

Newsletter issued by Forensic Nursing, Inc. Talking Points



October/November 2013



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*In everyone's life, at some time,
our inner fire goes out. It is then
burst into flame by an encounter
with another human being. We should
all be thankful for those
people who rekindle
the inner spirit.*

*---Dr. Albert Schweitzer
01/14/1875--09/04/1965
Nobel Peace Prize 1952*

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Centers for Disease Control & Prevention (CDC) Flu Vaccine 101

1) Everyone including babies 6 months & older should get some form of flu vaccine.

2) Vaccines prevent the illness about 50-80% of the time in adults under age 60, and about 40-60% of the time in those 65 & older.

3) While those prevention rates may not sound so high, if you get vaccinated & still come down with the flu you'll probably have a milder case and less chance of suffering serious complications.

4) It takes about 2 weeks for the flu vaccine to trigger the buildup of virus antibodies that provide you with protection. You are typically protected for 6-8 months.

Complications of Flu: Call your doctor or head to an ER if you experience any of the following:

a) Difficulty breathing b) pain or pressure in the chest or abdomen c) sudden dizziness d) confusion e) severe or persistent vomiting f) flulike symptoms that improve but return with a fever and more severe cough.

*Consumer Reports on Health
2013*

Best apps....

for storing & protecting passwords

- **1Password** is the best-known password manager, but it's expensive. Simple Android version is free but iOS version costs \$18. For that, the app acts as a secure holding place for passwords, similar data, credit card and bank account numbers. When you want to shop or bank online, use the app's Web browser, and it will plug in the numbers for you.
- **LastPass** will hold the same data for free but charges \$12 a year for services approaching those provided by 1Password.
- **Keeper** is popular and free in both Android & iOS versions, & it allows you to share the filed information with someone you trust.
- **OneSafe** has good graphics & one nice extra feature: it will alert you if someone tries to access your data (\$2 for Android; \$6 for iOS).

Source: The New York Times & The Week 11/15/13

Know the Warning Signs....deep-vein thrombosis & pulmonary embolism are serious, often under diagnosed conditions & can affect people at any age.

Deep-vein thrombosis is a blood clot in a large vein. **Symptoms:** swelling, pain, tenderness, redness of lower leg or thigh (common) or arm (rare, called venous thrombosis). **Action:** Seek medical attention as soon as possible.

Pulmonary embolism is a blockage caused by a blood clot that travels to the lungs. **Symptoms:** difficulty breathing, rapid or irregular heartbeat, chest pain or discomfort, coughing up blood, fainting spells. **Action:** Emergency Room or call 911. *Source: Centers for Disease Control & Prevention (CDC) 2013*