Flu Season

Flu Facts

It is estimated that 200,000 people in the United States get the flu every year. Up to 40,000 people here have died from the flu in the last 30 years. Some people with chronic illnesses are at greater risk of getting the flu such as: diabetes, heart problems, elderly, young children and pregnant women. The Centers for Disease Control says the best way to avoid the flu is to get a flu injection every year. The reason you need one every year is because the viruses that are in the flu change every year. Everyone six months and older is recommended to get the flu vaccine.

Symptoms of the Flu

Fever, chills, fatigue, body aches, sore throat and headache are very common symptoms of the flu. Not everyone will have a fever. The flu can be mild to severe and can lead to death. The flu is different from a cold; the flu usually comes on very suddenly.

Flu Clinics

University of New Mexico Hospitals and Clinics have free Flu Clinics every year. These clinics do not cost you anything and they are also open to anyone, not just UNMH patients. There is NO charge for these vaccinations to our patients or the public. Below is a listing of the public flu clinics. The drive through clinics do not give shots to young children under the age of eight. Please look at the age list to the right of the below list.

<table>
<thead>
<tr>
<th>Date</th>
<th>Facility</th>
<th>Time</th>
<th>Minimum Age</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/3/2015</td>
<td>North Valley Clinic/St Theresa’s Parish</td>
<td>10:00 am—4:00 pm</td>
<td>6 years</td>
<td>Walk-in</td>
</tr>
<tr>
<td>10/3/2015</td>
<td>Family Practice Clinic</td>
<td>8:00 am—2:00 pm</td>
<td>8 years</td>
<td>Drive Thru</td>
</tr>
<tr>
<td>10/10/15</td>
<td>1209 Clinic</td>
<td>9:00 am—1:00 pm</td>
<td>6 months</td>
<td>Walk-in</td>
</tr>
<tr>
<td>10/10/15</td>
<td>Westside Clinic</td>
<td>9:00 am—1:00 pm</td>
<td>6 months</td>
<td>Walk-in</td>
</tr>
<tr>
<td>10/10/15</td>
<td>Young Children Health Clinic</td>
<td>8:30 am—12:30 pm</td>
<td>6 months</td>
<td>Walk-in</td>
</tr>
<tr>
<td>10/17/15</td>
<td>Northeast Heights Clinic</td>
<td>8:00 am—2:00 pm</td>
<td>8 years</td>
<td>Drive Thru</td>
</tr>
<tr>
<td>10/19/15</td>
<td>Vein &amp; Cosmetic Clinic</td>
<td>9:00 am—4:00 pm</td>
<td>6 months</td>
<td>Walk-in</td>
</tr>
<tr>
<td>10/24/15</td>
<td>Center For Life</td>
<td>9:00 am—12:00 pm</td>
<td>6 years</td>
<td>Walk-in</td>
</tr>
<tr>
<td>10/24/15</td>
<td>Southwest Mesa Clinic</td>
<td>9:00 am—1:00 pm</td>
<td>6 months</td>
<td>Walk-in</td>
</tr>
<tr>
<td>10/31/15</td>
<td>Lobo Care and Senior Health</td>
<td>9:00 am—2:00 pm</td>
<td>6 months</td>
<td>Walk-in</td>
</tr>
<tr>
<td>11/7/15</td>
<td>Southeast Heights Clinic</td>
<td>9:00 am—1:00 pm</td>
<td>6 months</td>
<td>Walk-in</td>
</tr>
</tbody>
</table>

http://www.cdc.gov/flu/about/qa/disease.htm
Heart Attacks (Myocardial Infarction)

Did you know that more women die of a heart attack each year than men? The main reason is that women have different symptoms than men. Chest pain and shortness of breath have been the signs of heart attack for years; however, these symptoms have come from studies of men. However, women are at greater risk of dying because they do not realize they are having a heart attack, and take too long to get help.

