



## Cold and Flu Remedies with Dr. Timothy Wong

Throughout the year, adults contract approximately two to four colds and nearly three million get the flu virus.

Living with cold and flu symptoms can cause great discomfort, but there are several ways to relieve cold and flu symptoms.

### **Headaches/Sore Throat**

- For headaches and sore throats, take 1,000 milligrams of Tylenol **OR** 800 milligrams of Ibuprofen three times a day to decrease discomfort.

### **Runny Nose/Sinus Pressure**

- For a runny nose and sinus pressure, use a **neti pot** multiple times a day. A neti pot is a container designed to rinse mucus out of the nasal cavity for sinus relief.
- **Sudafed** can also be used to help a runny nose and decrease sinus pressure. Sudafed is a **behind-the-counter medication**, so a prescription is required and



### Sleep Tips

Nearly 40 percent of adults experience daytime sleepiness or have trouble falling asleep at night.

Feel better rested in the morning by...:

1. **Maintaining a consistent day-to-day schedule.**
2. **Reducing caffeine consumption.**
3. **Turning off all computers and televisions in and around your sleep area.**
4. **Not going to bed with a full stomach.**
5. **Not going to bed with an empty stomach**
6. **Engaging in regular daily exercise.**

is **NOT** recommended for those with high blood pressure.

## Coughing

- **Dextromethorphan (DM)** is a common ingredient found in multiple cough-relief medications.
- **REMINDER:** Antibiotics do not relieve coughing.

## Decrease All Symptoms

- To decrease the effects of all cold and flu symptoms, take a 50-milligram tablet of Zinc within 24 hours of experiencing cold or flu symptoms.
- **REMINDER:** To avoid an upset stomach, take with a meal or dairy product.

## Tiredness

- If you are feeling tired, rest is highly recommended.

## Severe Shortness of Breath

- For severe shortness of breath, go to the Emergency Room or Urgent Care for treatment.



## De-Escalating Debates

The [American Psychological Association](#) reports that half of U.S. adults are stressed by the 2016 presidential election.

Since the 2016 presidential election is heating up, political debates among American citizens are heating up, as well.

Election years allow presidential candidates to voice their viewpoints and opinions regarding the United States' well-being. It's also a time for all Americans to voice their opinions about presidential candidates and who they believe should be making executive decisions for the country

7. **Limiting beverage consumption before bed.**
8. **Keeping your bedroom dark and quiet.**
9. **Making sure you're sleeping on a comfortable mattress, pillow, and bed.**
10. **Attempting to wake up using your internal alarm clock.**

A good night's rest can increase your productivity, enhance focus, and is essential for a healthy and happy life, so always try your best to get the required eight to nine hours of sleep each night.



## Nutrition Myths

Maintaining a healthy lifestyle can be hard, but knowing nutrition myths can ease the stress.

**MYTH: Eating smaller portions throughout the day will boost your metabolism.**

- Consuming smaller meal portions throughout the day **WILL NOT** boost your metabolism.
- Don't skip meals and eat three nutritious meals daily to get the nutrients required for proper bodily function.
- Regular exercise **WILL boost** your metabolism.

**MYTH: Juice cleanses remove toxins from your**

In the U.S., debates can sometimes become too escalated, which causes unwanted stress and tension.

Psychologists recommend one way to ease unwanted stress and tension for heated debates. **BE THE FIRST PERSON TO DE-ESCALATE THE DEBATE.**

The purpose of a political debate is not to win. Its purpose is to calmly express an opinion or point of view.

If you happen to find yourself involved in a high-tension political debate, ask questions about the person's point of view instead of attacking it.

Also, try to limit your exposure to media coverage. Overexposure to political media coverage can create heavy bias and can lower the chance of having a peaceful political debate.

Share anxious feelings you might have about the upcoming presidential election. Most people probably have similar concerns.



Help IRMC Physician Group welcome [Jennifer Stirling, CRNP](#), as the Primary Care Provider for Plumville Medical Center!

**When:** Thursday, November 3, 2016

**Time:** 3 p.m. - 5 p.m.

**Where:** [Plumville Medical Center, 188 Main Street, Plumville, Pa. 16246](#)

**COMPLIMENTARY FOOD AND BEVERAGES!**

**body.**

- The body naturally removes toxins from the body.
- Limiting your diet to only juice does not meet the requirements for daily nutrient intake.
- Consuming whole fruits and vegetables, along with water, is more beneficial.

**MYTH: Fat is bad for you.**

- Fat is **NOT** bad for you.
- Foods like avocados, nuts, seeds, and oils contain healthy fats the body needs.
- In order to lose weight, consume fewer calories instead of cutting out fat specifically.

**MYTH: Coffee is bad for your health.**

- Coffee is **NOT** bad for you. Too much of **ANYTHING** is bad for your health.
- Attempt to use less sugar or sugar substitutes and fats (creamers or half and half) when preparing coffee.



Dr. Guddeti is a general surgeon who is board-certified by American College of Surgeons. He is originally from Jammalamadugu, India and received his medical degree and surgery diploma from Sri Venkateswara Medical College in Tirupati, India.

Dr. Guddeti has been recognized for his high level of academic performance and involvement with philanthropy. He obtained the second highest score on his Medical School Qualifying Examination. He has also been honored for organizing various health camps as well as developing an awareness of HIV and other preventable diseases.

Dr. Guddeti practices at [841 Hospital Road, Suite 2300, Indiana, Pa. 15701](#).

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## Request an Appointment



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