

Pucillo Family Practice PA
1111 Hwy 6 North, Suite 40
Sugar Land, TX 77478

T: 281-340-9355
F: 281-340-9366

PUCILLO FAMILY PRACTICE P.A.
 WELLNESS CENTER

Family Medicine & Bariatrics

PFP March 2022: COVID updates, COVID Booster, Colorectal health



Dr. Ron Pucillo, M.D.



Dr. Brian Tong, M.D.

*Why is March the most popular month to use a trampoline? It is spring-time
Which March flowers grow on faces? Tulips (2 lips)*

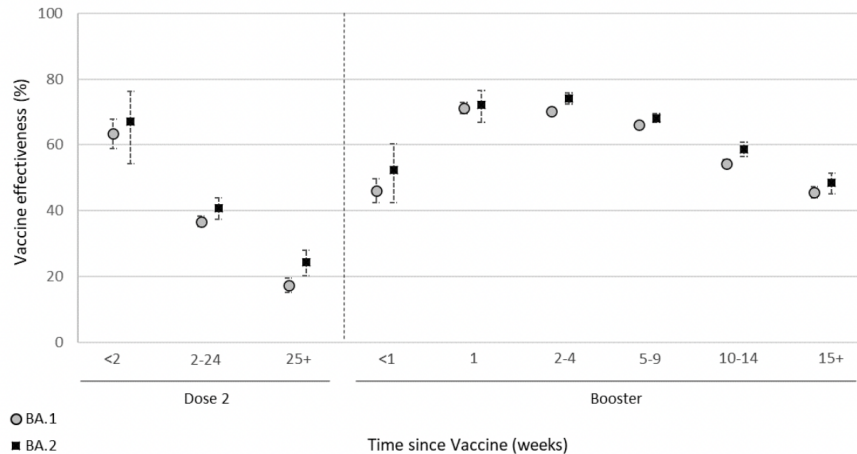
February 2022 newsletter:

- COVID updates
- Vaccine and booster updates
- March colorectal cancer month

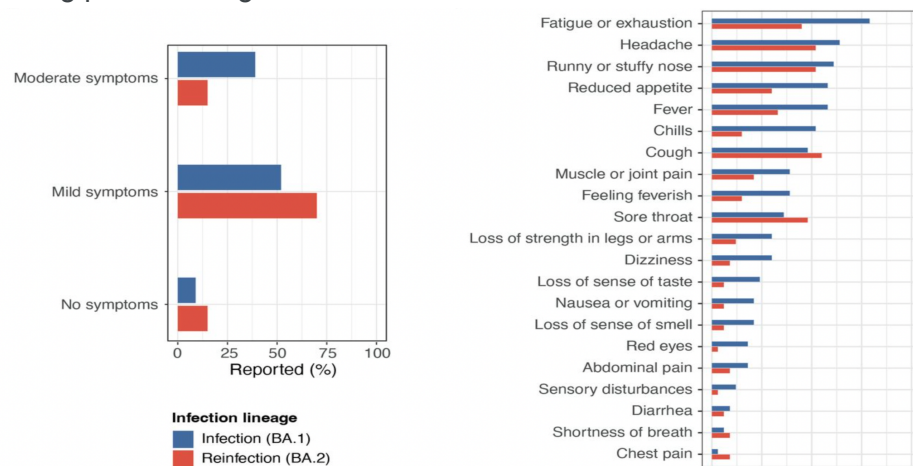
COVID updates

- New Omicron variants
 - **Omicron BA.2** - is a descendant of original Omicron BA.1.
 - it is 30% more transmissible than the original Omicron strain
 - becoming the dominant strain in the U.S. as of March 31st
 - Vaccines and booster protection - Based on early evidence, **vaccines and booster is 40% effective protection for infection and 80-90% for hospitalization**

Figure 2. Vaccine effectiveness against symptomatic disease after 2 doses or a booster dose

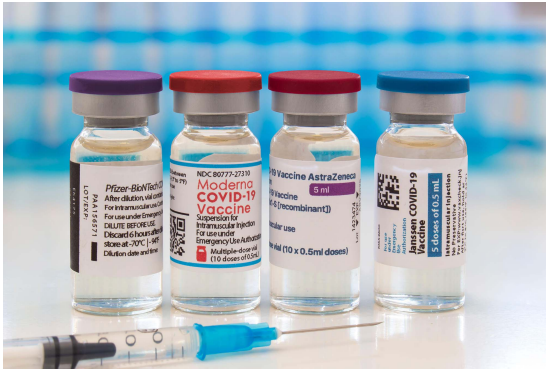


- Reinfection - WHO indicated those with previous BA.1 infection provides strong protection against reinfection with BA.2

