

Functional Nutrition Working Group Newsletter

October 2022

Interested in Learning More about the FNWG? Contact Us at pca@pennchiro.org

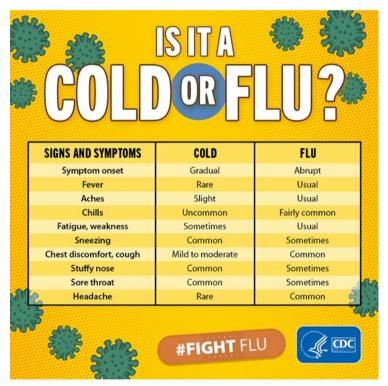
Change in Weather: Cold/Flu Season!

- 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



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!

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