



Flu Season Off to a Record-Setting Pace *By Joshua Millstein, DO*

It is shaping up to be an historic flu season. The Arizona Department of Health Services has reported thousands of cases through December 2017, up over 700 percent for the same period a year ago. This is reportedly the highest number of cases this early during an Arizona flu season since reporting began. The good news is it's not too late to get a flu shot!

The CDC (Center for Disease Control) recommends three steps in fighting the flu.

1. Flu vaccine
2. Preventive measures
3. Prescription antiviral drugs

The best way to prevent the flu is to get a vaccine. This is widely considered to be the best proactive measure in preventing the flu. We highly

recommend this vaccine - the earlier the better.

Preventive measures are equally important during flu season. These include:

- Wash your hands often
- Clean or disinfect surfaces that may carry the flu
- Avoid touching your face
- When well, avoid close contact with sick people when possible
- While sick, try to limit contact with others; cover your mouth when coughing and use a tissue when sneezing

Visit the CDC website for more information: www.cdc.gov/flu

Flu symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue. Be

particularly vigilant during the peak flu season, typically through the end of February.

If you get the flu, antiviral drugs can help reduce the symptoms. Early treatment is strongly recommended for people in higher risk groups, like: infants, toddlers, the elderly, pregnant women, and those with chronic illnesses like asthma.

If you haven't yet gotten a flu shot, they are available at our Phoenix office and at our C-1 and F-1 Glendale locations on a walk-in basis anytime the offices are open (including Saturdays from 8 am – 1 pm at the F-1 location). No appointment is needed. Flu shots are \$40 for cash pay patients and we are happy to bill insurance for existing patients.

Notice our New Look?

Welcome to 2018 and with it, the introduction of our new logo. As a reminder, Thunderbird Internal Medicine and six other Valley practices have partnered with Summit Health Management (SHM) to form Summit Medical Group Arizona. Patients will retain the same physicians and staff you've known and trusted at the same office locations. In the months ahead, we'll work collaboratively with SHM to integrate some of its proven best practices. For more information, visit our web site at www.thunderbirdim.com or visit www.smgarizona.com.

LOCATIONS

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