

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

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

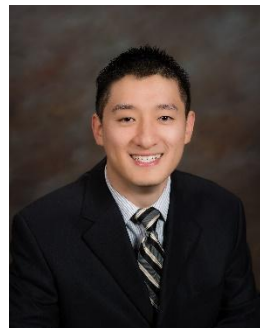
PUCILLO FAMILY PRACTICE P.A.  
 WELLNESS CENTER

Family Medicine & Bariatrics

## PFP August 2022: COVID Variant Vaccine, Monkey Pox, Children's Eye Health Month



Dr. Ron Pucillo, M.D.



Dr. Brian Tong, M.D.

*Fun fact: August is named after Augustus Caesar, grandnephew of Julius Caesar  
-it is known as harvest month - awareness to eat more fruits and vegetables  
-people born in August are self-motivated, enthusiastic and energetic*

August 2022 newsletter:

- COVID Variant Vaccine
- Monkey Pox
- Children's Eye Health Month

# COVID Updates

## Variant Booster

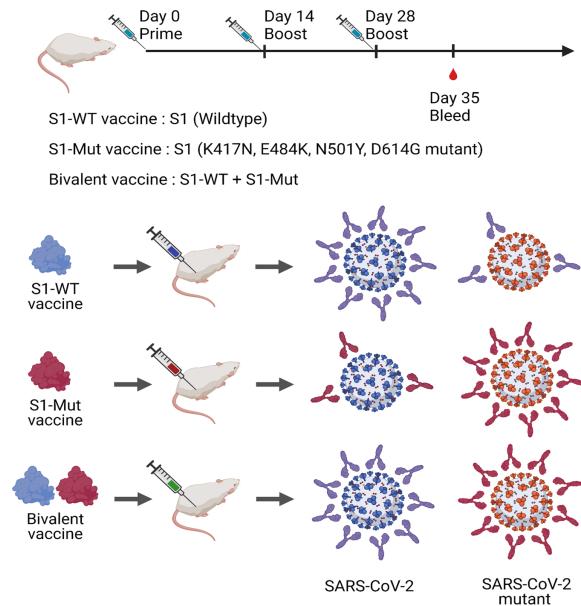
- On August 11th, 2022, FDA approved the emergency use authorization (EUA) of Moderna and Pfizer COVID 19 vaccine for the use as a single booster dose **at least 2 months** following the primary vaccination or previous booster.
  - Moderna - Bivalent. 18 and older
  - Pfizer - Bivalent. 12 and older

## What is the difference between bivalent vs. monovalent

	Monovalent	Bivalent
Stimulate response against	1 antigen	2 antigens
Genetic material contained in the vaccine	Original COVID 19	Original COVID 19 + spike proteins from omicron subvariant BA.4 and BA.5
Vaccine	Original COVID 19 vaccine	COVID Variant Booster

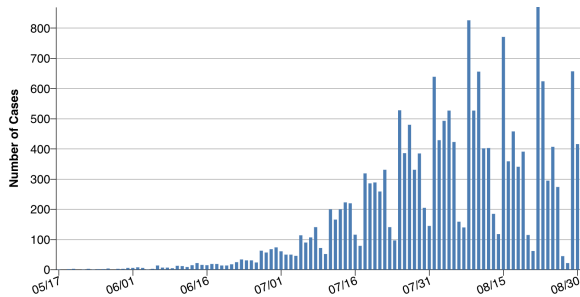
## Benefit of Bivalent vaccine

- better protection against the original and variant viruses
- as illustration on the right. Monovalent vaccine is good at providing protection for 1 type of virus. Bivalent vaccine will help to protect 2 types of virus, original and variant.

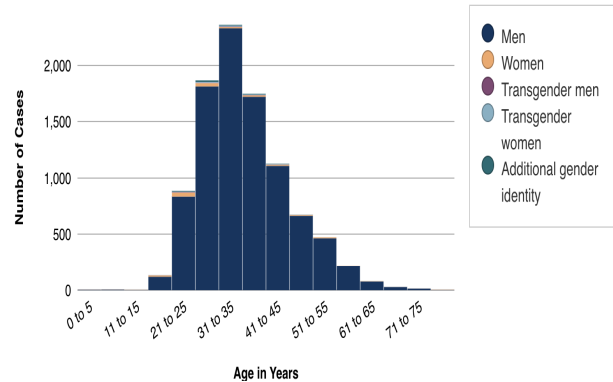


# Monkeypox/orthopoxvirus

## Prevalence (CDC)



## Demographic (CDC)



1. Prevalence and Demographic
  - o 19,962 confirmed cases as of 09/02/2022
  - o More common in men in the age group of 20-50s and the LGBTQ community.
2. What are symptoms of monkeypox?
  - Fever, headache, muscle ache, swollen lymph node with **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?
  - Healthcare providers should contact health department and consider ordering orthopoxvirus PCR + other possible infections such as HSV, VZV.
  - Harris County - 832-927-0707
  - Fort Bend County - 281-342-6414
6. Are there treatments for monkeypox?
  - Tpoxx (tecovirimat) - antiviral medication to treat monkeypox. This medication was initially designed to treat smallpox.

## **August is Children's Eye Health Month**

### **5 Common Eye diseases in children**

1. Short sightedness
  - difficulty seeing distant object



2. Lazy eyes
  - poor vision resulting from abnormal visual development in early childhood



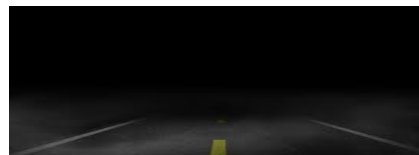
3. Cross eyes
  - Two eyes do not align properly



4. Eye Injuries
  - Most common in sports and accidents



5. Blindness
  - inability to see



### **What are common eye health recommendations?**

- Screen time - American Academy of Pediatric recommends screen time to no more than 1-2 hours a day. 20-20-20 rule - every 20 minutes looking at the computer, look at something 20 feet away for 20 seconds
- Eye exams - 6 month, 3 years, 5-6 years, 6-18 years (every 1-2 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