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FROM THE DESKS OF  
DAVID L MELLMAN MD &  
JEANNETTE GUERRASIO MD

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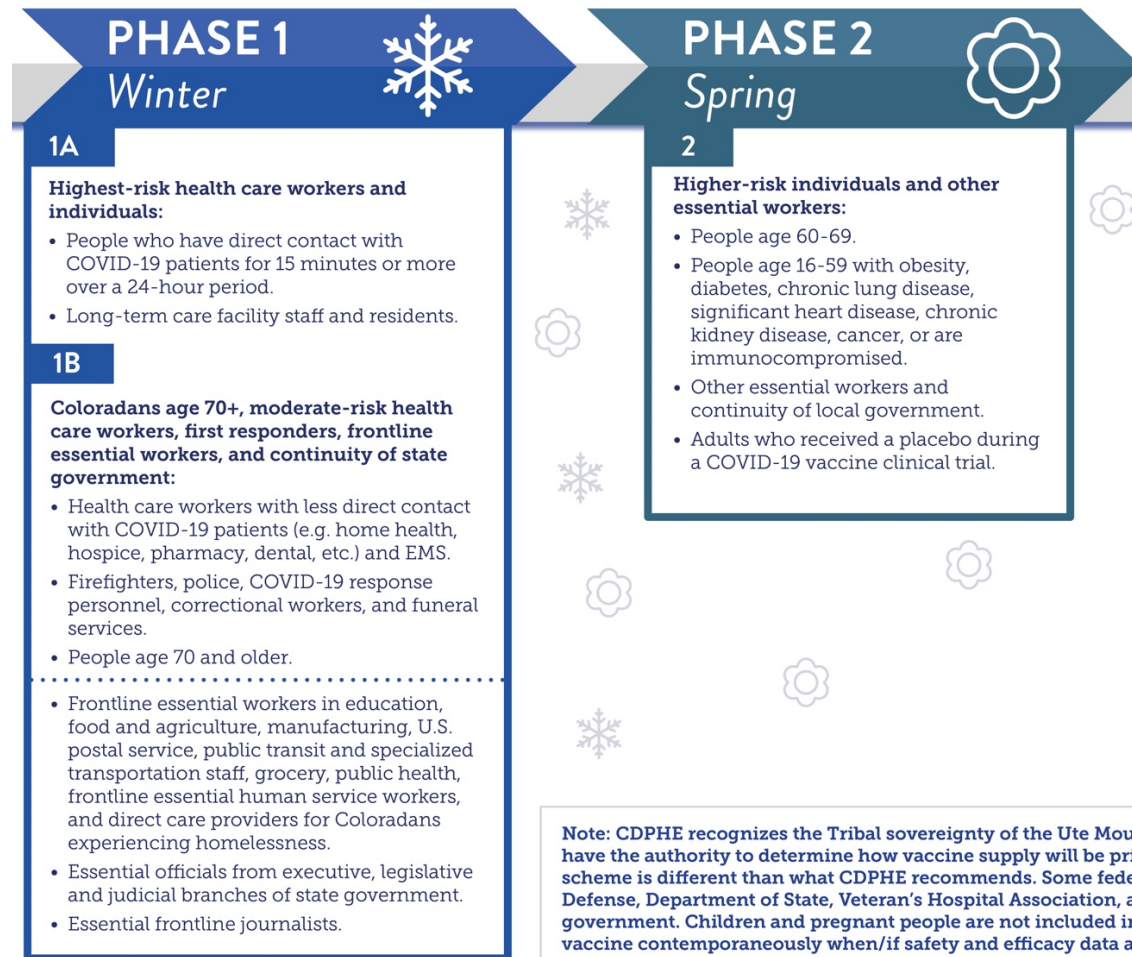
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January 2, 2021

To Our Patients,

Happy New Year! The theme of 2021 is “Vaccinate.” Dr. Mellman and I strongly encourage our patient community to get a COVID-19 vaccine as it becomes available. In accordance with the State of Colorado’s COVID-19 vaccination guidelines the vaccine

is currently offered through county health departments, hospitals and Safeway and Albertson pharmacies by appointment only, to individuals in the 1A category and 1B categories.



