



CLINIC CORNER

NEWSLETTER

Fall 2024

We're grateful for you

Our team is grateful to be serving the rural communities of Humphrey and Lindsay. We have made some recent changes to our staff and clinics to better serve your needs. Our new hours are as follows:

Humphrey Medical Clinic

Mondays – 8 a.m.-4:30 p.m. (Bella Hemmer, PA-C)

Tuesdays – closed

Wednesdays – 8 a.m.-noon (Dr. Anderson OR Dr. Sell)

Thursdays – 8 a.m.-noon (Bella Hemmer, PA-C)

Fridays – closed

Lindsay Medical Clinic

Mondays – closed

Tuesdays – 8 a.m.-4:30 p.m. (Dr. Vilma Rodriguez-Cline)

Wednesdays – 1-4:30 p.m. (Bella Hemmer, PA-C)

Thursdays – 1-4:30 p.m. (Bella Hemmer, PA-C)

Friday – 8 a.m.-4:30 p.m. (Bella Hemmer, PA-C)

Please call Humphrey Medical Clinic at 402-923-0412 and Lindsay Medical Clinic at 402-428-2000. Regardless of which office we are staffing that day, you can still reach us, as we will answer both lines on a daily basis. One of the biggest changes is that Dr. Rodriguez-Cline will only be scheduling appointments in Lindsay on Tuesdays.

Fall is the perfect time to bring your family members in for their flu shots. The peak season for flu is October-February, so experts recommend you get those vaccines right now. We have flu shots available in the clinic – call for same-day appointments! We also have the RSV vaccine, which will be available for those 60 years and older who are at increased risk for severe symptoms or complications of RSV. Please call us or stop by to discuss the RSV vaccine, and see if it is right for you.

Debunking flu vaccine myths

Myth #1: Getting the flu vaccine can give you the flu.

Fact: Flu vaccines cannot cause flu illness. Flu vaccines delivered via an injection (flu shots) are made from inactivated (killed) viruses that cannot cause a flu illness. The vaccine delivered via a nasal spray contains live viruses that have been attenuated (or weakened), so they cannot give people the flu.

Some people may have a reaction to the flu shot, experiencing soreness, redness, tenderness or swelling where the shot was given, as well as a low-grade fever, headache and muscle aches.

Myth #2: People who get the flu vaccine can still become sick with the flu, so it's not worth getting vaccinated.

Fact: It's true that some people who get vaccinated still get the flu. This can happen for several reasons. Some people:

- May have already been exposed to the flu virus shortly before getting vaccinated, or during the two-week period after vaccination. It takes about two weeks for the body to develop antibodies after vaccination.
- May have become ill from other respiratory viruses besides the flu, such as rhinoviruses that cause the common cold.
- May be exposed to a flu virus that wasn't included in the vaccine for that year.
- May get the flu even if the vaccine for that year is designed to help protect against it. Flu vaccines vary in how well they work, and some people get the flu even though they are vaccinated. A person's response to the vaccine is based on their overall health and age. Some older people and those who have a chronic illness may develop less immunity compared to healthy, younger people.

Several studies show that people who were vaccinated but still got the flu had less severe symptoms than people who weren't vaccinated and got the flu.

Reference: pfizer.com/news/articles/7_myths_about_the_flu_vaccine



Respiratory syncytial virus (RSV)



RSV

Respiratory syncytial virus (RSV) causes infections of the lungs and respiratory tract. It enters the body through the eyes, nose or mouth and spreads easily through the air on infected respiratory droplets. You or your child can become infected if someone with RSV coughs or sneezes near you. The virus also passes to others through direct contact, such as shaking hands, and can live for hours on hard objects such as countertops, crib rails and toys. If you touch your mouth, nose or eyes after touching a contaminated object, you're likely to pick up the virus.

An infected person is most contagious during the first week or so after infection. But in infants and those with weakened immunity, the virus may continue to spread, even after symptoms go away, for up to four weeks.

In adults and older, healthy children, RSV symptoms are mild and typically mimic the common cold. But RSV can cause severe infection in some people, especially babies 12 months and younger, premature infants, older adults, people with heart and lung disease, or anyone with a weak immune system (immunocompromised).

Signs and symptoms of RSV infection most commonly appear about four to six days after exposure to the virus. In adults and older children, RSV usually causes mild, cold-like signs and symptoms.

These may include:

- Congested or runny nose.
- Dry cough.
- Low-grade fever.
- Sore throat.
- Sneezing.
- Headache.

Infants are most severely affected by RSV.

Signs and symptoms of severe RSV infection in infants include:

- Short, shallow and rapid breathing.
- Struggling to breathe — chest muscles and skin pull inward with each breath.
- Cough.
- Poor feeding.
- Unusual tiredness (lethargy).
- Irritability.

Most children and adults recover in one to two weeks, although some might have repeated wheezing. Severe or life-threatening infection requiring a hospital stay may occur in premature infants, or in anyone who has chronic heart or lung problems.

When to see a doctor

Seek immediate medical attention if your child — or anyone at risk of severe RSV infection — has difficulty breathing, a high fever, or a blue color to the skin, particularly on the lips and in the nail beds.

RSV vaccines:

The Centers for Disease Control and Prevention (CDC) recommends a single dose of RSV vaccine to protect all adults ages 75 and older, and adults ages 60-74 who are at increased risk of severe RSV.

To protect infants and some young children, CDC recommends the maternal vaccine for pregnant people during weeks 32-36 of pregnancy.


Both HMC and LMC have access to adult RSV vaccines for those 60 and up. Call us today to get your vaccination!

Reference: cdc.gov/rsv/hcp/clinical-overview/index.html

Common Respiratory Infections	Common Cause			Are Antibiotics Needed?*
	Virus	Virus or Bacteria	Bacteria	
Common cold/runny nose	✓			No
Sore throat (except strep)	✓			No
COVID-19	✓			No
Flu	✓			No
Bronchitis/chest cold (in otherwise healthy children and adults)		✓		No**
Middle ear infection		✓		Maybe
Sinus infection		✓		Maybe
Strep throat			✓	Yes
Whooping cough			✓	Yes

*Antiviral drugs are available for some viral infections, such as COVID-19 or flu.

**Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help patients feel better.

 **COLUMBUS**
COMMUNITY HOSPITAL
LINDSAY
MEDICAL CLINIC

110 Pine St. • Lindsay, NE 68644

402-428-2000

 **COLUMBUS**
COMMUNITY HOSPITAL
HUMPHREY
MEDICAL CLINIC

303 Main St. • Humphrey, NE 68642

402-923-0412

columbushosp.org



Call us for an appointment today!