

## FIGHTING THE FLU



Influenza, commonly known as the seasonal flu, is a contagious virus. According to the CDC, more than 200,000 people are hospitalized, of which 30,000 die, annually from the seasonal flu. This year, the H1N1 influenza virus is expected to cause more illness and death.

This year, the CDC recommends that people protect themselves against both the seasonal flu and the H1N1 virus by getting vaccinated against both viruses. The seasonal flu vaccine does not

offer protection against the H1N1 influenza strain. The H1N1 vaccine is expected to be ready for the fall.

The American Heart Association recommends annual flu vaccinations for all heart patients (unless specifically contraindicated). Illness from the flu often leads to dehydration and pneumonia - which could worsen chronic medical conditions such as congestive heart failure.

Talk to your physician about getting the seasonal and H1N1 vaccines.

For more information, please visit

<http://www.americanheart.org/presenter.jhtml?identifier=3042119>

<http://www.cdc.gov/flu/>

\* [CDC.gov \(www.cdc.gov\)](http://www.cdc.gov) is your online source for credible health information and is the official Web site of the Centers for Disease Control and Prevention (CDC).

## PREVENTING THE FLU

The CDC issued the "Take 3 Actions" in its effort to prevent the spread of the flu.

- Ask your doctor if you should get the vaccines against the seasonal and H1N1 influenza viruses.
- Use preventive actions. Cover your nose and mouth while coughing or sneezing. Wash your hands often with soap and water (or alcohol based lotions). Avoid close contact with sick people. If you are sick, stay home.
- Take antiviral medicines if your doctor prescribes them.

For more information, please visit <http://www.cdc.gov/flu/protect/preventing.htm>



## OCTOBER: BREAST CANCER AWARENESS MONTH

According to the American Cancer Society, one out of eight women will develop breast cancer in her lifetime. It is the second leading cause of cancer related deaths in women. Although it is much more common in women, men can also get breast cancer.

Early detection is the key to breast cancer survival.

The best diagnostic tool currently available is the mammogram. A mammogram is a specialized x-ray of the breast that can reveal small cancers. All women over the age of 40 years old should have an annual screening mammogram. Women in their twenties and thirties should have a clinical breast exam (by a primary care provider or gynecologist) every 3 years. Con-

sult with your primary care provider right away if you notice any breast lumps, pain, or skin discoloration.

To learn more about breast cancer, visit these websites:

<http://www.cdc.gov/Features/breastcancerawareness/>

[http://www.cancer.org/docroot/CRI/CRI\\_2\\_1x.asp?dt=5](http://www.cancer.org/docroot/CRI/CRI_2_1x.asp?dt=5)



## TIME FOR A CHECK UP

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Thank you for your time and consideration.