



At a Glance..... 

- L Cold & Flu - The Difference, Treatment For...
- L Germ Busters
- L Stroke
- L Insomnia
- L Holiday Party Survival

How To Treat The Flu:



- U Rest.
- U Drink fluids.
- U Avoid alcohol and tobacco.
- U Take medications for symptoms.
- U Antibiotics only if there is a bacterial or secondary infection.

Non-drug Approach for Relief of Cold Symptoms:

- † Drink plenty of clear fluids.
- † Eat a well balanced diet by following Canada's Food Guide.
- † Get plenty of rest and 'down time' making sure you relax.
- † Use a humidifier to prevent mucous membranes from drying out.
- † Wash hands frequently with soap to reduce the chance of spreading the cold virus to others.

COLD & FLU



Do you know the difference between a cold and the flu? Your body does, and it will tell you!

Most cold germs are transmitted through touch. You can 'catch a cold' through contamination - direct contact with other individuals or with inanimate objects (e.g., doorknobs, pens, buttons, etc.) that are infected with the virus.

A cold is a virus. While there are about 200 cold viruses, 'rhinovirus' (from the Greek work meaning "nose") is the most common. To treat a runny nose and sneezing, you can take an over-the-counter medication with an antihistamine. Your pharmacist can help with the selection. To help a stuffy nose - which can be most frustrating - try breathing in vapors from a hot shower or vaporizer. Remember to blow your nose *gently*, both nostrils simultaneously, to avoid stressing the passages between the ears and throat.

Influenza or 'the flu' is a highly contagious acute viral disease of the respiratory tract, transmitted by air when someone who has the flu coughs or sneezes without covering their mouth or speaks. The virus may enter the nose, throat, and lungs of others. The flu can also be spread by touch (e.g., door knobs, handles, buttons, etc.)

You will know when you have the flu! Your body will tell you in more ways than one. You may have joint aches and pains, a fever with chills, and extreme fatigue to the point where getting out of bed is an effort.

Colds can lead to: laryngitis, middle ear infections, tonsillitis, bronchitis, pneumonia, or pleurisy.

Influenza can lead to: bronchitis, pneumonia, respiratory failure, may worsen a current chronic condition and can be potentially life threatening - especially to those with compromised immune systems or the elderly.

How To Treat A Cold:



- U Rest.
- U Drink plenty of clear fluids (water, juice).
- U Avoid alcohol and tobacco.
- U Take medications to relieve symptoms (e.g., decongestants, nasal sprays - not for more than two or three days).
- U Antibiotics are only necessary if you develop a secondary infection diagnosed by a physician (e.g., ear or sinus infection).

COLD	FLU
; Transmitted through touch and from contact with individuals or objects.	; Transmitted by air - just being in a room with germs.
; May begin slowly, two or three days after infection with the virus.	; Sudden and severe symptom onset - headache, dry cough, and chills.
; Usually starts with a sore/scratchy throat, followed by sneezing, runny nose, and congestion - can be severe.	; Muscle aches, often in the legs and back.
; May experience a yellow or green nasal discharge, congested sinuses or low grade fever with mild chills.	; Congestion and sore throat increase in severity.
; May follow with a hacking cough, fatigue, or earache.	; High fever.
; Symptoms usually last a few days to a week.	; Early onset of extreme fatigue/weakness; feeling 'knocked out'. Can last 2 to 3 weeks.
	; Respiratory symptoms like nasal congestion and sore throat are common.
	; Can lead to pneumonia.

GERM BUSTERS

- L Wash your hands often to control the spread and pick up of germs; make it the first thing you do when you go home.
- L Do not share eating utensils, drinking cups, or towels if ill.
- L Arm your immune system by getting extra rest, proper nutrition, moderate exercise, and by decreasing stress.
- L Wipe off handles, door knobs, and frequently used items with detergent and warm water or mild disinfectant.
- L Avoid shaking hands with someone infected; cold germs are spread through contact.
- L Wash your hands after blowing your nose or covering your mouth to sneeze or cough. Everything you touch will have the cold virus on it. Washing your hands will prevent passing on your germs to others.