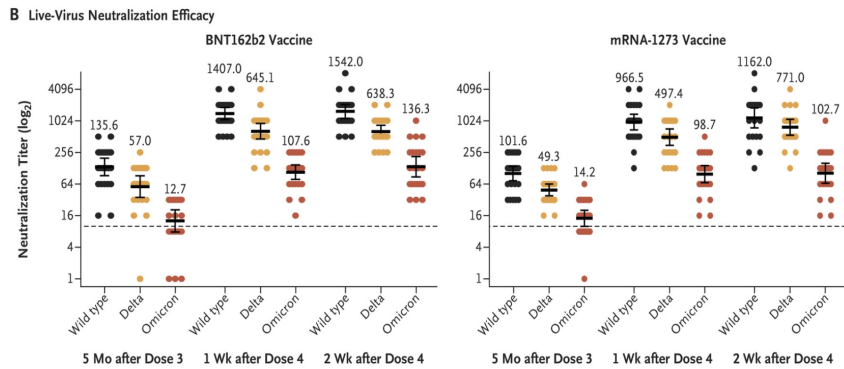


- **XE variant**
 - initially found in UK. it is a recombinant mutation of BA.1 and BA.2. causing it to be more transmissible
 - more information to come

Vaccine and Booster update



- On March 29, 2022, FDA approved Moderna and Pfizer booster vaccine (4th shot) to individuals >50 years old with chronic medical conditions
 - Chronic medical conditions include** - cancer, CKD, chronic liver disease, chronic lung disease, cystic fibrosis, dementia, diabetes, organ transplant
 - booster may be given at least 4 months after the 1st booster.
 - Below is a graph that measures the effectiveness of a 4th dose. (*NEJM*, below the dashed line indicates + diagnosis of COVID cases)



- Vaccine and Booster schedule

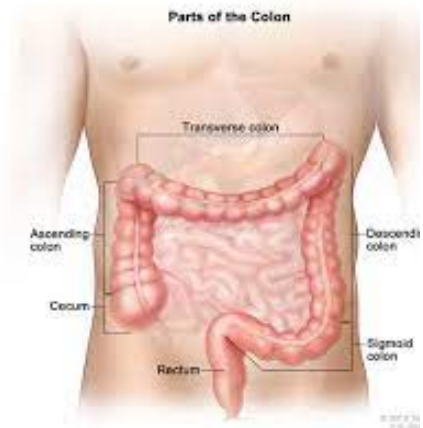
| Vaccine | 0 month | 1 month | 2 month | 3 month | 4 month | 5 month | 6 month | 7 month | 8 month | 9 month |
|--|----------------------|---|--|---|---------|--|---------|--|---------|--|
| Pfizer-BioNTech (ages 5-11 years) | 1 st Dose | 2 nd Dose (3 weeks after 1 st dose) | 3 rd Dose (At least 4 weeks after 2 nd dose) | | | | | | | |
| Pfizer-BioNTech (ages 12 years and older) | 1 st Dose | 2 nd Dose (3 weeks after 1 st dose) | 3 rd Dose (At least 4 weeks after 2 nd dose) | | | Booster Dose ¹ (at least 3 months after 3 rd dose) | | | | 2 nd Booster Dose ¹ (See footnote) |
| Moderna (ages 18 years and older) | 1 st Dose | 2 nd Dose (4 weeks after 1 st dose) | 3 rd Dose (At least 4 weeks after 2 nd dose) | | | Booster Dose ¹ (at least 3 months after 3 rd dose) | | | | 2 nd Booster Dose ¹ (See footnote) |
| Janssen (ages 18 years and older) | 1 st Dose | 2 nd (Additional) Dose ¹ using an mRNA COVID-19 Vaccine (At least 4 weeks after 1 st dose) | | Booster Dose ¹ (at least 2 months after additional dose) | | | | 2 nd Booster Dose ¹ (See footnote) | | |

Colorectal Health

March is Colorectal Health Month

Colon anatomy and function

- colon is divided into cecum, ascending colon, transverse colon, descending colon, sigmoid colon and rectum
- it's functions to absorb nutrients, electrolytes and water



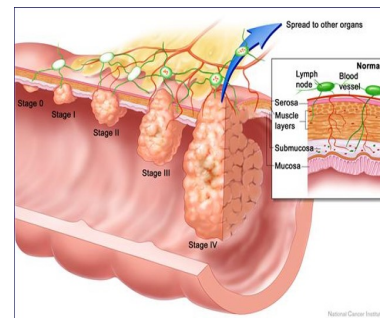
Colon health

- Reduces risk of colon cancer - healthy weight, physically active, calcium and vitamin D, quit smoking, eating vegetables, fruits, whole grains.



Colon cancer screening

- Colonoscopy - every 3, 5, 10 years depending on the findings
- Flexible sigmoidoscopy - every 5 years
- CT colonography - every 5 years
- Stool test
 - FOBT - yearly
 - Cologuard - every 3 years



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