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PUCILLO FAMILY PRACTICE P.A.  
 WELLNESS CENTER

Family Medicine & Bariatrics

## PFP June 2022: COVID updates, Monkey Pox, Alzheimer's Disease



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*Fun fact: June 21st is the 1st day of Summer 2022.*

*Watermelon - consist of 93% water. Seedless watermelons are not engineered, it is made through cross breeding. Heaviest watermelon on record weighed 350.5lb.*

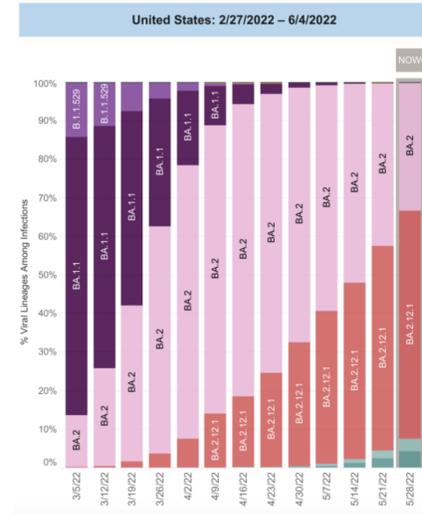
May 2022 newsletter:

- COVID Updates
- Monkey Pox
- Alzheimer's disease

# COVID Updates

## New Omicron variant

- Omnicron BA.4, BA.5 variant - originated in Africa in Jan 2022. First reported in the States in April 2022.
- This lineage has evolved to be **bypass immunity from past infection or vaccinations. It can infect vaccinated individuals and reinfect individuals who had COVID.**
- It has accounted for more than 64% of the new cases in the U.S. from May - June 11th. It may become the predominant strain in the U.S. in the next few months.



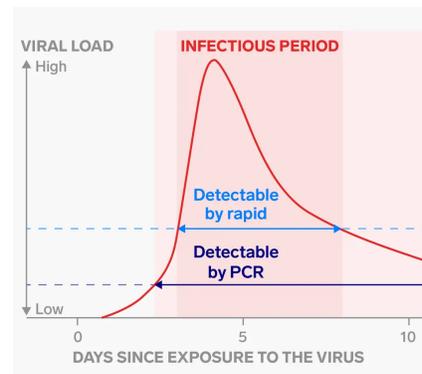
## Variant Booster

- Moderna and Pfizer - both are working on Omicron-containing COVID booster that will improved immunity against COVID variants
- On June 30th, FDA recommended vaccine manufacturers to add Omicron BA.4 and BA.5 spike proteins to their boosters.



## COVID testing

- Rapid test - detects viral load
- PCR test - detects viral genetic material
- Why do individuals test negative for several days after COVID symptoms start?  
**Vaccinated individuals have fast immune responses which slows the replication of the virus. This causes longer for the virus to become detectable on rapid tests.**
- If an vaccinated individual is symptomatic after COVID exposure, PCR is more reliable.



## Monkey Pox

1. What is monkeypox?

It is a rare disease caused by the monkeypox virus.

2. What are symptoms of monkeypox?

Fever, headache, muscle ache, swollen lymph node.

**Skin manifestations** - pimples, blisters, rash on face, mouth, hands, feet, chest, genitals



3. How does it spread?

Direct contact via touch and secretions (kissing, touching, sex)

4. What can I do if I think I have been exposed to monkeypox?

Contact your healthcare provider. 2 vaccines can be given within 4 days of exposure - **JYNNEOS** or **ACAM2000**

5. How to test for monkeypox?

If there is a high suspicion of infection. Healthcare providers should contact health department and consider ordering orthopoxvirus PCR + other possible infections such as HSV, VZV.

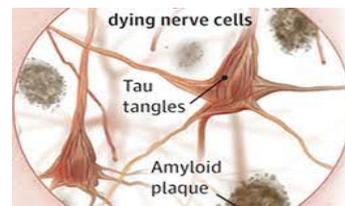
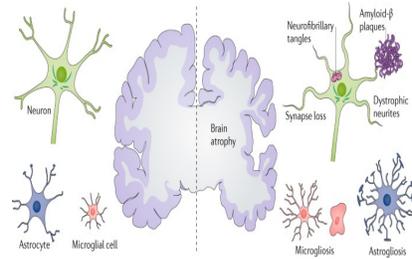
6. Are there treatments for monkeypox?

No treatments currently available.

## June is Alzheimer's Disease Month

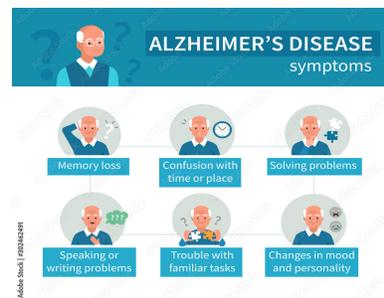
### What is Alzheimer's Disease?

- It is a brain condition that cause dementia, which is a slow progression of memory loss and cognitive functioning
- Risk factors include
  - Age
  - Family history
  - Head injury
  - Individual health - diabetes, heart condition, blood pressure, stroke, social engagement, physical activity, nutritious diet
- **Abnormal amyloid plaques and neurofibrillary tangles** are often found in Alzheimer patient's brain. These causes damage to brain cells, interfering with their ability to communicate with one another.



### What are the Clinical presentations?

- Mild - repeating questions, taking longer to complete tasks
- Moderate - difficulty with language, reasoning, thoughts. Difficult to recognize family and friends. Unable to learn new things
- Severe - unable to perform daily tasks such as eating, toileting, dressing, walking



### What are treatments?

- No treatment for Alzheimer as of 2022.
- Medications that can slow the progression of the disease include - Donepezil, Galantamine, Rivastigamine, Memantine.
  - Aducanumab - Approved by FDA in 2021. It is an IVIG drug approved that has shown to remove amyloid. Clinical data is currently being gathered.

We thank you for allowing us to be part of your family in 2022. Please feel free to contact us if you have any questions.

Sincerely,  
Staff at Pucillo Family Practice