



MEDICINE BUZZ

COUGH & COLD SEASON 2012

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December through March is prime time for infections in the nose and throat.

Most of these are caused by viruses that are passed from **hand to nose**.



3 TIPS TO KEEP NEW ORLEANS' MUSIC ALIVE



STEP 1: To decrease your chance of picking up one of these viruses the best medicine is **soap and water**. Frequent hand washing, and use of alcohol-based hand sanitizers* when you absolutely cannot wash is the ticket.

STEP 2: If you are taking any high blood pressure, thyroid or diabetes medicines please **check with the pharmacist** before purchasing any cold remedy (including herbals). **BEWARE:** Many of the best cold remedies will raise your blood pressure and blood sugar which can put those with chronic conditions **AT RISK** of a heart attack or stroke.



STEP 3: **Echinacea** (coneflower) is a component of many Native American remedies and is popular as an adjunctive part of shortening a bout of nasal crud. One warning, people who are extremely allergic to ragweed and have had allergic reactions to chamomile should avoid echinacea as it belongs to the same botanical family.



*Sanitizer although correct implies that these products destroy viruses and sterilize your hands. This is not true. These products temporarily inhibit the virus and bacteria from grapping onto new surfaces like someone's hand for a few minutes.

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