

Road to Better Health

Twice Monthly
Health & Wellness
Newsletter Brought to you by



Located at **Pilot** 

December 15, 2014

Ask the Nurse Practitioner



Q: What are the best ways to prevent the flu?

A: The best ways to prevent the flu are to wash your hands with soap and warm water and cover your cough with the inner side of your elbow.

Q: Can I get the flu from the flu shot?

A: The nasal spray flu vaccine is the only version with a “live” virus in it, so you are at more risk to get mild flu-like symptoms with the nasal spray. All other injectable forms of the flu shot are a “dead” virus and you cannot get the flu from a dead virus. Some people may experience side effects from the preservatives and confuse them with the flu, or get an incidental illness right after receiving the flu shot because it is cold/flu season when we get the shot.

As the Flu Seasonal Update article on page 2 discusses, it takes 2 weeks to develop immunity to the flu after receiving the shot, so you may not have received the shot early enough before you were exposed.

Q: Should everyone get the flu shot, or just the younger and older populations?

A: Everyone 6 months and older should get the flu shot. Check out Flu Seasonal Update article on page 2 to find out why!

Preventing Eye Injuries Due to Cold Weather

By Patricia Smith, FNP - Knoxville

Several drivers have been injured lately as a result of the early onset of snow and ice. The types of injuries that have occurred are injuries to the eyes.

In one case, a driver was parked in Wisconsin in early November. Ice had formed on top of the cab. When the driver opened the cab door (he was standing in the parking lot at the time), a piece of ice slid off the top of the cab and struck him in the eye. There was such force involved that the driver's face was swollen, and the eye was nearly swollen shut.



On another occasion, a driver was attempting to tighten a steel strap on a truck. His hands were so cold that he couldn't hold onto the steel any longer. When he released his hands, a strap associated with the steel struck him in the eye.

Both of the drivers were seen at our clinics, and fortunately both did not have serious eye injuries (although they were referred to Ophthalmology). Please be sure to pack several pairs of gloves and perhaps eye protection (snow goggles) if you are driving in areas with snow and ice. If you receive an injury to the head (either a fall or a direct blow from an object), seek medical attention immediately. Some head injuries can manifest several hours after initial injury. Be mindful of the condition of the ground and the steps on your truck- icy steps, snow-covered ground over black ice.

National Registry of Certified Medical Examiners

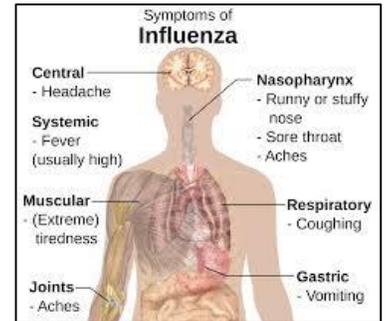
All commercial drivers whose current medical certificate expires on or after May 21, 2014, at expiration of that certificate must be examined by a medical professional listed on the National Registry of Certified Medical Examiners. All UrgentCareTravel medical professionals have been certified and are listed in the National Registry – Walk-In DOT Physical Examinations are available at all UrgentCareTravel locations.

Influenza (Flu) Season 2014-2015 Update

By Sheri Melot, FNP – Oklahoma City

Influenza is a viral illness that causes the sudden onset of fever, cough, sore throat, headache, body aches, runny/stuffy nose, fatigue, and less commonly, nausea/vomiting/diarrhea. If diagnosed within the first 48 hours, it can be treated with an anti-viral prescription medication, like Tamiflu, to decrease the severity and duration of the illness.

So far, the 2014-2015 Flu season has been relatively mild. However, in early December, the CDC announced the appearance of a “drifted” strain of the type A influenza (H3N2). Our 2014-2015 flu vaccine contains a strain of H3N2, but a “drifted” strain means it has changed slightly, making the vaccinated person less likely to fight off the new strain. This is the exact reason the flu vaccine changes every year, based on the prior year’s flu incidence of specific strains.



Many un-vaccinated people are now asking, “Do I still need to get a flu shot?”, “Will it even work?” and “Is it too late?” These are excellent questions! Yes- it is still important to get the flu shot. It will protect you from the other strains of flu that are in the vaccine and you still have a 48% chance that you will be protected from the H3N3 strain. No- it is not too late to get vaccinated. Flu season can last well into April and May. It takes about 2 weeks to develop immunity to the flu after you receive the vaccine, so keep that in mind. Some people believe the flu shot “gave” them the flu. However, it was likely that they didn’t get vaccinated early enough, and didn’t have full immunity to the flu when they were exposed.

