

For Your Health:

3 Things to Know

September 2016

1

Flu Vaccination

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Even healthy people can get very sick from the flu and spread it to others. Flu season in the United States can begin as early as October and as late as the end of May. A yearly flu vaccine is the most important step you can take to protect yourself against flu viruses. Flu shot clinics will be starting the week of September 26—call 425-257-1400 or go to everettclinic.com/flu for locations and times. Flu mist will not be available this year. If you have already had your yearly flu shot, please let your provider's office know.

2

Cholesterol Management

Too much cholesterol in the blood can lead to heart disease or stroke. The good news is you can lower your cholesterol and reduce your risk. Lifestyle changes are key—your diet, weight, physical activity and exposure to tobacco smoke all affect your cholesterol level. But, in some cases, lifestyle changes alone aren't enough to achieve healthy cholesterol levels and cholesterol-lowering statin medicines are prescribed. Work with your healthcare provider to determine the best approach for you.

3

Well-Child Checks

Childhood is a time of rapid growth and development. It's important for children to have regular check-ups to ensure they are healthy and up to date on vaccines. During a well-child visit, your healthcare team will check your child's growth and development, talk about ways to prevent illness or injury and give any vaccines that are due. Well-child visits are also an opportunity to raise any concerns you may have. If you are not sure if your child is due for a well-child check or vaccines, check MyChart® or contact your provider's office.