PROVIDERS AND SYSTEMS (CAHPS) SURVEY





Your opinion matters!



Did you know?

Every year, the Center for Medicare and Medicaid Services (CMS) sends out a survey to assess patient experience with their healthcare services. The survey may arrive in the form of an invitation by mail, email, or text. If you do receive it, we encourage you to participate by providing your honest feedback.

The 15-minute survey will cover:

-  The care you received from your doctor
-  How well your doctor managed and coordinated your care
-  Whether you and your doctor discussed exercise, fall risk, mental health, or urinary issues
-  How you felt about the helpfulness of your doctor's office staff

We thank you in advance for your participation. Your opinion is important to us, and we truly appreciate your time and feedback.



In the know: World Breastfeeding Week

We're shining a spotlight on the first week of August (from the 1st to the 7th) to recognize **World Breastfeeding Week**. This week is dedicated to raising awareness about the importance of breastfeeding for both mothers and babies. While breastfeeding offers many health benefits, we know that individual circumstances vary, and we support all mothers in their feeding choices, celebrating the diverse ways families nourish and nurture their children. To answer some of your questions about breastfeeding, we've enlisted the help of one of our esteemed pediatricians, Dr. Rungsima Vayupakparnonde (aka Dr. Rungsima).



Why is breastfeeding important for babies?

Breastfeeding provides optimal nutrition, promoting healthy growth and development. It offers antibodies that protect against illnesses, reducing the risk of infections, allergies, and chronic diseases later in life.



What are the benefits for mothers?

Breastfeeding helps with faster postpartum recovery and lowers the risk of breast and ovarian cancers, osteoporosis, and postpartum depression.



How long should a mother breastfeed her child?

The American Academy of Pediatrics suggests that moms breastfeed only for about the first six months, followed by continued breastfeeding along with other foods for at least the first year and beyond as desired by mother and baby.



What if a mother has difficulties breastfeeding?

Many mothers face challenges such as latching issues or concerns about milk supply. Seek support from lactation consultants, pediatricians, or support groups like La Leche League for solutions to improve breastfeeding success.



Are there times when breastfeeding might not work or be a good idea?

While breastfeeding is encouraged for most mothers and babies, medical conditions in either may mean they need to use different feeding methods. Pediatricians can give advice that fits each situation.

For more information on maternity, postpartum and early childhood nutrition, visit our [health education library](#).

Sources: American Academy of Pediatrics, Centers for Disease Control and Prevention (CDC) – Breastfeeding. <https://www.cdc.gov/breastfeeding/php/about/>.



Rungsima Vayupakparnonde, M.D.

Board-Certified Pediatrician

Practice Address

191 S. Buena Vista St., Ste. 240
Burbank, CA 91505
Office: (818) 557-7278

Office Hours

Monday - Friday:
8:30 a.m. - 5:00 p.m.

"As a pediatrician, I advocate strongly for breastfeeding due to its numerous benefits for infants and mothers alike. It's vital for families to access accurate information and support to make informed decisions about breastfeeding. Reach out to healthcare providers or breastfeeding support groups with any questions or concerns."

– Dr. Rungsima

Get to Know Our Team: The Heart of Healthcare



We are excited to introduce you to our dedicated team at Regal Medical Group. In our latest video, "**Meet the Team: Regal Medical Group Cares for the Whole You,**" you will get an inside look at the many roles from our primary care physicians and specialists to the health educators and case managers that make complete care possible.

Our teams working together ensures that we meet the needs of each of our members. As one of Southern California's leading physician-led medical groups, we are proud to serve our community with a network of over 3,000 primary care physicians and 10,000 specialists, along with an extensive offering of urgent care centers, hospitals, and labs.



[Watch the full video here](#) and see how integrated care makes a difference in our members' health journeys.

Tomato or Tomah-to?

However you say it, slice them up to make delicious

Chicken Breast with Tomato Bruschetta!



Did your gardening efforts yield a bunch of vibrant tomatoes? If so, lucky you! Now, put those tasty vegetables to use with this savory chicken breast with tomato bruschetta recipe. Bursting with flavor and easy to whip up, this dish is the perfect showcase for those juicy tomatoes straight from your garden. Say hello to a delicious meal that celebrates the success of your green thumb.

[Get the full recipe here!](#)

www.diabetesdaily.com/blog/marinated-grilled-chicken-breasts-with-tomato-bruschetta-686388



Did you miss an issue of our member newsletter?

No worries! You can find all of the previous issues of our newsletters by visiting RegalMed.com/classes-and-events/member-newsletter.

While you're at the page, go ahead and browse our catalog of free health classes and activities. You will also find valuable resources to stay on top of your health, and more!

[Visit RegalMed.com for more information.](#)