

WLOW Health Newsletter

October 2013

Knowledge is power when it comes to preventing the flu and we want you and your family members to stay well.

As the flu is making its present felt, this is the perfect opportunity to inform the reader about the flu and cold season.

What is flu?

Influenza, commonly shortened to “flu” is an extremely contagious respiratory illness caused by influenza A or B viruses. Flu appears most frequently in winter and early spring. The flu virus attacks the body by spreading through the upper and/or lower respiratory tract.

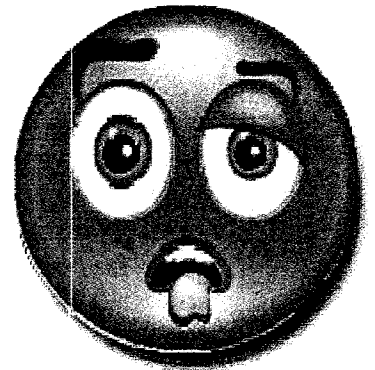
What’s the difference between a cold and flu?

The common cold and flu are both contagious viral infections of the respiratory tract. Although the symptoms can be similar, flu is much worse. A cold may drag you down a bit, but the flu can make you shudder at the very thought of getting out of bed. Congestion, sore throat, and sneezing are common with colds. Both cold and flu bring coughing, headache, and chest discomfort. With the flu, though, you are likely to run a high fever for several days and have headache, myalgia, fatigue, and weakness. Usually, complications from colds are relatively minor, but a severe case of flu can lead to life-threatening illness such as pneumonia. More than 100 types of cold viruses are known and new strains of flu evolve every few years. Since both diseases are viral, antibiotics cannot

conquer cold or flu. Remember: Antibiotics only treat bacterial infections.

How are stomach flu and influenza different?

“Stomach flu” is a popular term but not a true medical diagnosis. It’s not uncommon to mistake gastroenteritis, which is what stomach flu is, for the viral infection we commonly call “flu.” Gastroenteritis refers to inflammation of the gastrointestinal tract (stomach and intestines). Viruses are the most common cause of stomach flu. With gastroenteritis, you may have symptoms such as abdominal cramps, nausea, vomiting, and diarrhea.



Symptoms of flu are similar to a cold except flu symptoms are much worse with fatigue, fever, headache, and respiratory congestion. Flu symptoms come on so abruptly that you may know the exact time you first came down with the flu.

How is flu spread?

The flu virus is spread from person to person through respiratory secretions and typically sweeps through large groups of people who spend time in close contact.

Flu is spread when you inhale droplets in the air that contain the flu virus, make direct contact with respiratory secretions through sharing drinks or utensils, or handle items contaminated by an infected person. That’s why frequent and thorough hand washing is a

key way to limit the spread of influenza. Flu symptoms start to develop from one to four days after infection with the virus.

Who's at greatest risk for flu complications?

While anyone can get flu, infants, the elderly, and people with chronic ailments such as diabetes, heart disease, lung disease and HIV are at highest risk for flu complications.

Are there different types of flu viruses?

Researchers divide flu viruses into three general categories: type A, B and C. All three types can mutate, or change into new strains and type A influenza mutates often, yielding new strains of the virus every few years. This means that you can never develop a permanent immunity to influenza. Even if you develop antibodies against flu virus one year, those antibodies are unlikely to protect you against a new strain of the flu virus the next year.

Type A mutations are responsible for major flu epidemics every few years. Type B is less common and generally results in milder cases of the flu. However, major flu epidemics can occur with type B every three to five years.

Type C causes infection but does not cause typical flu symptoms. Both influenza A and B have been linked to the development Reye's syndrome, a potentially fatal complication that usually affects child and teens under 18. Most influenza viruses that infect humans seem to originate in parts of Asia, where close contact between livestock and people creates a hospitable environment for mutation and transmission of viruses.

Influenza – Seasonal flu – home treatment

If you have influenza, you can expect the illness to go away on its own in about 7-10 days. In the meantime, you can take steps to feel better.

