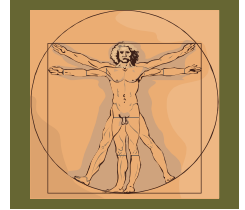


BELLEVUE MEDICAL PARTNERS PLLC

Fall 2011



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<u>Symptoms</u>	<u>Cold</u>	<u>Flu</u>	<u>Allergies</u>
Fever	Rare	Characteristic, high (100-102°F); lasts three to four days	No
Headache	Rare	Prominent	Occasionally, usually sinus
General Aches, Pains	Slight	Usual; often severe	Rare
Fatigue, Weakness	Quite mild	Can last up to two to three weeks	Occasionally, mild
Extreme Exhaustion	Never	Early and prominent	Never
Stuffy Nose	Common	Sometimes	Common
Sneezing	Usual	Sometimes	Common
Sore Throat	Common	Sometimes	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe	Sometimes
Complications:	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening	Sinus/Ears
Prevention:	None	Annual vaccination; (antiviral drugs)	None
Treatment:	Only temporary relief of symptoms	Antiviral drugs within 24-48 hours after onset of symptoms	Antihistamines, Nasal Steroids

The flu has a sudden onset - often within 30 minutes. People can dehydrate rapidly and are at high risk for secondary infections such as pneumonia. Overall, it is much more severe than any common cold and is responsible for ~50,000 deaths each year in the US. The best protection from influenza is the flu vaccine and good hygiene. If you think you may be affected it is important to notify us, minimize your contact with others and emphasize taking frequent small amounts of fluids to stay hydrated.

Healthy Eating Asparagus Soup

1 1/2 lb ham slices, extra lean, julienned
2 tsp olive oil
6 cups chicken stock
6 cups asparagus
2 T dill
2 cups green onions
2 tsp caraway seeds
sea salt and pepper to taste



Cut asparagus into small pieces. Set tips aside.
Cook asparagus tips in a boiling stock. Set aside.

Slowly cook green onions and caraway in olive oil. Add asparagus pieces. Add stock. Cook for 45 minutes. Blend. Pass the soup through a sieve. Add ham and cooked asparagus tips.
Serve very hot.

4 Servings. 355 Calories per serving; 12g Fat, 40g Protein, 17g Carbohydrates.
Chef Verati, [My Ideal Recipes](#)

Thank you to everyone whom so generously donated to the MS Society in Karen's name. She surpassed her fundraising goal and was one of the top 100 fundraisers for the event!



Congratulations Ideal Protein Dieters. Our total weight loss is now over 2700 pounds!

Dr. Williams will be out Nov. 14, Nov 23-28 and Dec. 24-31.

Dr Kaner will be out Oct. 21-Nov. 6, Nov.21, and Dec. 14-21

Karen will be out Oct 27 & 28.

The office will be closed for the Holidays on Nov. 24, 25, Dec. 26, and Jan 2.



ARE YOU PAYING TOO MUCH FOR YOUR BRAND NAMED MEDICATIONS?

There is a chance we may have a co-pay card that will lower your out of pocket cost on brand named medications. Check with us next time you are in the office or due for a refill.

Here are just a few of the medications that have discount cards:

Azor, Benicar, Bystolic, Celebrex, Dexilant, Multaq, Niaspan, Pristiq, Tricor, Trilipix, Toviaz.

Office News

Ali's done it again. She's having another baby! The blessed event is due in early March. Is it a girl? Another boy? That still remains to be seen...



Contact us:

If you wish to contact us for non-emergent issues, please use the following:

Dr. Kaner: DrKaner@BellevueMedicalPartners.com
Dr. Williams: DrWilliams@BellevueMedicalPartners.com

For billing or general office information contact:

Ali@BellevueMedicalPartners.com

For nursing issues contact:

Karen@BellevueMedicalPartners.com

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