



# Bellevue Medical Partners, PLLC

## Flu Season

Flu season	1
Pharmacy Changes	2
Important Office Updates	2

*The time is NOW for flu vaccines! Although we often wait until the beginning of November to administer the vaccine, there is evidence of early infection in the community. It takes about 2 weeks to develop a fully robust immune response after vaccination, so we are recommending you come in now! Please call and make an appointment for a time that is convenient for you to get your flu shot. With an appointment we can be sure we minimize your wait time. Drop-ins are welcome however we ask you to understand that you may have to wait if you did not have an appointment. Call if you have any questions!*

It is the time of year to get in for your flu shot! There are many flu shot myths that we would like to debunk.

The intramuscular flu shot does not give you the flu! The flu shot is not a 'live' virus vaccine, meaning there is no possibility of being infected from the vaccine (this does not apply to the FluMist nasal preparation which is made of live virus). It takes about two weeks to develop full immunity after a flu shot, and in that two week time period, it is possible to catch the flu. It is also possible that there could be circulating flu strains that are not covered by this year's vaccine. In recent years, the vaccine has been quite successful in providing coverage for the circulating forms of the virus. The flu virus mutates quickly, necessitating a new vaccine mixture each year. It is possible you could have a robust immune response to the flu vaccine which can result in aches, low grade fever, and/or soreness at the site of the injection. These symptoms are generally mild and usually last less than 48 hours if they do occur.

Did you know?

\*Deaths from flu in the last 30 years vary from 3,000 per year up to 49,000 per year in the United States alone!

\*In a study of the 2011-2012 flu season, vaccination reduced hospitalization by >70% in adults of all ages and 77% in adults over the age of 50.

\*Flu vaccine is a very important preventative tool, especially if you have any chronic health condition such as heart disease, lung disease, or diabetes.



If you have a fever and are coming in to the office for evaluation, we will have hand sanitizer and masks available in the waiting room for your use. Our goal is to be sure that we can care for those who are ill while eliminating risk of spread to other patients or staff in the office. If you have fever or are concerned that you could have fever, please let Janina or Ali know when you check in so that we can expedite getting you into an exam room. Thank you for your understanding as we hope to keep all of you safe by preventing transmission of infection.

## Pharmacy Changes for Hydrocodone

There are now new rules for the medication hydrocodone. Prescribed in combination with acetaminophen (Tylenol), it is known under the names Vicodin and Norco. Hydrocodone is now considered a Schedule II narcotic. What does this mean for you? If you take hydrocodone, you must have a prescription printed in the office and given

directly to you to take to the pharmacy. For those of you on long-term use, we can also mail you the hard copy of the prescription which you will then have to take to your pharmacy. We will not be able to call in, fax, or electronically send this medication in for you. Additionally, no refills can be authorized for a prescription of hydrocodone, and only one 30-day supply can be prescribed on each

prescription. If you have concerns about how this may affect you individually, please do not hesitate to call or e-mail us with your questions.



Contacting us:

425-637-1022

Fax: 425-637-2011

E-mail:

For non-urgent issues only, please feel free to e-mail. If you do not get a response to your e-mail, please call as your e-mail may not have been received.

Ali:

[ali@](mailto:ali@bellevuemedicalpartners.com)

[bellevuemedicalpartners.com](http://bellevuemedicalpartners.com)

Bryan:

[bryan@](mailto:bryan@bellevuemedicalpartners.com)

[bellevuemedicalpartners.com](http://bellevuemedicalpartners.com)

Shandy:

[shandy@](mailto:shandy@bellevuemedicalpartners.com)

[bellevuemedicalpartners.com](http://bellevuemedicalpartners.com)

Janina:

[janina@](mailto:janina@bellevuemedicalpartners.com)

[bellevuemedicalpartners.com](http://bellevuemedicalpartners.com)

Dr Kaner:

[drkaner@](mailto:drkaner@bellevuemedicalpartners.com)

[bellevuemedicalpartners.com](http://bellevuemedicalpartners.com)

Dr Mills

[drmills@](mailto:drmills@bellevuemedicalpartners.com)

[bellevuemedicalpartners.com](http://bellevuemedicalpartners.com)

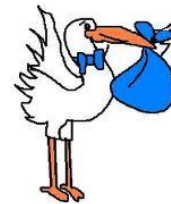
Dr Williams

Please call or use other staff e-mail

### Important Clinic Announcements

Many of you have had a chance to meet Bryan, our new MA! We are so excited to have him join us. Bryan is from Louisiana and has wanted to live in the Northwest since his time here in the military. He brings to us a wealth of experience and skill, and has experience teaching and being part of a school administration as a dean for a medical assistant program in Louisiana. In addition to his full-time work with us, he is going to school and teaching an evening anatomy class at Everett Community College. We know you will be just as impressed with Bryan as we are!

Dr Mills and her husband are expecting a baby boy. She will be on maternity leave for the end of April through July and will return in August. If Dr Mills is your primary physician in the clinic, please know that Drs. Williams and Kaner will continue to provide excellent patient care in her absence. Our goal is to always provide you with excellent service and comprehensive medical care.



### Pharmacy Says They Don't Have the Script?

If we have called or faxed in a prescription for you and the pharmacy says they do not have it, please ask them to double check their voicemail and electronic system. This is especially important on the weekend. If you are still having any difficulty at the pharmacy or with refills, please call us directly to discuss. You can call the on-call physician on weekends or evenings. We respond promptly to all pharmacy requests, however technology failures can sometimes lead to difficulties. We encourage you to call if you have any difficulty with prescriptions.