

Bellevue Medical Partners, PLLC

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Flu vaccines are in the office! If you have not yet received your flu vaccine, please call us to schedule a time to come in!

*Get
Flu Shot*

How do I get a cold or the flu?

Viruses enter the body through the mucous membranes of the nose, eyes, or mouth. Viruses can live on surfaces and can easily come in contact with your hands and make their way into your body if your hand touches your face.

How do I protect myself?

Frequent hand washing and avoidance of direct contact with persons who are ill are important strategies. Getting your annual flu vaccine is also important. We have the flu vaccine available here in the office. Please let us know when you would like to come in for your flu shot.

How do I differentiate a cold vs the flu?

Many cold and flu symptoms are very similar. A cold is generally more gradual in onset, starting with sore throat and progressing over a few days to also include nasal symptoms, congestion, and cough. Fever is unlikely with a common cold. The flu tends to have a more abrupt onset and also generally includes fever and body aches.

Flu vs Cold

Symptom	Cold	Flu
Fever	Sometimes	Usually, 100-102 degrees
Muscle Aches	Mild	Often prominent
Weakness	Sometimes	Often prominent
Congestion	Common	Occasional
Sore throat	Common	Occasional
Headache	Sometimes	Common
Cough	Mild/Moderate	Common, often severe

How long will symptoms last?

Cold symptoms generally last about a week. Severe flu symptoms generally last 3-5 days, though the fatigue can sometimes persist for 1-3 weeks.

If you believe you may have the flu, please contact us shortly after the onset of your symptoms. The prescription medication available to treat the flu is only effective if administered within the first 48 hours of symptoms. This medication helps to slightly shorten the duration of influenza symptoms.

Handwashing is your best defense!



Fall Safety

Falls are estimated to kill 32,000 Americans each year! Fall safety is a particular concern for those over the age of 65. Research in the area of falls focuses on multiple areas of balance, including standing, walking, and transferring. For the aging population, there are a variety of medical conditions in addition to age-associated changes that can contribute to increased risk of falls and injury. Additionally, fear of falling is very commonly increased after a fall, even if it does not result in significant injury. This fear of falling often contributes to increased falls in the future. If you suffer a fall or you have concerns about imbalance, please speak to us about options for physical therapy for balance training and support which can help reduce your risk of falls!



Please remember to schedule your annual physical! If you are unsure when you should have your annual physical, please give us a call and we can be sure to help you identify when you are due. This annual visit is important for us to take time together to comprehensively review your medical concerns and review screening tests and immunizations.



Office Reminders

During the lunch closure from 12-1:30 daily, the phone line is set to a recording while the office staff members are on a lunch break. Drs Kaner and Mills are using this time to return phone calls and complete paperwork. We remain available to you during that time if you have an urgent need. Please listen carefully as you have an option to page Dr Mills or Dr Kaner for urgent needs during the lunch closure. You are also welcome to leave a message on the general voicemail during the lunch hour and your call will be promptly returned after 1:30.

Treating symptoms for Cold and Flu

Trying to sort out what to purchase at the pharmacy for your cough or congestion? Here are some quick tips and medications that are generally safe to try:

Guafenesin often labeled as “Mucinex” is an expectorant. This means it will help mobilize deep secretions (ie, help to make phlegm thin so you can cough it up) which helps clear infection and reduces risks of developing complications like pneumonia.

Dextromethorphan, often labeled “Robitussin” or “Delsym” is a cough suppressant that works by suppressing the central brain “cough center” reducing the drive to cough. Robitussin DM is a combination of guaifenesin and dextromethorphan.

If you have hypertension, be wary of pseudoephedrine-containing products such as “Sudafed” (that reduces nasal congestion) because they can increase blood pressure.

Don't forget the power of **acetaminophen** (Tylenol)! Dosing that does not exceed 3 grams in a day is considered safe and can help relieve sore throat and body aches from illness. Always check labels as acetaminophen can be added to over-the-counter medications, making it possible to exceed this dose.

Contact us:

Phone: 425-637-1022

Fax: 425-637-2011

Feel free to use e-mail. For urgent needs, please remember to call us as there may be a delay in e-mail until the next business day.