



Nancy Griffith, MD, MPH
Personalized Medical Care

Get Your Flu Shot...Not the Flu

While we can't promise 100% protection against every type of viral respiratory infection, we can promise your chances of staying flu-free this winter are greatly increased with the vaccine.

Keep in mind:

- More than 200,000 Americans are hospitalized from flu-related illness each year.
- The flu vaccine is an important preventive tool for people with chronic health conditions. According to the CDC, the vaccine is associated with lower rates of cardiac events among people with heart disease, and with reduced hospitalizations.
- Complications from the flu can include pneumonia, bronchitis, sinus and ear infections.

The time is right:

The optimal time to receive your annual flu shot is as soon as possible.

Please contact my office at (310) 373-5566 to schedule your flu shot appointment this fall.

Yours in Good Health,

Nancy Griffith MD, MPH



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IT'S FLU SHOT SEASON...