- Get extra rest. Bed rest can help you feel better. It will also help you avoid spreading the virus to others.
- Drink plenty of fluids to replace those lost from fever. If fever is uncomfortable, sponge your body with lukewarm water to reduce fever. Lowering your fever will not make your symptoms go away faster, but it may make you more comfortable.
- Do not give aspirin to anyone younger than 20 because of the risk of Reye's syndrome.
- To relieve body aches and headache, take acetaminophen or ibuprofen.
- To help clear a stuffy nose, breathe moist air from a hot shower or from a sink filled with hot water.
 - Try a decongestant or nasal spray if your main symptom is a stuffy nose.
 - Avoid antihistamines. They don't treat flu symptoms and may make nasal drainage thicker.
 - Use cough drops or plain hard candy to help ease coughing.
 - If you have a dry, hacking cough, you can try an over the counter cough medicine.
- Elevate your head at night with an extra pillow if coughing keeps you awake.
- Avoid smoking and breathing second hand smoke.

Call your doctor if:

- You develop symptoms of a bacterial infection, such as a new or worse cough that produces yellow, green, or rust-colored, or bloody mucus; persistent fever, ear pain, sore throat, sinus pain, or productive cough; or nasal drainage that changes from clear to colored after 7-10 days.



Happy Birthday!!!

Teresa Landon	Oct. 6
Sheldon Morrison	Oct. 7
Michael Leckner	Oct. 8
Robert Landon	Oct. 11
Jessica Shabaquay	Oct. 12
Jacob Cantin	Oct. 15
Yvonne Pitchenese	Oct. 16
Georgina McLeod	Oct. 20
Marcel Shabaquay	Oct. 28
Henry Chief	Oct. 29
Jamieson Pitchenese	Oct. 29

Recipe of the Month Pumpkin Pie Latte

What U Need!

- 2 tbspn. Canned pumpkin
- 1 tsp. brown sugar blend sugar replacement
- 1 tsp vanilla
- ¼ tsp. pumpkin pie spice
- 1 -1/4 cups skim milk
- ½ cup hot freshly brewed espresso coffee, divided

What 2 Do!

- Mix first 4 ingredients in small saucepan. Gradually stir in milk; cook on medium heat 5 minutes or until heated through, stirring constantly.
- Pour coffee into 2 mugs. Add milk mixture; stir, until blended.

Weird by True Health Fact

Women burn fat more slowly than men, by a rate of about 50 calories a day. Most men have a much easier time burning fat than women. Women, because of their reproductive role, generally require a higher basic body fat proportion than men, and as a result their bodies don't get rid of excess fat at the same rate as men.

(www.wellspringdaily.com)

Eco-Green Living Tip

Recycling tips.... How 2 Reuse Everyday Objects
Best Reuses for fabric softener sheets

- Put in drawers or luggage to keep fresh
- Wipe lint screen of your dryer
- Clean lint and pet hair off furniture
- Eliminate static cling in skirts by rubbing on pantyhose.

FYI.....

- Annual Fall Harvest Week – Oct. 7-10th - see posters for schedule of events.

Quote of the Month

One must eat to live not live to eat.
- Moliere



October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Lion's Den for youth 7-12 4-7 p.m. Open Gym 4-5:30 p.m. Beading 7-9 p.m.	3 Thanksgiving Walking Derby 4-5:30 p.m.	4 Office Closed Treaty#3 Signing	5
6	7 Fall Harvest Week – Teepee Set up/Arts & Crafts/Fire Teaching/Storytelling	8 Fall Harvest Week – Cleaning Ducks/Moose meat/Fishing/Drum Stick	9 Fall Harvest Week – Wild Rice/ Birch Bark/ Bannock/ Anishnaabe Games	10 Fall Harvest Week – Feast/Sweat/Smudge	11	12
13	14 Thanksgiving	15 Firefly Workshop for Teens 4-6 p.m.	16 Open Gym 4-5:30 p.m\ Beading 7-9 p.m. Open Gym 4 Teens 7-9 p.m. Elder's Night 4-7 p.m.	17	18	19
20	21	22 Board Game Night 4-5 p.m.	23 Open Gym 4-5:30 Beading 7-9 Open Gym 4 Teens 7-9 p.m.	24	25	26
27	28	29	30 Open Gym 4-5:30 p.m. Beading 7-9 Open Gym 4 teens 7-9	31 Halloween Party		