



# Functional Nutrition Working Group Newsletter

October 2022

Interested in Learning More about the FNWG?  
Contact Us at [pca@pennchiro.org](mailto:pca@pennchiro.org)

## Change in Weather: Cold/Flu Season!

### How to recognize the difference between a common cold and flu:

- Signs and symptoms can be similar, however the common cold will rarely present with a fever
- Both are considered contagious respiratory illnesses, but caused by different viruses
- The common cold is more commonly associated with runny or stuffy nose
- The flu can have associations with pneumonia and secondary bacterial infections

## How Can We Help?

### Education and Recognition are Key!

- Physical examination to recognize the difference
- Suspicion of acute infection of flu should be referred to physician
- Work with patient's diet and fluid intake
- Stress the importance of personal hygiene including sleep
- Order labs to assist with decision making such as Complete Blood Count, Complete Metabolic Panel, Iron, Lipid panel, and possible viral titers
- Work on relaxation and stress maintenance
- Suggest immune supplements to reduce reoccurrence and educate patient's on recognizing when these infections may happen
- Order imaging such as x-ray to see any head, neck, and chest involvement

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

## Big News!

Starting in January 2023, the FNWG will be hosting Lunch & Learn Webinars for Continuing Education credit. These will be available every month for 1 hour of CE!