We recommend that you consider the following actions to increase your chances of being vaccinated as soon as possible:

- If you have an active email or portal account with a local hospital, check your account often to see if you have received an email regarding signing up for a vaccine appointment. Please respond promptly to sign up for an appointment. Most locations require a reply within 48 hours. However, vaccines may run out before the 48 hours window.
- If you do not have an account with a hospital, you can create a My Health Connection account with UHealth. To create an account, click on the link below. UHealth will be allocated more vaccines from the state than any other location, so your chances of getting one from UHealth is the greatest.
- Sign up with Safeway or Albertson pharmacies to receive updates on making an appointment for a vaccine. If they say that they have no appointments available check back frequently as new appointments will open up with each shipment delivered.
  - Choose any location below and use the appropriate link to schedule an appointment with Safeway, check every day as they will open up more appointment times as deliveries arrive:

Safeway Pharmacy #2714

6220 E 14th Ave

Denver, CO 80220

Scheduling link: <https://mhealthsystem.com/DenverCounty2714>

Safeway Pharmacy #3836

200 Quebec St #400

Denver, CO 80230

Scheduling link: <https://mhealthsystem.com/DenverCounty3836>

Safeway Pharmacy #244

3800 W 44th Ave

Denver, CO 80211

Scheduling link: <https://mhealthsystem.com/DenverCounty244>

- Click on the CDPHE and county health department links below for the most updated information.

If you go to get vaccinated, the out-of-pocket cost for the vaccine should be \$0. Bring both their medical and prescription insurance cards with you to the appointment or your new Medicare Part B card (red, white and blue).

Finally, you may have read in the news or seen on social media that a small number of people 70 and older, including some of our patients, have been vaccinated through the UC Health pilot

programs or a drive thru clinic for older residents of Summit County. These were available to only a small number of people due to limited availability of the vaccine, but are reopening and we will continue to communicate with you as we learn more. Keep in touch with friends as well as they may have of an opportunity before us, and the vaccination clinics tend to fill up within an hour or 2!

We are also working with Health One/Rose Hospital and National Jewish to secure vaccines for our patients. I suspect we will hear more from Rose and National Jewish tomorrow and if so, I will email you again.

**Once you have received a vaccine, let us know so we can update your chart.**

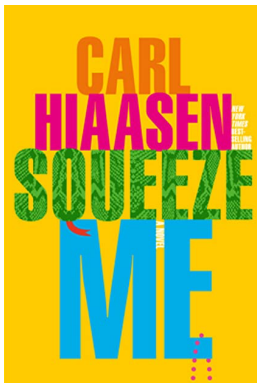
**If you are still waiting to be vaccinated and are in either group 1A or 1B (ONLY), please email [mellmanstaff@coloradocme.com](mailto:mellmanstaff@coloradocme.com), with your qualifying criteria, and we will continue to work to help you get vaccinated.**

Links for further information:

- UCHealth <https://www.uchealth.org/access-my-health-connection>
- CDPHE <https://cdphe.colorado.gov>
- Denver County Health Department (Denver County residents)  
<https://www.denvergov.org/Government/COVID-19-Information>
- Tri County Health Department (Douglas, Adams and Arapahoe County residents)  
<https://www.tchd.org/866/COVID-19-Vaccines>
- Jefferson County Colorado Public Health (Jefferson County residents)  
<https://www.jeffco.us/4210/Vaccine>
- Safeway Pharmacy <https://www.safeway.com/pharmacy.html>
- Albertson's Pharmacy <https://www.albertsons.com/pharmacy.html>

### Our Office

Thank you to Kris who helped put together this list of contacts for us!



### Patient Contributions

#### Book Recommendation

- Squeeze Me by Carl Hiaasen – I haven't read it yet, but after all of these months of isolation I could use more hugs! Passing it along and I have added it to my wishlist.



