

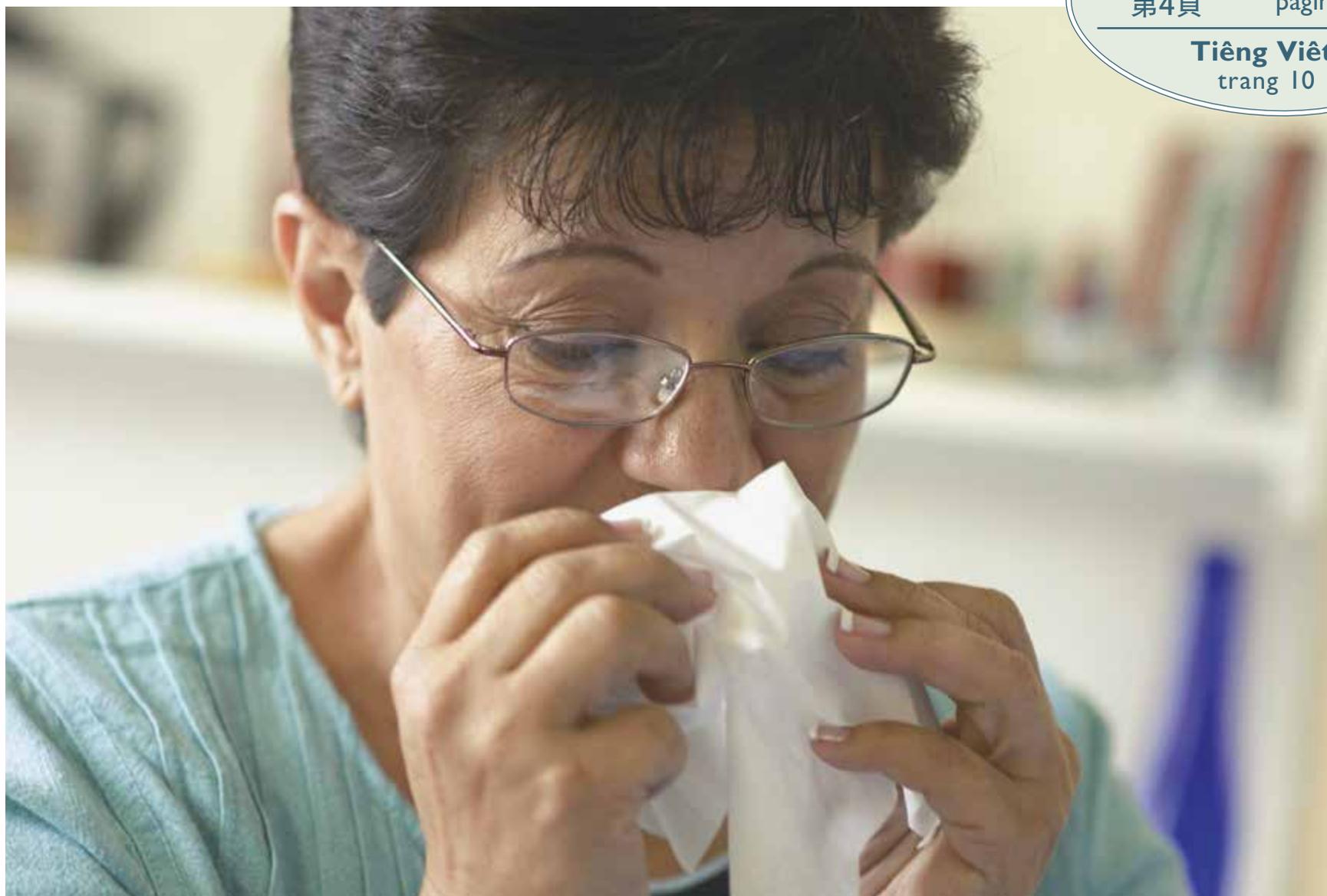
CONNECTIONS

PARTICIPANT NEWS ~ WINTER 2015

中文,
第4頁

Español,
página 7

Tiếng Việt,
trang 10



Is It a Cold or the Flu?

IT'S COLD AND FLU SEASON AGAIN, and you've done your best to keep germs at bay. You've been getting plenty of rest, following a healthy diet and washing your hands often. But somehow, one of those pesky germs managed to sneak through your defenses. And it isn't always easy to know which bug it is.