Simply Put Women are less Likely to Have Typical Heart Attack Symptoms as seen in the Movies!!

<table>
<thead>
<tr>
<th>Women’s Symptoms</th>
<th>Men’s Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can have chest pain: Usually at a lesser degree</td>
<td>Crushing chest pain: pressure, fullness, squeezing in chest that comes and goes.</td>
</tr>
<tr>
<td>Nausea</td>
<td>Pain that spreads to shoulders, neck upper back or arms</td>
</tr>
<tr>
<td>Overwhelming Fatigue</td>
<td>Dizziness</td>
</tr>
<tr>
<td>Light Headedness</td>
<td>Clammy sweat, nausea</td>
</tr>
<tr>
<td>Sweating</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Indigestion</td>
<td>Abdominal Pain</td>
</tr>
<tr>
<td>Back Pain</td>
<td>Shortness of Breath or difficulty breathing</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td></td>
</tr>
<tr>
<td>Palpitations</td>
<td></td>
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</tbody>
</table>

The above is not a comprehensive list; if you feel something is wrong please make an appointment with your Primary Care Doctor

Reference: https://baptisthealth.net/baptist-health-new/heartattack

North Valley Center for Family and Community Medicine

After the long wait and a lot of hard work and collaboration, the North Valley Center for Family and Community Medicine has been completed! The facility officially opened its doors to see patients on June 1st. This clinic is a Family Medicine Resident focused environment overseen by Family Medicine faculty. The clinic also provides psychology counseling, pharmacy medication management, social work, as well as foot care among many services to help meet the primary care needs of the patients in the community. At this location, the convenient support services of laboratory, x-ray, and pharmacy are provided in the clinic.

Clinic address and phone number:
3401 4th Street NW
(505) 994-5300
Get Your Well Woman Exam Every Year

Schedule your well-woman visit with a doctor or nurse every year. The well-woman visit is an important way to help you stay healthy. Well-woman visits include a full checkup, separate from any other visit for sickness or injury. These visits focus on preventive care for women, which may include:

- Services, like shots, that improve your health by preventing diseases and other health problems
- Screenings, which are medical tests to check for diseases and other health problems
- Education and counseling to help you make informed health decisions

Please consider scheduling your exam at one of our UNMH Maternity and Family Planning clinics. The MF&P clinics are community based clinics for women’s general health, family planning services, and prenatal care. All staff are Bilingual, English and Spanish. They offer special Federal Grant Programs to help cover your care if you are uninsured. Please, give them a call or come by to see if you qualify for these programs. They offer Child Birth Classes, taught in Spanish four times a month, call the clinics or our Community Educator at 272-1361.

SPORST MEDICINE

Dr. Christopher McGrew has Sports Medicine Clinics every week at the Westside Clinic and OSIS.

Westside Clinic: 4808 McMahon Blvd NW
   Monday: 0800-1200
   Tuesday: 0800-1200

Outpatient Surgery and Imaging Services (OSIS): 1213 University Blvd NE
   Wednesday: 0800-12:00

Dr. McGrew gives injections for knees and shoulders and other joints. He does not follow chronic back pain. Have your Primary Care Doctor refer you to Dr. McGrew if you are having knee or shoulder problems!!

Patient Portal Sign Up

Sign up for MyHealthUNM Patient Portal for access to many aspects of your medical record and communication with your health care team! Ask clinic staff how you can sign up for Patient Portal access at your next visit!

MyHealthUNM gives you a way to:

- Get messages to your doctors and nurses
- Keep track of vaccine records
- Look at your lab results
- See your own list of medicines
- Print a copy of your medical record
- Find UNM clinic phone numbers
- Use a tool called “Find A Doctor”

*The portal is safe, private, easy-to-use way, anytime, anywhere*
Need Refills?
If you need medication refills, and you have an outside pharmacy, please have your pharmacy fax the refill request to the Central Refill Service Department at 272-8139.
If you need medication refills, and you use UNMH Pharmacy please call 272-2309 to request a refill.
If you have a Mail Out Pharmacy please contact 272-8663 to request refills.
Please make sure you call at least 7-10 days in advance for your refills to ensure you can pick them up before you run out.

