

VIRUSES OR BACTERIA

What's made you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask me for tips on how to relieve symptoms and feel better.

When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. Reactions from antibiotics cause 1 out of 5 medication-related visits to the emergency department.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

More than 2.8 million antibiotic-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.

Join Our New Patient Portal

Earlier this year, we upgraded to a new, improved Patient Portal. This is a great new way to communicate with myself and my staff. *Please note that any emergent issues should be addressed over the phone, so please call our office if that is the case!*

To start using the patient portal, all we need is your email address. We can insert that into your chart and then you will receive a registration email to create your secure account.

With your patient portal, you can send us messages and ask us questions about your medical records; say you have an upcoming appointment, but you can't remember if you need to fast for your bloodwork. Ask us in a message! You can also attach files in a message. So if you have a blood pressure log you need to send to us, or maybe a follow-up photo of a procedure that was done, they can be attached.

You can view your medication list and you can request prescription refills directly on the patient portal. This will send my staff a message with the medications you need refilled.

We send automated messages for any upcoming appointments, and visit summaries of past visits.

Lab results can also be sent as a message, just let us know if you would like them send to your portal when you see me at your appointment.



“Please bring your medicine bottles, including all the over the counter medicines to each office visit. “

979 725 8545, a number to remember.

If your address, phone number, or insurance has changed, please let our office know.