Why does it matter? Because the flu can have very serious—even life-threatening—complications. Also, if your flu is severe, your doctor may prescribe antiviral

medications that can lessen the severity and shorten the duration of your illness. But antivirals have to be taken within 48 hours of the first symptoms, so early detective work is needed.

How can you tell the difference? For starters, cold symptoms often develop slowly over days, while flu symptoms are sudden and severe. Look inside for a few more ways you can tell.

—continued on page 2

2 FEELING SLEEPY?
DON'T BLAME THE TURKEY

3 BECOME AN ORGAN DONOR
AND RESTORE LIFE

Is It a Cold or the Flu?

—continued from page 1

Where it hurts	Cold	Flu
Head	High fever and severe headaches are rare.	Fever is common; can be high (101 degrees or higher). Headache is common too.
Nose	Stuffy, runny nose is common.	Stuffy nose is less common.
Throat	Sore or itchy throat is common.	Sore throat less common but may occur.
Chest	Discomfort is mild to moderate. Hacking cough is common.	Chest discomfort is common and can be severe. Might have dry cough.
Energy level	Tired, but not feeling extreme exhaustion.	Severe exhaustion is common, especially early in illness. Fatigue and weakness can last weeks after other symptoms go away.
Overall aches, pains	Slight; problems are centered more in head and throat than in rest of body.	Typical and often severe. Muscle aches, chills and sweats are possible. Feeling “hit by a truck” is common.
Are complications serious?	Generally no, but might include middle ear or sinus infections or asthma.	They can be life-threatening and include pneumonia, bronchitis, other infections and hospitalization.



DON'T PASS IT ON. To avoid spreading your germs, cough into your elbow or a tissue and wash your hands often.

And if it turns out that you have the flu, remember, the best way to avoid it in the first place is to get your annual flu vaccine.

SOURCES: AMERICAN ACADEMY OF FAMILY PHYSICIANS; AMERICAN LUNG ASSOCIATION; CENTERS FOR DISEASE CONTROL AND PREVENTION; NATIONAL INSTITUTES OF HEALTH



Feeling Sleepy? It's Not the Turkey

IT'S A HOLIDAY CLICHÉ: After eating the big meal, you head to the couch for a nap. Even though tryptophan—an amino acid in turkey—often gets the blame for that after-dinner grogginess, it's probably not the culprit.

In the brain, tryptophan is converted into serotonin, which might make you sleepy. But turkey contains many amino acids—and they all compete to get to your brain. As a result, not much tryptophan actually makes it there.

Your full tummy is the most likely cause for increased sleepiness after family dinner. To help digest all that food, blood gets redirected from the rest of your body—including your brain—to your stomach. That may cause you to slow down and feel tired.

SOURCE: AMERICAN INSTITUTE FOR CANCER RESEARCH

Donate Life

RIGHT NOW nearly 20,000 Californians are waiting for an organ transplant. An organ and tissue donor may save or enhance as many as 50 lives. All major religions support donation as an unselfish act of charity.

Here are some other facts:

- People of all ages and medical histories are potential donors. Medical condition at the time of death determines what can be donated.
- There is no cost to the donor's family or estate for donation.
- Donated organs restore life. Tissue may replace bone, tendons and ligaments. Corneas restore sight. Skin grafts help heal burn patients.

Sign up to be a donor at www.donatelifecalifornia.org. Personal information will be kept secure and confidential. To learn more, call **1-866-797-2366**.

If you decide to be a donor, be sure to tell your family and friends.



2014 On Lok Dragon Boat Race team



California
ORGAN & TISSUE
DONOR REGISTRY

California
Transplant
Donor
Network

For more information about how **ON LOK LIFEWAYS** can help you or a loved one, call **1-888-886-6565** or visit our website, www.onlok.org.



This information comes from a wide range of experts. For questions about your own health, contact your doctor. Models may be used in photos and illustrations. ♦ To stop receiving this newsletter, please call **415-292-8752**.

HOW TO REACH US

Administrative Office
1333 Bush St., San Francisco

San Francisco Centers
225 30th St.
1333 Bush St.
3575 Geary Blvd.
1441 Powell St.

East Bay Centers
159 Washington Blvd., Fremont
3683 Peralta Blvd., Fremont

South Bay Centers
130 N. Jackson Ave., San Jose
299 Stockton Ave., San Jose

Enrollment
1-888-886-6565

For people with hearing impairments
TTY: **415-292-8898**

Email: info@onlok.org
Website: www.onlok.org