

TO YOUR HEALTH

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“An Ounce of Prevention”

by Susan Cusson, NP

The Benjamin Franklin axiom “an ounce of prevention is worth a pound of cure” is as true today as it was when Ben Franklin made the quote. He was actually addressing fire safety, though many use the quote when referring to health.

We are currently in the midst of a very active flu season. The flu is widespread across the entire country and on track to be one of the worst since 2014/2015. According to the Centers for Disease Control and Prevention (CDC), so far this season, influenza A has been the most common form of influenza. While nationally the flu season may be peaking now, it will likely be many more weeks before flu activity slows down.

Experts agree - the best way to combat the flu is through preventive measures. Getting the flu shot is considered your best defense.



“I’ll have an ounce of prevention.”

While flu vaccines are far from perfect, they are the best way to prevent getting sick from the flu and it is not too late to get one. Even when vaccine effectiveness is low, it can make your illness milder if you do get sick. Getting vaccinated also lowers your risk of hospitalization and other complications.

You can reduce your risk of getting the flu through everyday good health habits. Wouldn’t it be nice if we could order up “an ounce of prevention” like the cartoon? While it’s not that simple there are a number of straightforward measures we can all take:

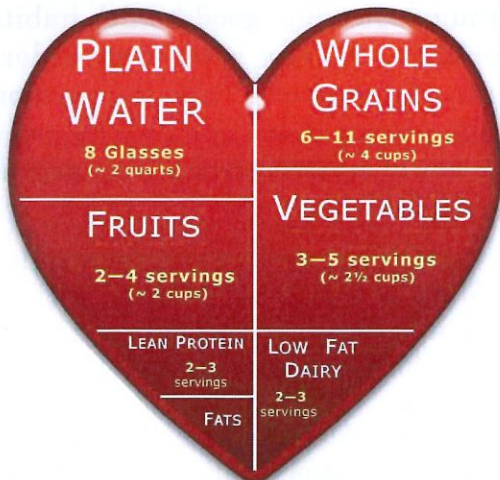
- Cover your mouth when you cough
- Wash your hands frequently with soap, especially after blowing your nose, coughing or sneezing and always before eating
- Dispose of tissues immediately after use
- Avoid touching your nose, mouth or eyes
- Limit contact with others who might be sick
- Stay home when you are sick

These are the most important measures that we all should be doing. Getting enough sleep and eating a healthy diet and regular exercise are also ways to keep your immune system strong to fight off illness.

Antiviral medications such as Tamiflu are an important second line of defense against the flu. These are available only by prescription and are most beneficial if started early on in the illness. They can also be used to prevent influenza if you’ve been exposed. Contact your healthcare provider if you develop symptoms or believe you’ve been exposed to the flu.

February is American Heart Month

Heart disease remains the number one cause of death for men and women. Healthy eating, daily exercise and stress management are the mainstay of maintaining overall wellness and heart health. Small changes to your daily routine can have big positive outcomes. Now is the time to commit to a healthy lifestyle. Think of one change you can make today!



Almonds for weight loss?

Surely you've heard that nuts are good for you, because they're considered a "healthy fat". But eating too many is not good for you because they're full of fat and calories. A study published in the *American Journal of Clinical Nutrition* revealed that only about 75% of the calories are actually absorbed by the body because the protein and fat in them are relatively hard to digest. After one daily handful of almonds, three percent of the calories you consume for the next 24 hours are rendered indigestible. Opt for the least processed versions from raw to lightly toasted, preferably unsalted. So go ahead and enjoy a handful of nuts on a daily basis, their monounsaturated fat content makes them heart healthy too!



Health Education Lecture

Barbara Blanchard, Lic.
Acupuncture/Acupressure
Auriculotherapy: What is it?

Barbara Blanchard will address this question and many more as she explains the benefits of auriculotherapy, as well as Acupressure/Acupuncture. Barbara is double board certified in Acupuncture and Acupressure with more than 30 years experience and has been practicing in the CWV Clinic for the past 3 years. Join us for a very informative Lecture.

Wednesday, February 14, 2018
Auditorium Center
10:30 am—11:30 am

BEDFORD DRUG PICK-UP

The Bedford Police will pick-up expired and unused medications on:

Friday, February 9, 2018

You can drop off any unused/expired PRESCRIPTION MEDICATION ONLY

at the Clinic between
8:30 am and 12:00 pm

The Clinic can only accept medications during these times and on the date of pick-up.

Insurance Updates

If you changed insurance during open enrollment, please bring your new cards to the Clinic so we can update your records. Reminder - if you have an HMO, please check with your insurance to see if you need a referral to be seen by the Clinic Nurse Practitioner.