Your Voice Matters!
Our goal is to make your experience at all UNMH Primary Care Clinics as pleasant and efficient as possible.
After your next appointment, you may receive a survey in the mail from Press Ganey, a patient satisfaction company, asking you to rate your experience with us.
Please take a few minutes to fill it out and let us know how we did. Thank you!

UNMH Adult Urgent Care
We recommend that you call Nurse Advice NM, 1-877-725-2552, before going to make sure that’s the best place to get the help you need. The adult urgent care clinic is located on the Pavilion Plaza, catty corner to the emergency room.

Monday-Friday 9am-9pm

Social Work
Get the help you Need by calling your clinic’s Social Worker.
Insurance matters
Social Security Disability Co payments Problem solving Substance abuse End of life issues

Diabetes

Diabetic Corner
Maintaining healthy laboratory levels is very important in the diabetic patient. Mentioned below are explanations of these tests and the frequency that they should be checked.

Lab Tests
Your Hemoglobin A1C is a blood tests that measures your blood sugar (glucose) level overall for a 3 month period.
An A1C level less than 7 is a goal for a person with diabetes. Here is a look at A1C Normal ranges:
- Below 6 if non-diabetic
- Below 7 if diabetic well controlled
- Above 7 is poor management of diabetes or a newly diagnosed diabetic
Another preventative maintenance for the diabetic is to check their LDL levels once yearly.
The LDL (low density lipoproteins) test measures the “bad” cholesterol ‘or lipid level in your blood. Diabetes tends to lower “good” cholesterol levels and raise triglyceride and “bad” cholesterol levels, which increases the risk for heart disease and stroke.
Discuss with your health care provider what the healthy target range is for you.

Take off your shoes!!!
Because people with diabetes are more prone to foot problems, allow your health care team to perform foot checks for you at every visit. If you have corns, calluses, or trouble trimming your toenails safely, your health care provider can refer you to one of our Certified Foot Care Nurses to trim them for you. Ask about this service at your next visit.

Watch Out!!! Why am I feeling funny????
Important signs and symptoms to watch for are:

Hypoglycemia
This occurs when your blood sugar is abnormally low 70 mg/dl or below

Symptoms
- Shakiness
- Sweating, chills, clammy skin
- Confusion
- Lightheadedness or dizziness

What can you do?
- Eat 2 tablespoons of raisins or ½ cup of juice or regular soda. Then recheck your blood glucose in 15 min
- Repeat until back to normal glucose level/symptoms are relieved
- Ask your provider, diabetes educator, or pharmacist about other forms of glucose to help in urgent low blood sugar episodes

Hyperglycemia
This occurs when your blood sugar is too high

Symptoms
- Increased urination
- Increased thirst
- Increased eating

What can you do?
- Exercise
- Decrease type or amount of food you eat
- Check your blood sugar and call your provider for instruction
- Schedule appointment with your provider

Is Prevnar 13 Right For You?
Pneumococcal infections can be hard to treat because some strains are resistant to antibiotics. This makes prevention through vaccination even more important. Prevnar 13® is an approved pneumococcal vaccine for adults over 50 years old to prevent pneumococcal pneumonia caused by 13 strains of Streptococcus pneumonia. Pneumonia can be life threatening to people over 65 and those who have serious immune deficient diseases. Some people may have received pneumovax which prevents 23 strains of pneumonia. If you have received Prevnar 13 and it has been one year since pneumovax you can receive the newer vaccine.

With this information, should you receive Prevnar 13? The most important thing would be to have a talk with your provider or doctor. They will know your health history and help you determine if Prevnar is right for you.

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