



### Growing to Meet Your Needs!

During the past few months, Desert West has added two new providers to meet the growing needs in the communities we serve. Please join us in welcoming Sarah and Lisa.

#### Sarah Jones, FNP-C

*Thunderbird and Sonoran offices*



Professional passions: delivering quality, evidence-based patient care with an emphasis on disease prevention and education.

Philosophy: "I work to build a strong and trustworthy provider-patient relationship and believe in a patient-

centered care model where patients are involved and empowered in their health management."

#### Lisa O'Neal, RN, MS, WHNP-BC

*Thunderbird and Arrowhead offices*



Professional passions: women's preventive care, adolescent health, in-office procedures, and obstetrics.

Philosophy: "As a breast cancer survivor, I know what it feels like to be on both sides of the patient/provider relationship. I am proud to

have worked through that and hope the experience makes me a better and more compassionate caregiver."

### Study Shows Favorable Pregnancy Outcomes Tied to Covid Vaccine

A recent population-based study in Scotland has provided the first evidence of more favorable pregnancy outcomes in women who have received the SARS-CoV-2 vaccine. Although pregnant and breastfeeding people were not included in the initial vaccine trials, subsequent data from vaccinated pregnant people demonstrated safety in pregnancy and in a:

- maternal immune response
- reduced incidence of maternal SARS-CoV-2 infection

- reduced incidence of COVID-19 of any severity in pregnant patients
- transfer of maternal antibodies across the placenta and into breast milk to confer passive immunity against SARS-CoV-2 in newborns
- reduced incidence of perinatal death

These findings further support universal recommendations for pregnant people to be up-to-date with Covid vaccination.

### New Tie Between Breast Feeding and Maternal Health

The Journal of the American Heart Association has found a significant association between breastfeeding and a lowered risk of suffering from heart disease or stroke. Data of more than 1 million women from eight separate studies reflect that breastfeeding led to an 11% decrease in cardiovascular disease, a 12% reduction in strokes, and a 17% reduction in fatalities because of cardiovascular disease.