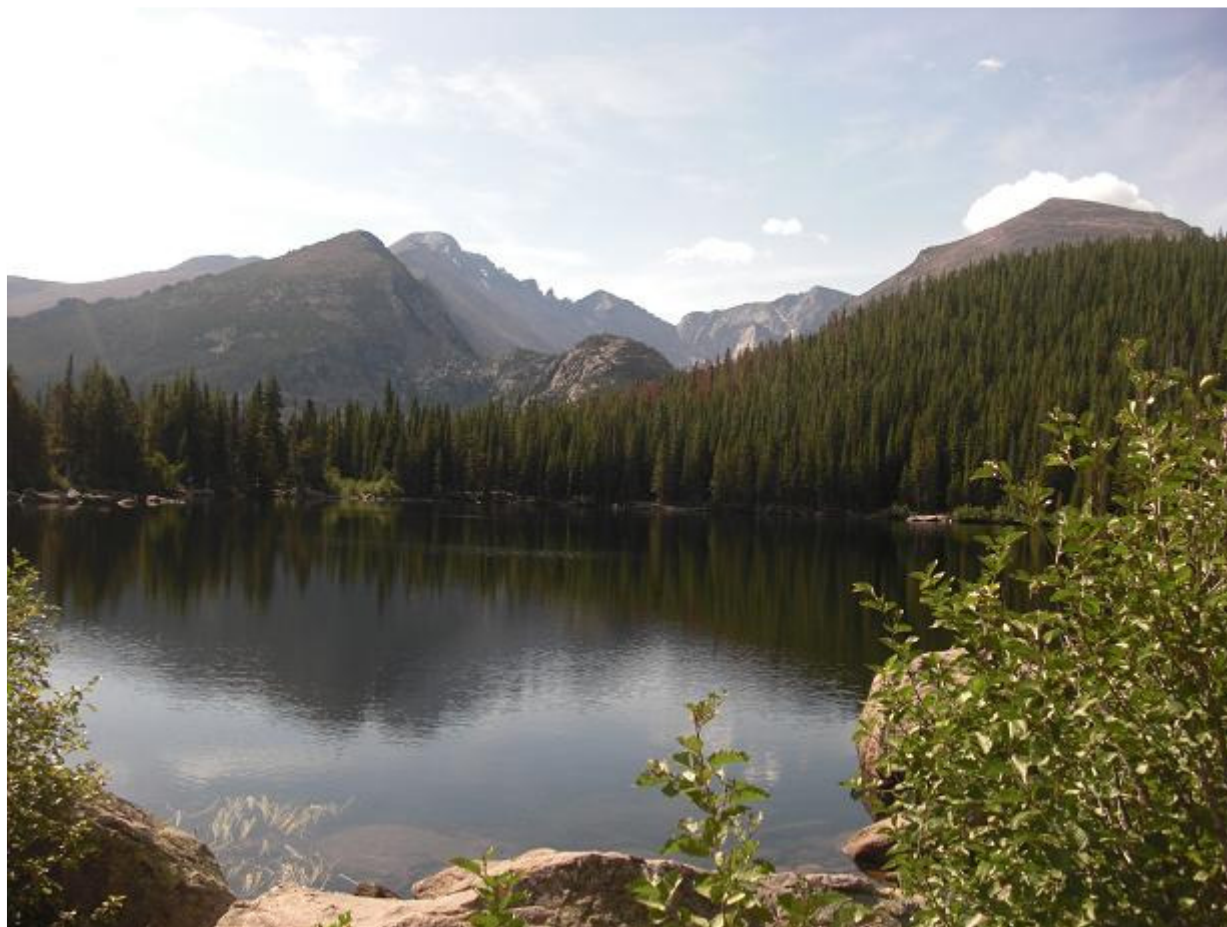



News from Northside Family Medicine!



Saturday appointments are coming in November!

We are excited to offer Saturday Appointments on the first and third Saturdays of each month starting in November. We have heard from many about the desire to have the appointments available. We are trying it out on a temporary basis so make sure you take advantage of it! For now, the hours will be from 9AM to noon. If all goes well we will try expanding it to every Saturday- so thanks for your comments and we will

CONNECT WITH US:

 [CLICK HERE IF YOU LIKE NORTHSIDE FAMILY MEDICINE!](#)
CHECK US OUT AT
WWW.NORTHSIDEFAMMED.COM

SHARE THIS EMAIL:



continue to look for ways to serve you better!

"Ask a doctor" is a free service through our Facebook Page!

We have now entered the social arena of the internet and are proud to offer you another resource from our office.

