



Special points of interest:

- Lab—Fasting Blood Work
- Disease Update
- Featured New Resident
- Domestic Violence

What You Would Like to See in the Newsletter



OCTOBER, 2004

*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

INFLUENZA

Flu season is just around the corner and it's time to start thinking about how to protect yourself from the flu! Here is some information to help you!

SHORTAGES IN FLU VACCINE MAY DELAY WHEN AND/OR IF YOU ARE ABLE TO RECEIVE YOUR VACCINE.

What is the flu? The flu is a contagious respiratory (lung) illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

- Common symptoms of the flu include: high fever, headache, extreme tiredness, dry cough, sore throat, runny/stuffy nose, and muscle aches.
- These symptoms can lead to other problems or complications including: pneumonia, dehydration, worsening of congestive heart failure, asthma or diabetes.

How do I prevent the flu?

- **Cover your mouth and nose when coughing and sneezing.**
- **Wash your hands often with soap and water for 15 to 20 seconds.**
- **Remind your children to practice healthy habits.**

Do I need to get the vaccine? Anyone who wants to reduce their chances of getting and transmitting the flu to others can get vaccinated. However, certain people should get vaccinated each year because they or someone they have contact with are at risk for serious complications of the flu. Yearly vaccination is recommended for the following groups of people:

- Everyone 50 years of age or older.
- Children 6 to 23 months old
- Adults and children with chronic health conditions (heart disease, diabetes, kidney disease, asthma, cancer, HIV/AIDs).
- Women who will be pregnant during the flu season
- People who can give the flu to those at high risk

Why do I need to get the vaccine every year? Different influenza viruses cause flu every year, so the vaccine is different every year to anticipate that year's virus. Also, your immune system only responds to the vaccine for a few months. Each year you need a new shot to "remind" your immune system to fight the flu virus.

Where can I get more information?

- Talk to your doctor or other health care professional (pharmacist, Nurse, etc.)
- Watch the paper for flu vaccine clinics in your area.
- Use the internet: www.cdc.gov/flu or www.immunize.org.

By Beth Musil

Faculty Pharmacist

**OCTOBER
IS
DOMESTIC
VIOLENCE
AWARENESS-
MONTH**

If you have any questions about this topic, please ask your doctor. All Racine Family Medicine Physicians are trained in domestic violence issues. All conversations are confidential.

**RESIDENT PHYSICIAN PROFILE
DR. DAVID CALDERWOOD**

This month's profile is on **Dr. David Calderwood**, incoming 2nd year resident. Dr. Calderwood received his medical degree from the University of Utah in 1999. He did his Family Medicine internship at the Pensacola Naval hospital in Florida. He worked as the Senior Medical Officer at the Fisher Clinic at Great Lakes, IL until joining us at RFPC to complete his Family Medicine residency. Dr. Calderwood is married and is the father of 4 children. He

speaks Spanish fluently and also speaks Portuguese and French. He has been active in many Hispanic community programs and in Paraguay with the Lengua Indians. His hobbies include family, triathlons, falconry, cooking and travel. He coaches soccer.

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Quote: You cannot live a perfect day without doing something for someone who will never be able to repay you.

John Wooden
College Basketball Coach



**DAYLIGHT SAVINGS
TIME ENDS ON
OCTOBER 31ST-
HALLOWEEN—
DON'T FORGET TO
TURN YOUR CLOCK
BACK ONE HOUR!
(and get an extra hour
of sleep)**



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**“Fasting Blood Work”**

**What does “Fasting” really mean?**

The laboratory definition of fasting is as follows:

- **Do Not** drink anything containing alcohol for 72 hours before your appointment.
- **Do Not** eat or drink anything EXCEPT WATER for 14 hours before your appointment.
- **DIABETICS—Do Not** take your insulin or diabetic pills on the morning before your appointment.

Each person's body digests or breaks down food and drink differently. How fast the body breaks down food depends on how hungry the body is, the amount of food eaten and what kind of food is eaten. Alcohol also changes how fast food is broken down in the body. Asking someone to not eat or drink for 14 hours and not to have alcohol for 72 hours makes sure everyone has an empty stomach when it is time for blood tests.

Diabetics are asked to not take their insulin or diabetic pills on the morning of fasting blood test. Diabetic medications work best when taken with food. When a diabetic person needs fasting blood work they should wait to take those medicines until they can eat. Diabetics should make morning appointments for fasting blood tests and should eat soon after the blood is drawn. After eating, medications can be taken.

Good blood test results depend on everyone doing the same kind of fasting for the same amount of time. When you are told **DO NOT EAT** for 14 HOURS this also means **DO NOT DRINK ANYTHING** (milk, soda, coffee, tea.....) for 14 hours. **IT IS OK** to **DRINK WATER**.

If you do not follow these instructions you will be asked to reschedule your blood tests because you ate or drank something. If you follow these instructions, your test results will be more accurate.



By **Mary Beth Robers, Laboratory Director**