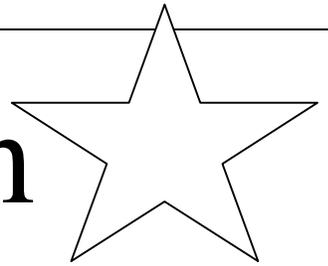


To Your Health



VA Palo Alto Health Care System ★ Patient Education Newsletter ★ Fall 2001

"Promoting good health through information."

WHAT TO DO ABOUT THE FLU

Rael J. Arriola, Pharm.D.

Influenza, commonly known as the flu, is a highly contagious respiratory infection caused by influenza viruses.

What can treat the flu?

- ✓ Over-the-counter medications: pain relievers, fever-reducers, decongestants, and cough syrups can relieve symptoms but do not cure the flu.
- ✓ Antibiotics DO NOT work for the flu.

How can you prevent the flu?

- ✓ Influenza vaccine
- ✓ Wash your hands with plenty of soap and water
- ✓ Avoid close exposure to people with the flu
- ✓ Do not touch your nose or eyes after coming in contact with a person with the flu

Make sure you cover your mouth when you cough or sneeze to help prevent spreading germs to others!

Who should get the flu vaccine?

- ✓ People over 50 years old
- ✓ Residents of nursing homes or long-term-care facilities
- ✓ People with chronic heart or lung disease, or diabetes
- ✓ Health care workers
- ✓ Caregivers or people who live with anyone listed above

People allergic to eggs, egg products, chicken or chicken feathers should NOT get the vaccination. ★

★ RECIPE FOR HEALTH ★

Traditional Chicken Noodle Soup

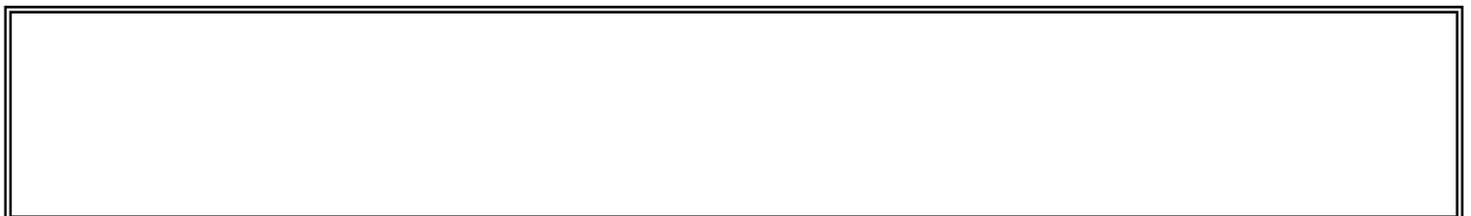
- 1 (4-5 lb) chicken, skin and fat removed
- Cold water
- 1 large onion, chopped
- 2 carrots, peeled, chopped
- 2 stalks celery, chopped
- 1 tsp salt (optional)
- ¼ tsp pepper
- 2 cups wide noodles
- ¼ cup chopped fresh parsley

- 1) Place chicken in pot. Cover with cold water. Add onion, carrots, celery, salt, and pepper. Bring to a boil, lower heat to simmer, cover, and cook 1½ hours.
- 2) Remove chicken from broth. Remove flesh from bones, chop, cover with plastic wrap, and refrigerate. Refrigerate broth overnight. Remove hardened fat. Bring to a boil.
- 3) Add noodles to soup and cook 6 to 8 minutes. Add chicken and parsley.
- 4) Heat through and serve.

Per Serving:

Calories	245	Cholesterol	65 mg
Total Fat	6 g	Sodium	421 mg
		Saturated Fats	1 g

Get your **Flu Vaccine!** Check with your clinic or the Telephone Care Program for dates and times



FREE from Pharmacy Service!

Noelle Hasson, Pharm.D.

Rosemary Gill, RN, MS

Pharmacy Service knows how important it is for patients to have the information they need to be their healthiest. Many patients have said on surveys that they would like more printed materials with their prescriptions. In response we chose improving patient education as a pharmacy service goal.

Staff and management are also very concerned about patient safety. To help improve patient safety, we want to increase patient's knowledge about their medications and help patients take their medicine correctly.

Pharmacists, nurses and doctors worked together to find new tools to help patients. The result? The following items are now available to you **free of charge** – all you have to do is ask at any pharmacy!!

- **Pillboxes** to help you remember to take all of your medicines.
- The **reason for your medication** written right on your medication vial. All patients should know why they are taking a medication. Now you can have that information right in front of you!
- **Medication information handouts** are available for every drug.
- **Medication lists** that you can keep in your wallet and bring to all clinic visits. These lists also contain important information about requesting prescription refills.
- Handouts on common **drug/food interactions**.
- **Healthwise for Life** books, full of information for patients on common diseases.
- Handouts on the **correct way to use** inhalers, eye drops, suppositories, and ear medications.

Remember, all of these great tools are available to you right now, just for the asking. Please let us know if these tools are helpful to you. ★



Prevention Points- SMOKING

- 1) **TRUE.** The risk of getting lung cancer from cigarettes increases with the number you smoke, how long you have been smoking, how deeply you inhale, and the amount of tar and nicotine in your cigarettes. Smoking causes 30% of all cancer deaths.
- 2) **TRUE.** Smoking is major risk factor for 4 out of 5 leading causes of death including heart disease, stroke, cancer, and lung diseases like emphysema & bronchitis.
- 3) **TRUE.** Stopping smoking does help people who have already had a heart attack. Their chances of having another attack are lower.
- 4) **FALSE.** Nonsense! You have every reason to quit now and for good—even if you have been smoking for years. Stopping smoking will help you live longer and feel better.

Healthy Hints

November 15, 2001 is Great American Smokeout Day!

If you quit smoking, you will have:

- ✓ Less chance of cancer, heart attack, and lung disease
- ✓ Better blood circulation
- ✓ Healthier family members, especially children and grandchildren
- ✓ A healthy lifestyle example for children and grandchildren
- ✓ No odor of smoke in your clothes and hair
- ✓ A better sense of smell

To Your Health is published quarterly for VAPAHCS veterans and their families.

Editorial Board:

Noelle Hasson, Pharm.D.

Rosemary Gill, RN, MS

Rael J. Arriola, Pharm.D.