Finally, why is it so important for *everyone* to get a flu shot? Because 24 hours before you display signs of the flu, you are spreading it through contact with others. What if you un-knowingly gave the flu to your infant child or elderly loved one who is more likely to have complications and/or die from the flu? More people getting vaccinated will decrease the incidence of the illness, and ultimately less people will die from this preventable disease. So remember to get your flu vaccine *every* year and *early* in the year, before the flu season is in full swing!



We Want to Hear From You

Road to Better Health is a new publication designed to provide you with relevant health and wellness information. We seek your input and comments to improve the newsletter.

- What questions would you like answered by our Nurse Practitioners?
- What recipes or other food information would you like to share with the readership?
- What topic would you like to see discussed more thoroughly in an article?

Please send an e-mail to services@urgentcaretravel.com with your feedback, suggestions, input, etc.

Feel free to share Road to Better Health with your colleagues. UrgentCareTravel can also make this newsletter available to companies and their employees. If your company is interested in distributing Road to Better Health or you are not subscribed to Road to Better Health, please send an e-mail request to services@urgentcaretravel.com.

UrgentCareTravel Locations

UrgentCareTravel – Knoxville (865) 329-9492
7200 Strawberry Plains Pike, Knoxville, TN 37914
I-40, Exit 398 (standalone building at Pilot Travel Center)

UrgentCareTravel – Oklahoma City (405) 789-0212
406 South Morgan Road, Oklahoma City, OK 73128
I-40, Exit 140 (standalone building at Pilot Travel Center)

The Wellness Corner

Seasonal Fruit: Pomegranate



One of the oldest known fruits, Pomegranates have been revered through the ages as a symbol of health, fertility, and eternal life. They can be found in grocery stores from September through January and, when refrigerated, keep for up to 2 months. Chock full of vitamins and antioxidants, Pomegranate seeds and juice are moderate in calories and a good source of dietary fiber.

Choose Pomegranates that have smooth skin, free from bruises, cuts or mold. To extract Pomegranate seeds cut fruit in half (preferably over sink or tub to prevent stains from juice) and break open. Separate the seeds from the peel and inner membranes in a bowl of water. The seeds will sink while the membrane float, making separation easier.

Add pomegranates to salads, yogurt and desserts, or just eat the seeds as they are. Prices vary by retailer, with Walmart around \$1.99 per Pomegranate. Watch for coupons in your local paper by POM (50 cents off).

Smart Snack: Greek Yogurt

Did you know that an 8 ounce container of Greek Yogurt has 19 grams of protein? That's nearly 38% of the daily recommended value and equals the protein content in 3 ounces of beef!

And it does it all with the added benefit of gut-friendly probiotics, bone-building calcium and phosphorus, and blood pressure regulating potassium.

So the next time your stomach is rumbling for something to eat, be kind to yourself and grab a Greek yogurt - your body will thank you for it!

Super-Spice: Turmeric



Turmeric, an orange-colored spice imported from India, is part of the ginger family and has been a staple in Middle Eastern and Southeast Asian cooking for thousands of years.

Science has recently begun to back up what Indians have known for years, that the main ingredient in Turmeric, Curcumin, has powerful anti-inflammatory effects and is a very strong antioxidant. A few of the health benefits to eating Turmeric include cancer prevention, arthritis reliever, diabetes control, Alzheimer prevention, improved digestion, natural liver detoxifier, reduced cholesterol and immune system booster.

About UrgentCareTravel

UrgentCareTravel (UCT), in partnership with Pilot Flying J, addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UCT Healthcare Centers offer DOT/non-DOT physicals, minor illness & injuries services, chronic disease screening and management, sleep apnea screening and drug screens.

UrgentCareTravel's affordable **Healthcare Membership** programs include physicals, primary care visits, access to onsite fitness centers (where available) and 24x7 Telemedicine (phone consultations) with a licensed medical professional. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **Healthcare Membership** program is a cost-effective option to address the healthcare needs of drivers, local businesses and communities.

