

Why do I need a flu shot every year?

The flu is caused by an influenza virus. The virus mutates and changes every year. So every winter the virus that causes the flu is different from the virus of the previous year. Each year a new flu shot is developed to fight against the new virus. That is why a new shot is needed each year.

Why do our temperatures rise when we are sick?

Temperatures rise in our bodies to fight infections. Fever create an environment that we hope is too warm for invading organisms. Turning up our body heat helps fight viruses and bacteria.

Health Fact & Trivia

The four taste zones on your tongue are bitter (back sour or acid (back sides) salty (front sides) and sweet (front)
The strongest muscle of the body is the masseter muscle which is located in the jaw
About 400 gallons of blood flow through your kidneys in one day
Humans breathe 20 times per minute more than 10 million times per year and about 700 million times in a lifetime

ANNOUNCING EARLY MONDAY HOURS

STARTING AT 8:00 AM TO BETTER SERVE OUR PATIENTS



Protect Yourself against the Flu

Prime Flu season is just ahead. The flu usually strikes from December to April causing widespread misery for many. For some people it can lead to serious complications, pneumonia and even death. A flu shot can help reduce your chance of getting the flu.

FLU SHOTS will be given Oct thru December. Appointments are available Mon thru Friday. Night appointment's and some Sat's available also.

The flu shot is **not** recommended for:

People who have severe allergy to eggs. Eggs are used to make the flu vaccine

People who have had a severe reaction to a flu shot in the past

Children under 6 months old

Patients with an illness or fever should wait until their symptoms lessen.

PLEASE CALL TO SCHEDULE YOUR FLU SHOT NOW



773-239-9100

Visit Planning

Depending on your age, sex and family genetic risks we may recommend one of the following

Patients 20-29 Should have routine exam 3-5 years in the absence of a chronic medical condition. This does not include Pap smears and breast exam, which should be done yearly

Patients 30-39 You should have a routine physical exam every 2-3 years in the absence of a chronic

medical problem. Women should get their first baseline mammogram at 40, All patients should know their cholesterol level

Patients 40-49 You should have a routine physical every other year. Yearly mammograms begin at 40 for women. Cardiovascular disease prevention is the main priority. Blood pressure, cholesterol, diabetic screening are some commonly measured tests

Patients over the age of 50. You should have a routine physical exam every year.