Antibiotic Awareness Month

Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. Many more people die from other conditions that were complicated by an antibiotic-resistant infection.

The use of antibiotics is the single most important factor leading to antibiotic resistance around the world. Antibiotics are among the most commonly prescribed drugs used in human medicine. However, up to 50% of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed. Antibiotics are also commonly used for promoting growth in food animals, one type of use that is not necessary.

Viruses or Bacteria? what’s got you sick?
Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Acid Reflux--GERD

Thanksgiving is just around the corner but many people aren't aware that Thanksgiving week is also GERD Awareness Week. Because of big holiday meals and indulgences, many people suffer from heartburn and other GERD symptoms during this season. The symptoms of acid reflux are caused by the regurgitation of acidic sour liquid stomach contents back up into the esophagus. Factors that may contribute to GERD include slow emptying of the stomach, lower esophageal sphincter abnormalities, hiatal hernia, and abnormal esophageal contractions. The good news is that GERD can be treated. There are effective treatments available for controlling symptoms. Remember the symptoms of GERD mentioned in this article and consult your physician if you experience any of them.

- Heartburn
- Regurgitation
- Painful swallowing
- Bitter or sour taste, bad breath
- Burning sensation when you lie down
- Cough/chronic tickle in throat
- Chest pain/pressure after excessive eating or drinking

Please remember to call for an appointment 860-768-6601
Flu Vaccine Available at Health Services
Health Services offers the vaccine on a walk in basis Monday-Friday from 9a-3:30p. The cost is $25.

Help protect yourself and others by getting your flu shot!

November 16th is Great American Smoke Out
Quitting smoking is not easy, but you can do it. To have the best chance of quitting, you need to know what you’re up against, what your options are, and where to go for help.

On your Quit Day go down this list:
Do not smoke. This means not at all – not even one puff!
Stay busy – try walking, short bursts of exercise, or other activities and hobbies.
Drink lots of water and juices.
Attend a stop-smoking class or follow your self-help plan.
Avoid situations where the urge to smoke is strong.
Avoid people who are smoking.
Drink less alcohol or avoid it completely.

Be prepared to feel the urge to smoke. It will pass whether you smoke or not. Use the 4 D’s to help fight the urge:
Delay for 10 minutes. Repeat if needed.
Deep breathe. Close your eyes, slowly breathe in through your nose and out through your mouth. Picture your lungs filling with fresh, clean air.
Drink water slowly, sip by sip.
Do something else. Some activities trigger cravings. Often this simple trick will allow you to move beyond the strong urge to smoke.

Have leftovers from Thanksgiving?
Let’s make a turkey quesadilla! Serves 4

- 12 ounces cooked turkey, cut in strips or cubes
- 8 (8 inch) flour tortillas
- 2 cups cheddar cheese, grated
- 1 cup green onion, chopped
- ¼ cup canned jalapeno chile
- 1 cup salsa

Sprinkle four tortillas with turkey, cheese, green onion and chilies. (or any other leftovers you like!)
Drizzle salsa over top. Cover with other tortillia.
Microwave on high for 1-2 minutes each until cheese is melted and turkey heated.
Serve with extra salsa, extra cheese, sour cream, tomato, guacamole etc.