

# Happy Thanksgiving!

## THE “FLU SHOT”

### A Misunderstood Vaccine

Is it the “Flu”, a “Cold”, allergies, or a bacterial infection worth antibiotics.

Bacterial infections usually come after a case of allergies, cold, or the “flu”.

A lot of people confuse the “flu” with a cold. The “flu” is caused by specific INFLUENZA viruses. These viruses usually have been attacking humans east of us, like in China or Australia before they get to us in the western hemisphere.

We have developed specific vaccines to counteract these viruses. Sometimes we predict right, other times the viruses trick us.

Most of my patients expect and ask for the influenza vaccines on an annual basis.

Some patients do not want it because of a previous adverse experience decades ago or a mostly coincidental recent event. After further questioning, the claimed adverse effect usually is not related to the modern influenza vaccine.

Wash your hands, cough into your elbow crease, and keep your fingertips and palm away from your face.



[ydclinic.mymedaccess.com](http://ydclinic.mymedaccess.com)



Ask for your portal access.

Our Patient Portal is a secure online website that gives you convenient 24-hour access to your personal health on your home computer or smartphone.

# The Value of Testosterone in Men and Women

Men and women have testosterone hormones. This hormone has much to do with our perceived gender, and influences our sexual life and reproductive cycles. As we get “less young”, this hormone decreases in our bodies. In spite of what the TV ads say, the management of this deficiency is NOT straightforward. There are many adverse side effects with the supplementation of testosterone.

## ***Did you know?***

A typical “LifeFlight” helicopter ambulance trip costs \$40,000. Medicare and most insurances do not cover this. It is important to look into insurance that will cover this fee in the event it is necessary.

## ***During Hospital Admissions***

If you are admitted to a hospital, or go to the ER, please have a relative or friend contact our office so we know you are in the hospital. It is also beneficial during your stay to sign a record release at the hospital so we may receive your health information for continuum of care.

*If you have Medicare, then you have been issued a new Medicare number this year. It is important that our office has your new card and number on file. So please bring your Medicare card into our office at your next visit.*

“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.**

