



# My Health

A Healthy Newsletter from MyMD Personal Medicine  
www.mymdbend.com

## Updates for 2009

Dr. Mac Donell will be out of the office:

**May 18 - May 22**  
*Advances in Internal Medicine*

**July 20 - July 24**  
*Aviation Medical Examiner Course*



**HOLIDAY CLOSURE:**  
**Memorial Day, May 25.**



**VACATION SCHEDULE:**  
**August 11 - August 18.**



Coverage will be provided by the On-Call physician. Kathy will be available during normal office hours to handle any calls or schedule appointments. Phones are forwarded to Dr. MacDonell's cell phone after office hours. If you should need to schedule or cancel an appointment and it's after-hours, please send us an email or call during office hours.



Billing questions, please contact Lorin at 420-9897 or fax 536-9870.

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## Outbreak of Swine Flu 2009

The H1N1 virus of swine origin flu may present like a common cold with symptoms of fever up to 101.5°F, sneezing, nasal congestion, cough, sore throat, headache and general achiness.

### Transmission:

#### Hand Contact: Person or Surface

Hand to hand contact with virus remains on skin for more than two hours. Both placebo-controlled and observational studies at a daycare center showed significant decrease in illness with hand washing in the treated group 7% ill compared to 20% ill in the untreated group.

Using a disposable cotton tissue is the best means of dealing with secretions.

#### Coughing or Sneezing (Aerosolized)

When a person coughs or sneezes without covering their mouth, most viruses remained stable in the air for less than one hour and are diminished to less than 10% in 24 hrs.

### True or False?

**Air travel puts us at more risk due to recirculated air on airplanes.**

**FALSE:** In a study of more than 1,000 passengers on commercial airlines with 53% of planes having recirculated air versus 47% with fresh air there is no difference in incidence of illness reported. This study perhaps indirectly supports hand washing as the most effective means to prevent flu.

**Viruses can be transmitted through saliva.**

**TRUE:** Although, saliva is not an efficient way of spreading the virus. In analysis of saliva samples, virus was only found in 10% of cases.



*Greetings!*

*First, I want to thank you for your continued support and referrals of family and friends.*

*Aimee and I are blessed to have a healthy new baby boy named Ryan Richard Mac Donell born on March 29th, 2009. Ryan weighed in at 8 pounds and measured 20 inches long.*

*Our girls are very proud to be big sisters. Photo was taken over the Easter Weekend.*

*MyMD Personal Medicine continues to grow in membership. We want to thank you for your patronage and hope to maintain the highest level of service and flexibility to serve your needs. We would appreciate any input you may have to improve your health care experience at MyMD. Please add your comments to our website [www.mymdbend.com](http://www.mymdbend.com).*

*Stay well!*

*Richard Mac Donell, M.D.*

**If you go outside without your coat, you'll catch a cold.**

**FALSE:** There is no difference in the frequency of colds in subjects who traveled to Antarctica for six months of work versus the six months before travel.

*continued on back*

**Having green or yellow nasal discharge means bacterial infection.**

**FALSE:** Green or yellow discharge does not necessarily mean a bacterial infection. Discolored nasal discharge is a normal phase of the common cold. Discoloration is often caused by dead organisms mixed with white blood cells that are fighting the infection.

**You should always treat a low grade fever with medicine.**

**FALSE:** Although uncomfortable, a fever is the body's natural defense and kills most organisms. I recommend treating fever when it reaches 103°F in adults.

**Information about viral syndromes:**

Incubation Period: 1-3 days

Peak Symptoms: 3-5 days

Duration: 1-2 weeks

**Flu Diagnosis**

In office, rapid influenza A testing takes less than 15 minutes via nasal swab. In order to confirm Swine Flu, the specimen needs to be sent to an outside lab which could take up to one week for results.

**Flu Treatment**

Most treatments target flu symptoms such as fever, coughing, sneezing and congestion. Symptoms are usually the result of our own immune response and not necessarily the infectivity of the virus itself.

**Nasal Spray**

Use a normal saline nasal spray, two puffs, four times a day in combination with either a prescription of a steroid nasal spray or *Atrovent*.

**Decongestant**

Use *Afrin* nasal spray or a prescription of *Pseudoephedrine*.

**Antihistamine**

Antihistamines (*Claritin*, *Benadryl*) have limited benefit in relieving symptoms with occasional side effects such as dry mouth and agitation.

**Cough Suppressant**

Coughing is usually best served by treating the underlying postnasal drip with the above measures and the addition of *Robitussin DM*.

**Headache**

Use *Tylenol* 650 mg every six hours as needed.

**Anti-viral Drugs**

The swine influenza A (H1N1) virus is susceptible to the prescription antiviral drugs: *Oseltamivir* and *Zanamivir*. In addition, the Federal Government and manufacturers have begun the process of developing a vaccine against this new virus. Antiviral medications are expensive and only reduce severity and symptoms (on average 1 day).

**Flu Prevention**

**Hand washing** is an essential and highly effective way to prevent the spread of infection. Hands should be wet with water and plain soap, and rubbed together for 15 to 30 seconds. Alcohol-based hand rubs are a good alternative for disinfecting hands if a sink is not available. Anti-bacterial soaps and antibiotics are ineffective against viruses.

**Vitamin C** 500 mg per day

**Exercise** moderately to help activate your lymphatic system.

**Wear a face mask or respirator** in crowded areas where transmission of the swine influenza A (H1N1) virus has been confirmed.

**FAQ's about Swine Flu****What is considered close contact?**

Three feet has often been used by infection control professionals to define close contact and is based on studies

of respiratory infections; however, for practical purposes, this distance may range up to 6 feet.

**When should I use a facemask or respirator?** The use of facemasks or respirators should be considered in close contact areas where transmission of the swine influenza A (H1N1) virus has been confirmed.

**When should I contact my doctor?**

If you have a high grade fever greater than 101.5°F, flu symptoms lasting longer than two weeks, wheezing, difficulty breathing, or ear/facial pain. Such symptoms may indicate bacterial infection or complications such as sinusitis, pneumonia, bronchitis or otitis media.

**How can I get up to date information on the outbreak?** For more information about human infection with swine influenza virus, visit the CDC Swine Flu website at <http://www.cdc.gov/h1n1flu/>.

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Conditions apply. Not valid with other discounts; New clients must sign-up for non-refundable annual MyMD membership. Offer valid until Sept. 1, 2009