

## Influenza—Tips from Each of our clinics!

by clinic staff

Acupuncture, Naturopathic and Fones Dental Hygiene

### The CDC recommendations for preventing the flu:

(<http://www.cdc.gov/h1n1flu/qa.htm>)

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners\* are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people. If you are sick with flu-like illness, [CDC recommends that you stay home for at least 24 hours after your fever is gone](#) except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick. **Other important actions that you can take are:**

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. Be prepared in case you get sick and need to stay home for a week or so; having a supply of over-the-counter medicines, alcohol-based hand rubs\*, tissues and other related items could be useful and help avoid the need to make trips out in public while you are sick and contagious.

#### What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

#### \*What if soap and water are not available and alcohol-based products are not allowed in my facility?

Though the scientific evidence is not as extensive as that on hand washing and alcohol-

based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands.

### Dental Health Tips:

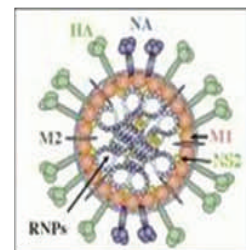
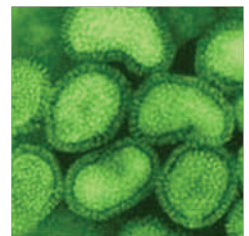
- Brush your teeth after every meal, or at least in the morning and before bed
- Clean between your teeth daily with floss
- Use an antibacterial mouth rinse daily.
- Rinse your toothbrush after use.
- Store your toothbrush upright, open to the air, and allow it to thoroughly dry between uses.
- Use your own tube of toothpaste to avoid spreading your germs with others.
- Change your toothbrush every three months.
- Change your toothbrush after you have been sick with the cold or flu.
- Make an appointment for professional care at least every 6 months.
- Have your teeth and gums examined by a dental professional at least every 6 months.
- Visit your dental hygienist for help with proper tooth brushing and flossing.

**Fones School of Dental Hygiene**  
Clinic Phone: 203-576-4137

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### The Influenza Virus:



## UB Health Sciences Services Flu Prevention (cont.)

### Available at the Health Center Dispensary: Immune Support Products for the Whole Family

The dispensary carries several immune support products to help get you through the upcoming cold and flu season. Some studies have found that vitamin C decreases both the incidence and duration of colds; it is available in the dispensary in powdered, encapsulated, or chewable forms. Adequate zinc intake reduces susceptibility to infections and can be purchased at the dispensary in the form of convenient lozenges. A recent article in the journal *Pediatrics* (August 2009) concluded that use of probiotics (specifically *Lactobacillus acidophilus* and *Bifidobacterium animalis*) reduces the incidence and duration of cold and flu-like symptoms in children 3 to 5 years old. In addition to probiotics, the dispensary has many immune support products that are suitable for children. In the event that you do become sick, the dispensary carries homeopathic remedies, including Umcka Cold & Flu and Oscillococcinum, as well as a variety of cough syrups and herbal throat sprays. Echinacea and elderberry are two herbs that help fight viruses—echinacea by stimulating the immune system and elderberry by directly preventing the virus from multiplying. **To learn how to best use these and other herbs or to develop an individualized immune-boosting protocol, make an appointment with the Naturopathic Clinic at 203-576-4349 or stop by the Health Center Dispensary today!**



## Prevention and Care of Colds and Flu Through Traditional Chinese Medicine

By Jim Fitzpatrick, L.Ac. Clinic Director

As an acupuncture student, my teachers told me stories of their teachers blaming the sick for getting sick. How unsympathetic! How unfeeling! How insensitive! I thought.

Now that I've been practicing Traditional Chinese Medicine for some years, I realize, "How true!"

Traditional Chinese Medicine believes that people are both endowed with and capable of developing internal energy; called Qi. One aspect of this Qi is called "Wei" Qi or Defensive Qi. This Qi circulates around the superficial aspects of the body and repels pathogenic, external influences from attacking and entering the body. Colds and Flu are examples of these pathogenic, external influences. Simply put, one's ability to prevent and repel Colds and Flu depends on the relative strength of their Defensive Qi in relation to the relative strength of the Cold or Flu.

"Poetic theory", you might think, but how does one make it practical? **Acupuncture and Chinese Herbs are practical and effective methods to prevent Colds and Flu!** Acupuncture and Chinese Herbs strengthen Defensive Qi and the body's response to pathogenic intruders. In Western parlance, Acupuncture and Chinese Herbs build and strengthen immunity.

In a 2009 article from the journal *Acupuncture Medicine*, a systematic review of Acupuncture research for respiratory diseases in Japan found five controlled clinical trials testing "cold prevention". All of these studies produced positive outcomes.

It is worth your time to receive Acupuncture, Moxibustion and possibly Chinese Herbs at the University of Bridgeport Acupuncture Clinic. Traditional Chinese Medicine is an effective, restorative, and safe way to strengthen your immunity. Why not take the initiative to stay healthy this flu season? The alternative might be dealing with unsympathetic teachers....

