

AcaciaAnswers

with Dr. David Collymore

"Why did we get so sick?"

DOCTOR'S CORNER

Dear Doctor,
Last week, my whole family got sick with what seemed like the flu. We fell like dominos: first my sister, then my 8 month old daughter and I, then my mother and father. We all had the same symptoms of fever, stomach issues and fatigue. We've all had flu shots so I'm confused as to why we got so ill. What could we have had if it wasn't the flu?

-Toni



Dear Toni,
 It's never fun spending the holidays sick. Unfortunately, families tend to pass illness around fairly quick in the winter months, especially when there are young ones to consider, such as your 8-month-old daughter. The

younger your child, the more likely she or he is to catch whatever's going around at her or his daycare center

or school. This, of course, puts you and everyone else around her at risk for catching the same thing.

It's odd that your family became ill despite being vaccinated for the Flu, but it's not unheard of. Each year, the Flu vaccination is designed to protect you from the most common threads of Flu, but there are still multiple other types of Flu and Flu-like viruses circulating at any given time. The weirdest thing about the Flu virus is that it constantly changes and adapts, making it impossible to eliminate completely. Still, it's important to get your flu shot! This will help you to get a less extreme case of the Flu, even if you do come down with it. Especially with a baby to take care of, the faster you're able to bounce back from the Flu, the better.

A couple of things you can do for the Flu and similar viruses: drink plenty of fluids to ensure you don't dehydrate, treat a fever with Tylenol or Ibuprofen, and get plenty of rest. Additionally, your healthcare provider may prescribe Tamiflu to lessen



- CHIEF MEDICAL OFFICER FOR ACACIA NETWORK
- HOWARD UNIVERSITY OF MEDICINE
- BOARD CERTIFIED BY THE AMERICAN ACADEMY OF PEDIATRICS

symptoms and speed up your recovery. For preventive care and Flu treatment for your whole family, please call one of our conveniently located Family Healthcare Centers and make an appointment today.

Acacia Network provides a variety of medical services:

- Family Practice
- Internal Medicine
- Mental Health
- Pediatrics
- Gynecology
- Podiatry
- Nutrition
- Health Education
- And much, much more!

Make an appointment at one of our clinics today.

PLEASE SEND YOUR "DOCTOR'S CORNER" QUESTIONS TO: ACACIA NETWORK, 1776 CLAY AVENUE, BRONX NY 10457

LA CASA DE SALUD

966 Prospect Avenue, Bronx
 Tel. (718) 842-1412

CHARLES A. LAPORTE FAMILY HEALTH CARE CENTER

1064 Franklin Avenue, Bronx
 Tel. 718-764-1590

CLAREMONT FAMILY HEALTHCARE CENTER

262-4 East 174th Street, Bronx
 Tel. (718) 299-6910



Acacia Network

ROOTED IN THE COMMUNITY SINCE 1969

"Celebrating 45 Years of Keeping the Promise"

WESTCHESTER AVENUE FAMILY PRIMARY HEALTHCARE CENTER

915 Westchester Avenue, Bronx
 Tel. (718) 466-3550

PARK AVENUE FAMILY

HEALTHCARE CENTER

4196 Park Avenue, Bronx
 Tel. (718) 466-1574

CLAY AVENUE HEALTHCARE CENTER

1776 Clay Avenue, Bronx
 Tel. (718) 299-1100 x3056

BARBEE FAMILY HEALTHCARE CENTER

266 West 145th Street, Manhattan
 Tel. (212) 690-4002

www.acacianetwork.org