STROKE



Do you know what a stroke is? Do you know what a stroke looks like? Would you know what to do in the event of symptoms of a stroke for yourself or for somebody else? Did you know children can have strokes? A stroke occurs when blood flow to the

brain is disrupted, which may cause loss of consciousness, paralysis, or death. **Stroke is the third leading cause of death in North America and the leading cause of unemployable disability.** People who survive a stroke are often paralyzed extensively on one side of the body - opposite to the side of the brain affected by the stroke.

There are two main types of stroke: ischemic and hemorrhagic. An ischemic stroke is caused by a blockage of blood flow to the brain. This usually occurs when a blood clot lodges in a blood vessel that carries blood to the brain. About 85% of all strokes are ischemic. A briefer scenario can also occur called a 'transient ischemic attack' (TIA). In a TIA, the symptoms, such as slurring of speech and paralysis, last less than 24 hours. The only difference between an ischemic stroke and a TIA is the duration of symptoms. A hemorrhagic stroke is caused by a rupture of a brain blood vessel, resulting in bleeding or hemorrhaging into the brain. About 15% of all strokes are hemorrhagic. A CT Scan or MRI brain scan is the only reliable way to tell the difference.

One of the biggest problems in treating a stroke is that most people don't know what the symptoms are or what they mean. Unfortunately, this means people don't get to the hospital soon enough to take advantage of the treatment available to them. If you or someone with you develops even one of the following symptoms, you should seek medical assessment immediately:

- @ Weakness or paralysis - loss of strength of one arm, one leg, or one side of the body.
- @ Numbness - loss of feeling or 'pins and needles'.
- @ Speech problems - loss of speech or slurred speech.
- @ Lack of comprehension - trouble understanding what someone else is saying.
- @ Vision problems - sudden onset of loss of vision in one or both eyes or sudden double vision.
- @ Problems with balance or coordination - sudden change in balance and difficulty with coordination.
- @ Headache - sudden, explosive, severe headache.

Strokes can occur in people of all ages, however your risk increases with age and declining physical health.

Reduce stroke risk factors by:

- ú Monitoring and lowering high blood pressure.
- ú Stop smoking.
- ú Control diabetes.
- ú Lower cholesterol.
- ú Maintain an average weight.
- ú Participate in moderate exercise such as walking or swimming 3 days/week for at least 30 minutes each session.
- ú Know the signs and symptoms of a stroke and seek medical attention immediately should they suddenly arise.



INSOMNIA



Insomnia can refer to either difficulty getting to sleep or difficulty staying asleep, or both. Problems with sleep are often associated with many conditions, including medical and psychiatric illnesses, as well as the use of drugs, alcohol and medications.



Insomnia can be short or long-lasting. Transient insomnia is very common and is considered a normal stress reaction that typically disappears as the stress passes, e.g., the night before a big test or job interview. Chronic insomnia refers to sleep problems that have lasted over 6 months.

Insomnia can cause more insomnia! The habits people develop to cope with their nighttime sleeplessness delays the return of normal sleep patterns. These problematic habits include napping during the daytime, giving up on regular exercise because of fatigue, or drinking excessive amounts of coffee to promote alertness. For these individuals, the practice of good sleep hygiene assists in re-establishing normal sleep patterns.

7 Rules of Sleep Hygiene



1. Do not go to bed until you are drowsy.
2. Get up the same time each morning, including weekends.
3. Do not take naps.
4. Reduce or eliminate the use of alcohol, caffeine, and nicotine within 4 - 6 hours of bedtime.
5. Exercise regularly - but not within 4 hours of bedtime.
6. Eat a light carbohydrate snack to help promote sleep.
7. Adjust the sleep environment - cool and dark.

HOLIDAY PARTY SURVIVAL



Here are some tips to help you from tipping the scales this holiday season!



- † Avoid hitting the party with an empty stomach.
- † Go for the high-protein foods over the high-sugar ones.
- † Eat slowly and chew thoroughly; test your willpower and give your body time to tell you, 'no longer hungry'.
- † Don't hang out near the food. Putting some distance between you and the spread creates an obstacle.
- † Avoid eating just because those around you are.
- † Hit the sweets last - try to fill up on the veggies first!

Most of all remember 'everything in moderation' and enjoy the season and the food it brings!

SOURCES FOR RESOURCES:

<http://www.ivillage.com/>
<http://www.medbroadcast.com/>
<http://www.puffs.com/>
Guelph-Wellington VON