**To make an acupuncture appointment, call:**

**203-576-4349**



## Energy Drinks: Is power positive?

By Karen Sue Williams RDH, MS



Many of us these days are looking for ways to accomplish more in less time, often leading to exhaustion and stress. One way we go about finding the energy to do this is with the consumption of caffeine beverages, such as coffee, soda, or energy drinks. Most people are aware of the dangers of too much coffee and soda consumption but few are aware of the dangers of energy drinks. Many are marketed as “all natural” or “natural alternatives” to soda and coffee, but are nothing more than large doses of caffeine, sugar and other stimulants.

Excess consumption of caffeine has been linked to increased blood pressure, insomnia, depression, dehydration. The increased consumption of sugar has been linked to hyperactivity, obesity, and dental decay. (1) Now consider the combination of both in very large doses in one beverage.

A standard 8 oz. cup of coffee contains 80 mg of caffeine, cola has 38 mg, while energy drinks contain anywhere from 80- 280 mg. That is equivalent to three and half cups of coffee in an 8 oz serving. Most energy drinks come in 20 oz sizes or greater and are often consumed 2-3 times a day.

Along with the many health risks of caffeine intake are the risks of excessive sugar consumption. In a study that appeared in the November/December 2007 issue of General Dentistry five popular energy drink beverages were examined. It was found that “energy drinks and sports drinks had the highest mean buffering capacity which leads to the strongest potential for tooth enamel erosion.”(2) In other words, they provided the greatest risk for tooth damage.

Since energy drinks are popular with adolescents and young adults there is a high potential for tooth erosion among this population. According to Dr. Raymond Martin, DDS, MAGD, and AGD spokesperson, “if not treated early and if extensive, (tooth erosion) can lead to very severe dental issues.”(2) Below are suggestions for increasing oral health in the presence of energy drink consumption:

- Use a straw so the liquids avoid contacting the teeth
- Rinse mouth with water after drinking acidic beverages
- Limit intake of sodas, sports drinks, and energy drinks
- Receive regular dental care

By considering energy drinks as nothing more than highly caffeinated, sugar laden beverages, with no nutritional value, you can better understand how they can affect your health and make better choices.

1. Brown University (February 29, 2008). Caffeine and Energy Boosting Drugs: Energy Drinks. *Health Education*. Retrieved August 12, 2008, from [http://www.brown.edu/Student\\_Services/Health\\_Services/Health\\_Education/atod/energydrinks.htm](http://www.brown.edu/Student_Services/Health_Services/Health_Education/atod/energydrinks.htm).
2. Academy of General Dentistry (2008, March 16). Popular Energy Drinks Cause Tooth Erosion, Study Shows. *Science Daily*. Retrieved August 12, 2008, from <http://www.sciencedaily.com/releases/2008/03/080312125606.htm>



**University of Bridgeport**

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<http://www.bridgeport.edu/pages/4410.asp>

**Professional. Caring.  
Affordable.**



The University of Bridgeport Health Sciences Center is located at the edge of Seaside Park on the shores of Long Island Sound. It is the home of the teaching clinics for the College of Chiropractic, the College of Naturopathic Medicine, the Acupuncture Institute and the Fones School of Dental Hygiene.

Each of these specialty clinics offers comprehensive services as described in this brochure. The Center provides numerous opportunities for medical therapies in one convenient location.

Please contact the Health Sciences Center reception staff at 203-576-4349.

Fones Dental Hygiene reception can be reached at 203-576-4137.

The dispensary can be reached at 203-576-4298.

Hours and Fee information for all clinics may be found at [www.bridgeport.edu/pages/4410.asp](http://www.bridgeport.edu/pages/4410.asp)

## **Late Summer in Traditional Chinese Medicine**

According to Chinese Medicine, Late Summer is represented by the Earth element, which focuses on the organs of digestion. The Earth element corresponds with nurturing, our sense of self-worth, and with boundary formation in relationships and with trust. The emotions associated with Earth time are sympathy and nurturing when health is balanced, and worry/over thinking when the Earth element is out of balance. If we feel we are taking care of everybody else and no one is taking care of us, or if we cannot stop worrying, we may find our stomach rebels, perhaps making us feel weak and tired, creating loose stools, or pain in the abdomen.

Physically, difficulties in the Earth element can manifest as craving sweets, inability to lose weight, chronic loose stools/diarrhea, edema and heavy sensations in the arms and legs. Mentally, you may have a general feeling of fogginess and heaviness.

This season is associated in Chinese Medicine with sweetness and starchy foods. As the earth of Late Summer provides nourishment to fruits and vegetables, so does it nourish our body. Orange and Yellow are the colors connected with Late Summer. Foods known to harmonize the digestion and keep us centered include whole grain rice, corn, millet, carrots, chick peas, soybeans, squashes, sweet potatoes, yams, tofu, yellow lentils, chestnuts, and cantaloupe.

**For an acupuncture appointment, please call: 203-576-4349**