FLU Season Is UPON Us!!

Seasonal influenza, commonly called “the flu,” is caused by influenza viruses, which infect the respiratory tract (i.e., the nose, throat, lungs). Unlike many other viral respiratory infections, such as the common cold, the flu can cause severe illness and life-threatening complications in many people.

What are the symptoms of the flu?

The flu can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Stop the Spread of Germs!

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine. While sick, limit contact with others.

Tips to staying Healthy...

Try a Daily Multivitamin – On the average American’s diet and exercise practices fall short of the daily requirements. Use of a supplement providing a specific vitamin is necessary for people who have a particular deficiency. If you do choose to take a multivitamin always select one that is manufactured and sold by a recognizable company. Remember to always tell your healthcare provider about any vitamin or supplement you are taking.

Food Preparation - About 76 million people a year get sick from a foodborne illness, the most common bacteria being E-Coli. Cook meat, poultry and eggs thoroughly to kill all bacteria. Do not cross contaminate foods, keep raw foods and their juices away from other foods that are ready to eat. Wash everything including your hands before moving onto another part of the meal.

Refrigerate leftover - Bacteria grows quickly at room temperature. Always refrigerate or freeze perishable foods as soon as you get them home. Do not let raw meat, cooked food, or fresh cut fruit or vegetables sit out for more than 2 hours. Most importantly never defrost food at room temperature- use the refrigerator, cold water or microwave. Wash all produce thoroughly removing all dirt and grime.

Hand Washing - Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.
Healthy Start to the New Year…

Walk to Better Health

Physical activity helps control weight, but it has other benefits. Physical activity such as walking can help improve health even without weight loss. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.

Less than half of all adults get the recommended amount of physical activity.

- Adults need at least 2 and 1/2 hours (150 minutes) a week of aerobic physical activity. This should be at a moderate level, such as a fast-paced walk for no less than 10 minutes at a time.
- Women and older adults are not as likely to get the recommended level of weekly physical activity.
- Inactive adults have higher risk for early death, heart disease, stroke, type 2 diabetes, depression, and some cancers.
- Regular physical activity helps people get and keep a healthy weight.

Quick Tip of the Month

Strong Diet = Strong Bones

A diet that is rich in Calcium and Vitamin D makes your bones stronger. Milk, yogurt, cheese, broccoli, canned salmon with bones, and orange juice are all excellent sources of calcium.

8 Tips to Care for Your Skin during Winter

- Moisturize more
- Keep using sunscreen
- Take care of your hands and feet
- Use a humidifier
- Layer up
- Remove wet clothes, socks, and shoes as soon as possible
- Avoid super-hot showers and baths

Grapefruit/Drug Interactions...

Did you know there are between 40-80 drug and grapefruit interactions. For example, grapefruit can increase GI bleeding with ticagrelor (Brilinta) or increase arrhythmia risk with dronedarone.

It only takes 1 grapefruit or one cup of juice to cause a significant interaction.

No need to worry as much about other fruits like lemons or sweet oranges.

*Separating the ingestion of grapefruit and a daily drug usually does not prevent the interaction.

Lower Your Risk for Cervical Cancer

Cervical cancer is cancer in the cervix, which is the lower, narrow end of a woman's uterus (womb). Take a few minutes to help lower your risk for cervical cancer. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

- If you smoke, call 1-800-QUIT-NOW to help you quit.
- Put on a condom before sex to help prevent some sexually transmitted diseases.
- Make an appointment to get a Pap test and ask your doctor or nurse about the HPV (human papillomavirus) vaccine.

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8-6
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9-12

Call for an appointment or Walk-ins Welcome

Visit our website at www.myfnhc.com