

H1N1 - Swine Flu - Seasonal Flu

Acupuncture / Medicinal Herbs / Diet / Exercise / Meditation

Westside Family Acupuncture - 897-6560 - Insurance Accepted - www.abqacu.com

H1N1 FLU

It is pandemic flu outbreak of a new strain of the influenza A virus, subtype H1N1. It was first identified in April 2009. The virus is a mixing (reassortment) of four known strains of influenza A virus: one endemic Human influenza, one endemic in birds (Avian Flu), and two endemic in pigs (Swine influenza).

Transmission

- Transmission is human to human
- Like other influenza viruses, novel H1N1 influenza is spread by coughing, sneezing, or touching contaminated surfaces and then touching the nose or mouth

Pathogenesis and Contagion

- The virus attaches to lung tissue itself, and thus the lungs become inflamed and the body feels flu like symptoms
- Incubation for the H1N1 virus appears to be 1-4 days after exposure, possible up to 7 days. Typically children can be contagious up to one week after the fever has dispersed. Adults are contagious for about 24 hours after all fever has dispersed without the use of fever reducing meds.

Signs and Symptoms

- Fever - this is the most common sign along with cough
- Upper Respiratory Symptoms - Cough - Sore Throat Shortness of Breath - Runny Nose
- Headache - Muscle Aches
- Chills
- Diarrhea and Vomiting - danger of dehydration!

The concern is one may contract pneumonia, or develop serious respiratory failure.

Those Most at Risk for Complications

- Children under 5 years of age
- Pregnant Women
- People age 25-64 with Chronic Health Conditions
- Healthcare workers

When to Contact a Doctor

In children, emergency signs include:

- * Fast breathing or trouble breathing
- * Bluish or gray skin color, especial the lips
- * Not drinking enough fluids
- * Severe or persistent vomiting
- * Not waking up or not interacting
- * Being so irritable the child does not want to be held
- * Flu-like symptoms improve but then return with fever and a worse cough

In adults, emergency signs include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and a worse cough

Prevention

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after using it.
- Wash your hands often with soap and water, especially after you cough or sneeze. You may also use alcohol-based hand cleaners.
- Avoid touching your eyes, nose, or mouth, to avoid getting infected by germs.
- Avoid close contact with sick people.
- If you do get sick, consider staying home from work or school.

Treatments and Options

- Most recover without needing medical care.
- CDC recommends that your doctor give you zanamivir (Relenza) or oseltamivir (Tamiflu) These drugs work best if you receive them within 2 days of becoming ill.
- *Aspirin or products that contain aspirin should not be given to anyone 18 years old or younger.*
- NSAIDS ?
- Clear Liquids - Dyhydration

Acupuncture and Medicinal Herbs

- Chinese Medicine and Flu
 - External Pathogens
 - Wind - Wind Cold - Wind Heat - Wei Qi Xu
 - Dampness - Dryness
 - Internal Medicine
 - 6 Stages
 - 4 Levels
- Medicinal Herbs
 - Prevention - Herbal Tx. For Immune System
 - Early Stage - Antiviral Herbs
 - Fully Engage - Antiviral - Clear Heat - Aide Respiration

Information summarized from Center of Disease Control (CDC) and articles at Medscape.

Chinese medical information is from
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