



Each week, Centra Care doctors compile thousands of numbers from patient data in Orange, Lake, Seminole and Osceola counties to determine "What's Going Around" in Central Florida. We believe this information is important enough to share with you, because if you know "What's Going Around" in your area of town you can help to prevent yourself, your co-workers and family from getting sick. Many times we are also able to provide home care suggestions which may help the person feel better more quickly.

## What's Going Around this week?

### Flu & Bronchitis

Summertime is usually the season for swimmer's ear and sunburns, not fevers & coughs, but Centra Care data shows that both Bronchitis and Influenza are going around this week.

What's in your part of town? Based on the numbers from Centra Care physicians throughout Central Florida: Bronchitis is up 60% at the Hunter's Creek, Waterford Lakes and Winter Garden Village Centra Care locations; 75% in Clermont, 400% in Kissimmee and 500% in Winter Park.

Also in the past week, the diagnosis of Influenza (most likely H1N1) has increased 50% overall at 18 Centra Care locations across four counties. Influenza is nearing the "peak" levels that we usually see every wintertime. Breaking down the hardest hit areas this week: Altamonte, Dr. Phillips, Formosa and Conway has doubled their influenza diagnoses; Lee Road and Sand Lake had a 175% increase; Waterford Lakes Centra Care had a 200% increase, and Clermont had a 300% increase.

#### LEARN MORE:

The problem for you and your family may be this: how do you tell Bronchitis from Influenza - and how do you know if what you have should lead to a trip to your local Centra Care urgent care center?

First, let's take on the flu. The flu (influenza) is an acute respiratory infection caused by viruses. And, so far, the symptoms of H1N1 flu (formerly known as swine flu), which is what our community, and the world is fighting off right now, have been very similar to the signs of the normal seasonal flu: fever, headaches, muscle aches, and cough. When you get these symptoms, it's important to seek medical care quickly. Centra Care has a "quick influenza test" which can tell if you've got the influenza within minutes. The earlier you get diagnosed and seen can make a difference in how long it lasts or how severe it may become. Newer prescription medications (like Tamiflu) are very effective, and all Centra Care locations have this in stock - - BUT you need to start the medication within 48 hours of symptom onset or they won't work - so don't wait too long before being seen for FLU symptoms!

#### FLU SYMPTOMS:

Unlike bronchitis or the common cold, flu symptoms usually come on suddenly and involves a fever. It usually starts with the abrupt onset of fever, headache, and body aches. With the H1N1 flu you might also have a cough, sore throat and rarely diarrhea or vomiting.

#### BRONCHITIS SYMPTOMS:

Bronchitis is usually caused by a Virus - but sometimes can be caused by a bacteria (which requires antibiotics). Bronchitis rarely gives you a fever, unlike Influenza. The symptoms usually have a more gradual onset and you usually do not get muscle aches or headaches with bronchitis.

With bronchitis, your doctor will most likely prescribe plenty of rest and fluids. Cough medicine and breathing in warm, moist air can also be helpful for clearing up symptoms. In some cases, when the bronchitis is a result of a bacterial infection, antibiotics can also be effective.

A final note: If you have chronic bronchitis, you need to be extra vigilant in preventing influenza. The combination of lung disease (emphysema or chronic bronchitis) and Influenza is DANGEROUS. Always talk to your physician regularly if you have chronic lung disease - you'll want to work together to keep from getting the influenza this year!

For locations and directions visit: [www.CentraCare.org](http://www.CentraCare.org). We'll update you again next week.

Sincerely,



Florida Hospital Centra Care  
407-200-CARE (2273)

To learn more about "What's Going Around" in our community you can listen to the Centra Care Senior Medical Director each Tuesday morning between 8am and 8:30am on 88.3FM radio - Z88.3