

GASTROENTEROLOGY ASSOCIATES

PATIENT NEWSLETTER JULY-SEPTEMBER 2015

TIPS TO PROTECT YOURSELF DURING THE FLU SEASON

Flu Like Symptoms Include:

- Fever
- Cough
- Sore Throat
- Runny or Stuffy Nose
- Body Aches
- Headache
- Chills
- Fatigue

Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever (CDC, 2014).

The CDC recommends the following three precautions be taken to protect yourself and others from the flu:

- 1. Take time to get a flu vaccine.**
 - a. CDC recommends annual flu vaccines.
 - b. The flu vaccine protects against the viruses that research suggests are most common.
 - c. Everyone 6 months and older should get the flu vaccine.
- 2. Take everyday preventive actions to stop the spread of germs.**
 - a. Try to avoid contact with sick people.
 - b. If you have flu like symptoms the CDC recommends staying home for 24 hours after the fever has gone away.
 - c. Cover your mouth and nose with a tissue when you cough or sneeze.
 - d. Wash your hands with soap and water often.
- 3. Take flu antiviral drugs if your doctor prescribes them.**
 - a. Antiviral drugs can make the flu milder and shorten the time you are sick.
 - b. Antivirals can prevent more serious complications, such as pneumonia, from occurring.

PATIENT PORTAL

You may notice that the Gastroenterology Associates patient portal has a new look this Fall.

As a patient you will have access to more of your health care information online. We will now be able to send you educational documents and patient letters through your patient portal.

You will also be able to update more of your health information and communicate faster with your providers and care team.

Please contact our front desk to obtain additional information and get registered today.

360-413-8250

PATIENT SUPPORT GROUPS

The following is a list of support group resources:

Crohn's and Colitis Support Group

- Serving adults with Crohn's and/or Colitis.
- Contact: Suzie McPike 360-923-4321

Olympia Ostomy Association Support Group

- A support group helping those with Ostomy.
- Contact: Suzie Zuelke 360-493-7385

Irritable Bowel Syndrome Self Help and Support Group

- Provides access to bulletin and chat boards, blogs, news, penpals, a comprehensive book list and store, medication listings, research study listings, brochures and other helpful information.
- Contact: Email- ibs@ibsgroup.org Website: <http://www.ibsgroup.org/>

American Celiac Society

- The organization supports efforts in education, research, and mutual support to individuals with dietary disorders.
- Contact: Email- AmerCeliacSoc@onebox.com Website- <http://americanceliacsociety.org>

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