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The Good Old Fashioned Family Doc Clinic

"Modern medicine delivered the old fashioned way . . .with TLC"

November 21, 2006

YOU ARE LATE, if you haven't gotten your flu shot yet! It is best to get it by the middle of November as it takes about two weeks for it to be effective. Better late than never though, so **"just get 'er done"**.

The vaccine is recommended essentially for everyone over the age of 6 months with children and the elderly being most vulnerable to the potentially lethal complications which of course is what we are all trying to prevent.

But even if you are very healthy and most likely would survive the flu, who wants (or can afford to) drop out of life for a week or two and not even come back with a great suntan. Remember too that if you do develop symptoms of the flu we need to see you and decide promptly as you must start **"Tamiflu"** within 48 hours for it to be of benefit.

Speaking of effective prevention vaccines, you should be aware of the availability of **Zostavax**, a new prevention for Shingles. The risk for developing Shingles increases with age, but everyone who has had chicken pox has the virus lurking in them and there is no way to predict if or when it may get reactivated.. The vaccine is contraindicated in folks with immunodeficiency states or suppressive therapy like steroids and in pregnancy as it is a live attenuated vaccine.

Yet another modern miracle of medicine is the development of a vaccine to prevent Human Papilloma Virus(**HPV**), the most common sexually transmitted disease in the US and responsible for most of the cases of cervical cancer. **Gardasil** is most effective if given before sexual exposure to the virus, so it is being recommended for all girls between 9 and 12. It is also safe and effective and produces long term immunity for women 13-26.

All of us here at **Good Old Fashioned Family Doc Clinic** hope that you are among those for whom the glass is at least half full and that your cup runneth over.

Thanksgiving is a good time for us to be reminded to not just have grateful hearts but that to him to whom much is given that much more is expected. As we prepare for the rest of our lives may we all strive to be a miracle from God for everyone we can, to do as much as we can as often as we can to improve other people's lives.

May you have a most blessed and low calorie Thanksgiving.

Don't forget that one of our **"Preventative Health Care Packages"** may be a life saving holiday gift to someone you care about.

Your Good Old Fashioned Family Doc and Staff,

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