Communication, Kindness and Trust Lead to This Patient Enjoying Life After Cancer

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ongoldenlife

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Relenza. These can help reduce flu severity and the length of

What to Do if You Think You May be Getting the Flu

in January or February and continues into the spring,” says

H3N2. So it’s worth it to get the vaccine,” says Leticia Maragh,

influenza vaccine, currently manufactured by GlaxoSmithKline.

After being vaccinated, hand washing is the best way to avoid

Influenza is prevalent in early fall and tends to peak in

as it increases myocardial oxygen demand, making the heart

vasoconstriction and increased heart rate. Therefore, it’s best

to see if you already have received both vaccines.

the vaccine covers the two strains of influenza most prevalent

an H1N1 vaccine. The H1N1 strain has returned in 2014 and

As of early fall 2014, the CDC recommends two different

An H1N1 vaccine. The H1N1 strain has returned in

years to ensure that you’re not getting the flu but are as healthy

improving the health of the community

February

on your mark? Join us for our FREE seminars and events!

communicating. So, you can call us at any time. We’re here

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for the best and keep living your daily life,” says 80-year-old

is always scary. But you have to hope

A diagnosis of cancer is always scary. But you have to hope

have the flu, wash your hands often and well. When

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a screening colonoscopy can save your life!

1. In 2014, Colorectal cancer is estimated to be the cause

this advice. Here’s why it’s worth your time and effort to be

Whitaker and Doreen; competes with Doreen during card

situation or in the event of a crisis. Dr. Simon elaborated

volunteers donate more than 40,000 hours of their time each

you’re out and about in public places, know that viruses lurk on

”After being vaccinated, hand washing is the best way to avoid

weekly. But sometimes you can’t wait.

with Dr. Simon to ensure he stays that way.

Therefore, it’s best

the heart on its end, so to speak, which

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Bill Whitaker’s cancer diagnosis was a shock. He was a

puts you at risk and the 10 steps you

Patient Enjoying Life After Cancer

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Dear These Tips for

Tip for Moving Clear of Fire

3. Flushing the Eye with Water

To make an appointment, call

6 – 7 PM

a significant was happening.

The PA team also met with the patient’s wife, Doreen,

How to Get a Colonoscopy

So it’s worth it to get the vaccine,” says Leticia Maragh,

The doctor discussed the patient’s treatment options with

and putters on continuing to enjoy retirement: He plays dominos

and Doreen. They were able to find a urologist who will

Doreen and I adjusted treatment options and care plans over

Before every test, you will need to

Coming in For a Health Checkup?

1. Staying at a healthy weight

Tip for Moving Clear of Fire

3. Flushing the Eye with Water

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