

# Get Your Flu Vaccine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 50% 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

## We offer flu vaccinations for the entire community!


You do not need to be a High Lakes Patient to get your flu shot. We offer flu vaccinations for ages 6 months and Up. Stay healthy this flu season!

*-Your High Lakes Health Care Team*





## How to Book Your Vaccination:



1. View Vaccination Dates and times below
2. Call to Schedule (By Appointment Only)

 (541) 389-7741



### High Lakes Health Care - Shevlin Park

-  2175 NW Shevlin Park Rd.  
Bend, Oregon 97701
-  Nov 5, Nov 19 – 9:00 AM to 12:00 PM



### High Lakes Health Care - Upper Mill

-  929 SW Simpson #300  
Bend, Oregon 97702
-  Every Thurs. Through Nov 20th  
9:00 AM to 3:30 PM  
Note: Oct 16 – 9:00 AM to 1:30 PM

### High Lakes Health Care - Redmond

-  645 NW 4th St  
Redmond, Oregon 97756
-  Oct 28 – 2:00 PM to 4:00 PM

### High Lakes Health Care - Sisters

-  354 W. Adams Ave.  
Sisters, Oregon 97759
-  Oct 29 – 2:00 PM to 4:00 PM

# Stay Protected.



## What to Know About Measles & the MMR Vaccine

Measles, mumps, and rubella can cause serious illness—but the MMR vaccine offers strong, long-lasting protection.

### Who's already protected:

- ☑ Most people **born before 1957** likely have natural immunity
- ☑ Those born in **1957 or later** should have **at least one documented dose** of MMR

### Who needs two doses:

Some adults are at higher risk and should receive two doses\*, 28 days apart:

- ☑ Healthcare workers
- ☑ International travelers
- ☑ College students
- ☑ Close contacts of immunocompromised individuals

\*Booster not required for most: If you've had both doses, you're typically covered for life.

### Uncertain? Get the Vaccine Anyway

It's safe to get another dose if you're uncertain. A quick check with your provider can ensure you're fully protected.



# 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

[Schedule Now](#)





# SEASONAL TIPS

from your **CARE TEAM**

## 1 Keep Tabs on Blood Pressure

Cold temperatures can cause blood pressure to rise. If you monitor at home, check regularly and share readings at your next visit.

## 2 Keep Moving, Even in the Cold

Bundle up and aim for 20–30 minutes of movement most days. Shoveling snow, brisk walking, or winter hiking all count towards keeping your heart and joints healthy.

## 3 Dietary Adjustments

Comfort foods are often high in carbohydrates. Choose healthier options like soups and stews with lean proteins and plenty of vegetables.

## 4 Stay Hydrated

It's easy to forget to drink water in winter. Dehydration can affect blood sugar levels, so aim to stay hydrated. Warm water helps hydrate more in the Winter vs Cold

## 5 Support Your Mood and Sleep

Shorter days can impact energy and mood. Maintain a regular sleep routine, open blinds early for sunlight, and eat foods high in vitamin D (salmon, fortified milk).

## 6 Stay Up To Date on Vaccines

Get your flu shot and COVID booster. Ask your provider if you're due for pneumonia, shingles, or Tdap (whooping cough) vaccines too.

## 7 Protect Skin and Hands

Cold air and indoor heat can dry your skin. Moisturize after showering or bathing, use a humidifier if needed, and wear gloves when outdoors to prevent cracking and irritation.

## 8 Plan Ahead for Winter Travel


Keep an emergency kit in your vehicle (blanket, flashlight, snacks, medications). If you have chronic conditions like diabetes or asthma, carry extras in case of weather delays.

## 9 Keep Medications Warm

Insulin and other medications can be affected by cold temperatures. Store them at appropriate temperatures and avoid leaving them in cold vehicles.

## 10 Prevent Slips and Falls

Wear shoes with good traction, use handrails, and keep walkways clear of ice. Falls are one of the most common winter injuries – and often preventable.




# WE ARE GROWING TO CARE FOR YOU BETTER!



## Meet Our Newest Providers!



**William Cates, DO**

 2175 NW Shevlin Park Rd

### Quick Facts

- Completed sports medicine fellowship at the University of Nevada, Reno
- Passionate about musculoskeletal health, sports injury prevention, and family medicine
- Hobbies include biking, skiing, and spending time with his wife



**Amro Elgeziry, MD**

 2175 NW Shevlin Park Rd

### Quick Facts

- Completed medical school in Cairo and Family Medicine Residency in Corvallis/Newport
- Focuses on geriatric care, preventive medicine, and chronic disease management
- Enjoys skiing, traveling, and exploring the outdoors.



**Kellen Mandehr, DO**

 929 SW Simpson #300

### Quick Facts

- Family Medicine physician trained at Michigan State University and Samaritan Health Services.
- Special interests include sports medicine, pediatrics, and preventive care
- Enjoys biking, skiing, and exploring Central Oregon



**Call Us Today!**  
(541) 389-7741



**Schedule Online**  
Scan QR Code

