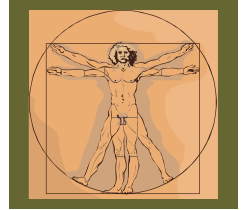


BELLEVUE MEDICAL PARTNERS PLLC

Fall 2009



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Flu Vaccines

By now everyone has heard about the concern with seasonal flu and swine flu. Indeed the predictions have been all over the map as to how bad things can get. Here's a little background to help put things in perspective.

Seasonal Influenza:

The seasonal influenza usually leads to about 200,000 hospitalizations and in excess of 35,000 deaths each year in the United States. Children between 6 months and 18 years, people over age 65 and those with chronic medical conditions are at greatest risk. There is concern about the flu hitting our community early this year and the Center for Disease Control (CDC) has recommended getting the vaccine as early as possible. Traditionally, the conventional wisdom has been that the vaccine provides peak coverage after about 4-6 weeks and protects to a high level between 4-6 months. With the Flu hitting our community in January/February, we've always recommended getting the vaccine in October or November. This year, we are being told that the vaccine will protect for 8-12 months. We have not seen a wealth of data on this and feel that people should start getting vaccinated in mid-September (about a month earlier than in the past). As in the past, we have flu vaccine in stock to cover everyone in our practice. This is part of the service provided by Bellevue Medical Partners PLLC and is provided to you at no additional charge.

Swine Flu:

Swine Flu - also referred to as H1N1- emerged last spring in Central Mexico and has spread around the globe. While less dangerous than initially feared, it is a strain of flu that has caused more medical problems in children and young adults than the seasonal flu. Unlike the seasonal flu, those over 65 are considered at less risk as up to 33% of that population already exhibit antibodies against the virus. Swine Flu vaccine will likely become available in mid-October. We are still waiting on final details but it will be available first to those at high risk since there is likely to be a limited supply. High risk individuals include: people in close contact with infants, pregnant women, people 6 months to 24 years and healthcare workers. After this group, the people age 25 to 64 years should be vaccinated and then the rest of the population. We will likely NOT have access to swine flu vaccine as it will be closely regulated by the government.

The best approach is reasonable precaution. We still haven't found anything better than hand washing to prevent spread of disease. Hand sanitizing gels are a close second that often work well since they are quick and people are more likely to use them. ALWAYS wash before eating. Avoiding close contact with people with known illness and isolating yourself from others if you are sick also help prevent spread of disease.

Immunization, proper precautions and a little bit of luck should help you weather the season! Please contact us for Flu shots and look for more information about Swine Flu as it becomes available.

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Healthy eating!

Green Tea-Poached Halibut with Blueberry Salsa.

For the poaching bath:

6 c prepared green tea
(use one teabag for 2 c water)
8 black peppercorns
 $\frac{1}{2}$ tsp. fresh ginger root, grated
4 4oz fresh halibut fillets

For the salsa:

$\frac{1}{2}$ c pomegranate/blueberry juice
1 tsp balsamic vinegar
1 tsp sugar
2 c fresh blueberries
2 jalapenos, seeded and finely chopped
1 lg red onion, chopped
2 garlic cloves, chopped
1 tsp crushed red pepper

Fresh blueberries for garnish

For the salsa, heat a med. skillet with the pomegranate/blueberry juice, balsamic vinegar and sugar. Simmer until thickened, approx. 10 min. Add the blueberries, jalapenos, red onion, garlic and red pepper. Simmer until onions are softened, approx. 5-7 min. Serve with the halibut.

To poach fish, prepare the green tea as directed. The tea is brewed to a weak consistency, as the green tea flavors will concentrate while poaching. In a med. skillet with 2" sides, a saucepan or fish poacher, add the tea, peppercorns, ginger and green onions. Bring to a boil. Add halibut with a slotted spatula. Each halibut fillet should be fully immersed in poaching liquid. Bring to a boil and remove from heat and cover. Allow the halibut to poach slowly, off the heat, for approx. 10 min. Carefully remove the halibut with a slotted spatula. On a serving plate, place halibut on top of 2-3 tablespoons of the blueberry salsa. Garnish with fresh blueberries.

Serves 4. 228 cal. per serving. 28 cal from fat. Total fat 3g, Cholesterol 36mg, Sodium 76mg, Total Carb. 25g, Dietary Fiber 4g, sugars 19g, Protein 25g

Richard E. Collins M.D., The Cooking Cardiologist
South Denver Cardiology Associates.

MS 150 Bike ride

Karen completed the MS 150 Sept. 12-13. The weather was perfect and ride went great. Thank you to those who generously donated on her behalf! We would love to get a "team" together for next years ride. Please let Karen know if you would be interested.



People and Places

Dr. Kaner will be out Nov. 21-29.

Karen will be out December 17-29.



Office News

Dr. Williams is a grandpa! Maxwell Gill came in to the world on Sept. 2nd, weighing in at 7lb 5oz and 22" long.



Dr. Kaner's sent his youngest son off to school at WSU. He is now adjusting to being an empty nester as well as a Cougar Dad (Husky Grad).

Murray turns 2 in October!

Contact us:

Please note; the BMP@QWest.net address is no longer active. If you wish to contact the doctors for non-emergent issues, please use the following:

Dr. Kaner:

DrKaner@BellevueMedicalPartners.com

Dr. Williams:

DrWilliams@BellevueMedicalPartners.com

As always, for general office information contact:

Ali@BellevueMedicalPartners.com

For billing issues contact:

Linda@BellevueMedicalPartners.com

For nursing issues contact:

Karen@BellevueMedicalPartners.com

*NOT TO BE USED FOR URGENT OR TIME SENSITIVE MATTERS.