## HOPE

by one of our patients

Hope – what a precious gift God gave to man!  
Despite what life may send our way -  
It is eternal hope that keeps us going,  
And gives us courage to face each coming day.

When clouds and rain intrude into our lives -  
Hope's beacon will force them to depart;  
And sunshine will eventually appear;  
Hope restores peace and comfort to our heart.

Hope – is a light concealed in every heart,  
A flicker of an ever burning fire –  
A hidden treasure embedded in our souls -  
God gave us hope – to lift us and inspire...

Now is the time when hope is what we need –  
To get us through uncertainty, through fear and dread;  
We need the courage, strength and perseverance -  
Look forward to the future with hope and faith instead!

New Holiday Ornaments... which will hopefully be gone next year!



Move over dogs, one of our patient's got new kittens!



### Questions for Dave and I

1. Have Dave and I been vaccinated? Any side effects?

Yes, because we see patients at Rose Hospital, we were vaccinated by Rose. I had a sore arm for about 4 days, enough to wake me up if I rolled on it at night. Nancy had a similar experience. I'm sure a Tylenol would have been sufficient had I taken one. No other symptoms. Dave, and the rest of our staff are all apparently tougher than me. They had no problems.

2. Why do you send out 600 newsletters? Don't you only send them out to patients?

That was the original plan, but my parents wanted to be on this list and then my entire Italian-Jewish family back in New York, and former patients who moved out of Colorado whom we still care about, and all of our staff, and a few of my writing friends, and my writing coach... They are mostly available to the public on my website, so I hope that occasionally you don't mind if I share them directly with some of the important people in my life!

3. You made so many holiday cookies. Why do you only share them with your neighbors?

Another great questions! COVID-19. Usually, I share farther and wider, but we have reserved all food swapping to the outdoor porches only. Next year, I save some for patients, too!



4. Can you help me understand the difference between probiotic vs prebiotic? I take a probiotic daily but do I need to take it with a prebiotic to help with absorption? My general understanding: probiotic = supplement, prebiotic = fiberous food. Do I miss out on the full benefits of my daily probiotic pill if I don't take it with a prebiotic or take a prebiotic before?

Hopefully, this isn't too much science, as the content taken from a favorite physician resource "Up-to-date".

Prebiotic carbohydrates are a major substrate for bacterial growth of the gut microbiome, particularly bifidobacterial. In theory, prebiotics might have a more global effects on colonization of bacteria in the gut than probiotics. A second, more direct immune effect appears to be mediated by the fermentation products of prebiotics. Gut micro-organisms ferment prebiotics to produce short-chain fatty acids (SCFAs) that have direct anti-inflammatory effects. However, more studies are needed to confirm that these are clinically relevant effects. Most studies have been done in children and premature infants, including one that showed no effect on asthma, but a decrease in eczema in patients taking prebiotics. The additional of a prebiotic to probiotics in adults made the intestines of people with ulcerative colitis and Crohn's disease look better under a microscope (less inflammation), but it didn't necessarily change their symptoms.

As for probiotics, numerous mechanisms have been proposed to explain the potential effects of probiotics, based upon evidence from laboratory studies and animal models. Probiotics may alter gut microbial composition directly, or they may act indirectly by effecting microbial byproducts, host products, or food components or by modulation of the host's immune system. Unfortunately, the immune-stimulating effects of probiotics in the laboratory can be very different from those observed in humans. More studies are needed to clarify these differences.

In short, very little is known about pre- and pro- biotics, except that they are usually safe except in moderate to severely immunocompromised patients. They seem to work better together on a microscopic level, but it is unclear how or whether this affects patient's symptoms.

Remember you can no longer reply to this email. Instead, email me at [Jeannette@coloradocme.com](mailto:Jeannette@coloradocme.com) We look forward to getting everyone vaccinated as quickly as possible!

Here's to 2021!

*Jeannette and Dave*

David L Mellman MD & Jeannette Guerrasio MD  
David L Mellman MD, PLLC