But there hasn't been much use of it! Check out the post about acai berry use and colon cleanses for some helpful information. You can access our Facebook page by [clicking here](#). Any time you have a general medical question feel free to contact us on Facebook. It is a free service and we'd love to hear from you. Before using our new "Ask a doctor" on Facebook make sure you review and agree to the terms as you are agreeing to them by submitting a question.

All you wanted to know about the flu (or most of it anyway!)

Should I see the Doctor if I think I have the flu?

Yes, there are medications that can reduce the severity and make the flu go away faster BUT you need to get in to see us as soon as possible. Remember, if you call before 3PM on any weekday we will get you in that day. In general, the medications should be started within 48 hours of onset to treat you. We also have in office tests that can detect the flu to help us determine the appropriate treatment.

Where can I get a flu shot?

You can stop by our office to get it anytime or you can give us a call to make

CONTACT US:

12207 Pecos St. Suite 800

Westminster, CO 80234

(303) 428-8536

Our email address is

northsidefammed@gmail.com but first make

sure you are familiar and agree with our

online consent form at

www.northsidefammed.com!

More information on the Flu

Why should I get a flu shot?

While the flu can be mild it can also be fatal and we never know how severe the flu will be each season- last year, according to the CDC, H1N1 flu caused around 12,000 deaths in the US but that pales in comparison to the millions the flu has killed on more severe years in the past.

Why do I have to get a flu shot each year?

The flu is actually changing and there are many different varieties of flu at any given time. Due to the nature of the flu virus, a flu shot from previous years is unlikely to provide much if any protection for the flu varieties that are causing problems this year. Also, even in a given year there is usually more than one major strain of flu affecting the US. The yearly flu shot usually includes protection for 3 different strains. This year the shot has the H1N1, and two other flu strains.

What is the flu (influenza) and what are the symptoms?

It is a group of viruses that can cause anywhere from mild to severe or

an appointment. Check with your insurance company to see if they cover the flu shot – if they don't cover the shot the charge is \$25.

Can't I get the flu from the flu shot?
NO! The flu shot contains parts of the flu virus but not the whole thing so it can't give you the flu and outside of the risk for a low-grade fever or localized tenderness at the shot site shouldn't give you any problems.

Who should get a flu shot?
Anyone over the age of 6 months should get a flu shot per the Centers for Disease Control (CDC). However, it is more important for anyone who is pregnant, has a weak immune system or is on immune suppressants like prednisone, people with asthma or emphysema or congestive heart failure, anyone over 65, diabetics, and households with young children- to name a few high risk categories.

When does the flu season start?
It varies but can start as early as early October to early January and it can last into May so best to get your Flu shot as soon as possible.

Online scheduling and same day appointments a big hit at Northside Family Medicine.

Many of our patients are already taking advantage of online scheduling. If you forget to call during office hours or run into a problem in the middle of the night and want to make sure you get an appointment the next day you can schedule it online. Even if an appointment isn't available online just call us after 830AM and before 3PM on a normal business day and we'll get you in that

even deadly sickness. Symptoms may include fevers and chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and even vomiting and diarrhea.

Who shouldn't get the flu shot?
Anyone that has had a significant reaction or problem with the flu shot in the past, has a sickness with a fever, or has an egg allergy should not get a flu shot. You can get a flu shot with a mild illness without a fever such as a cold or when the fever resolves.

How can I catch the flu?
It is generally believed that the majority of flu is spread in the air with coughing or sneezing and the particles are then inhaled by a healthy individual and they can catch the flu. Sometimes, though, it is felt that touching infected objects can cause the flu as well when you touch your eyes, nose, or mouth. So handwashing should help prevent the flu from spreading as would covering your mouth and nose with coughing or sneezing.

When are people infectious when they have the flu?
Generally, it is from 1 day before the onset of symptoms to 5-7 days after symptoms start. However, it can be extended in children and people with weakened immune systems.

For more information check out <http://www.cdc.gov/flu/keyfacts.htm> which is the source of much of this information.

More newsletters are on the way!

day. Any time of the day just go to our website www.northsidefammed.com and follow the easy instructions to schedule online any time.

This is our Fourth newsletter and we are trying to touch on important topics for lots of our patients. But please let us know if you have other thoughts or things you would like to include. We'd love to hear from you!

The greatest compliment you could ever give us is the referral of your family and friends. We thank you for your trust. Northside Family Medicine

[view email in browser](#) | [unsubscribe](#) | [update your profile](#) | [forward to a friend](#)

from ac- up to 4/15/10 last 18 months



Copyright (C) 2010 Northside Family Medicine, PC All rights reserved.