

**Special points of interest:**

- Disease Update
- New Residents
- Immunizations
- New Faculty

**What Would You Like to See in the Newsletter?**

Please use the attached sheet to ask questions or make comments. Turn it into the receptionist when you check out



**AUGUST, 2005**

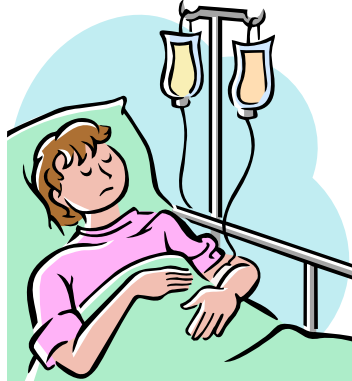
*Carolyn  
Abrahamson*

**RACINE FAMILY MEDICINE CLINIC & RESIDENCY PROGRAM 262/687-5600**

**The Practice Pipeline**

**1320 Wisconsin Ave., Racine, WI 53403**

## ***Patient Communication Newsletter***



### **DISEASE UPDATE**

#### **MENINGITIS Meningococcal Vaccine**

Meningococcal disease (meningitis) is a disease that may be caused by the bacteria *N. Meningitidis*. *N. Meningitidis* is the leading cause of meningitis in children 2—18 years old in the U.S. Meningitis is an infection of the fluid surrounding the brain and the spinal cord, but can also cause blood infections. This infection can cause deafness, problems with the nervous system, mental retardation, seizures, strokes, and in some cases even death.

College freshmen who live in dormitories are at increased risk of acquiring this disease due to close contacts and therefore it is recommended that incoming freshmen receive the meningococcal vaccine in order to prevent this disease.

There are two types of vaccines available in the U.S. MPS4 and MCV4, both of which work well and will protect up to approximately 90% of those who get it. It can last between 3 to 10 years depending on the type of vaccine given.

**Dr. Shreyas Rana**

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#### **RACINE FAMILY MEDICINE CLINIC WELCOMES**

**Dr. Shivendra Bahadur—1st year Resident Doctor**

**Dr. Aaron Kaleka—1st Year Resident Doctor**

**Dr. Emelide Mont-Louis—1st year Resident Doctor**

**Dr. Julia Nasser—1st year Resident Doctor**

**Dr. Yvonne Neau—1st Year Resident Doctor**

**Dr. Asad Raza—1st year Resident Doctor**

**Dr. Troy Williams—2nd year Resident Doctor**

**Dr. Allen Last — New Faculty**

### **DON'T FORGET**

**TO GET READY  
FOR  
BACK TO SCHOOL**

**PHYSICALS**

**SHOTS**

**SPORTS PHYSICALS**

Make an appointment at the reception desk or call  
687-5600

### Humor Corner

A mother has taken her young son shopping with her and was letting him keep the change from her purchases. Suddenly he put a quarter in his mouth, swallowed it, and began choking.

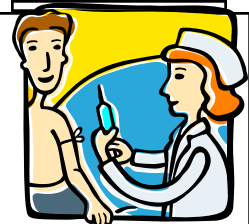
The mother and the nearby salespeople tried to remove the obstruction, but all failed. The boy began choking harder, his face darkening from lack of air. Then a man in a conservative suit emerged from the crowd of onlookers, took hold of the boy, and performed the Heimlich maneuver to perfection, dislodging the coin on the first try.

The mother, impressed and full of gratitude, asked him, "Are you a doctor?"

"No," the man said. "I work for a collection agency and it's our job to get people to cough up money."

[www.cdc.gov/nip/recs/lamincard-adult-bwpress.pdf](http://www.cdc.gov/nip/recs/lamincard-adult-bwpress.pdf)

## WHY DO WE NEED TO IMMUNIZE OUR FAMILIES AND OURSELVES?



Before immunizations or vaccinations, millions of people died from a lot of diseases such as measles, polio, diphtheria and whooping cough. The finding of vaccines to fight these diseases was one of the most important public health accomplishments of the 20th century. These diseases are now seen less in the United States and most of us have never seen first-hand the pain, disability and even death that these diseases can cause. But these diseases are still a threat to our families and neighbors that are not immunized.

Vaccines offer a safe and long-lasting protection from these diseases. By staying up-to-date on the recommended vaccines, people can protect themselves, their families and friends. Vaccines, like any medication, can cause side effects, but not immunizing a child also involves risk. Consider measles. For every 1,000 children who get measles, one or two will die from it. Thanks to vaccines, we have few cases of measles in the U.S. today, however, measles can be easily spread and each year dozens of cases are brought in from other countries into the U.S., threatening the health of those who have not been immunized.

Infants and young children need to receive the recommended immunizations on time in order to be protected against these diseases. But immunizations are not just for infants and young children, they are just as important for older children and adults. Getting the recommended immunizations is one of the best ways to stay healthy and prevent disease.

For more information about vaccines and vaccine recommendations, see your family physician at the Racine Family Medicine Clinic. You may make an appointment with us by calling: 687-5600.

Mary Beth Robers