



A publication of the Brown Medicine
Geriatrics Division 401-649-4010

Did you know?

Brown Medicine Geriatrics offers after hours access to on-call physicians, same day sick visits and weekend appointments for urgent issues.

Please call the office for more information and/or to schedule an appointment.

Weekend Urgent Care Visits for Primary Care Patients

Avoid going to the Hospital Emergency Room or another Urgent Care Facility.

Hours:

Saturday: 9:00 a.m. - 3:00 p.m.

Sunday: 9:00 a.m. - 12:00 p.m.

Brown Physicians Patient Center
375 Wampanoag Trail
East Providence, RI 02915

Call Geriatrics Primary Care to
schedule an appointment: 401-649-4010

4 ways to get the Geriatrics Newsletter:

1. Available at our Geriatrics office in East Providence
2. Online at: Brownmed.org/division-of-geriatrics-and-palliative-medicine
3. Email: Send an email to Karolyn.McKay@Brownphysicians.org to opt-in or fill out a form at the Geriatrics office
4. Mail: Fill out form at the Geriatrics office and include your address

The Dreaded Common Cold: Myths and Best Practices

It's officially winter and cold season. It's especially important for older people to protect themselves from the dreaded cold viruses because they often have a weakened immune system. Also, older people tend to have other diseases that make them vulnerable to complications from a common cold. However, most people recover within 7-10 days.



Let's break down some basic facts: colds are caused by viruses and antibiotics do NOT treat viruses. Even when a cold has settled in the lungs causing bronchitis, there is NO evidence that antibiotics work.

Some exceptions to the "no antibiotic" rule include sore throat (or pharyngitis) due to strep bacteria. This can be tested with a throat swab but only 5-10% of sore throats are due to strep. Another exception is when a virus settles in the sinuses causing thick yellow/green nasal discharge that lasts more than 10 days with no improvement. Sinus x-rays are not generally recommended. Antibiotics are still not always proven to reduce symptoms since 90% of sinus infections are due to a virus.

If you suspect the flu, you should get a specific antiVIRAL medicine (not an antibiotic) within 48 hours of symptoms. Patients with the flu typically have abrupt onset of symptoms with high fever (although not always present in the elderly), aches and chills as well as severe fatigue. The usual cough, stuffy nose, and sore throat symptoms are less common. Call your Brown Medicine healthcare provider immediately if you suspect the flu.

What can you do to avoid getting a cold?

1. Wash your hands often with soap and water
2. Avoid touching your eyes, nose, and mouth with unwashed hands
3. Stay away from sick people



What can you do to make you feel better?

1. Stay home and get lots of rest
2. Stay well hydrated with water and soups
3. Use of humidifiers and nasal saline irrigation
4. Use of acetaminophen for fevers or aches
5. Guaifenesin can help getting rid of secretions in the chest
6. Careful use of decongestants and antihistamines as they may cause confusion or high blood pressure in the elderly

Lynn McNicoll, MD, FRCPC, AGSF

Get your flu shot: so the flu doesn't get you!



Stop the spread of influenza this year.

Schedule a visit with your Primary Care Physician's office to receive your vaccine.

Protect yourself, your family and others!

Alzheimer's and Dementia: When Is It OK to Forget?

Geriatrics is offering free classes. Please join us for one or both. All are welcome.

February 3, 2020 10:30 AM to 12:00 PM: "Understanding Alzheimer's and Dementia"

February 24, 2020 10:30 AM to 12:00 PM: "Understanding Dementia Related Behaviors"

Location: 375 Wampanoag Trail, East Providence, RI

Presenter: Annie Murphy from the Alzheimer's Association RI Chapter

Please register by calling Kerri Kelley LICSW at (401) 649-4010 x 1004. Seating is limited, so register early.

Geriatrics Newsletter Update:

You can now receive the Geriatrics Newsletter via email. You will need to opt-in to receive the newsletter. You can do this by sending an email to Karolyn.McKay@Brownphysicians.org, requesting the newsletter. An opt-in form will also be available at the Geriatrics office.

Other ways to receive the newsletter:

⇒ Our website: <http://www.brownmed.org/division-of-geriatrics-and-palliative-medicine>

⇒ Newsletters are available at the Geriatrics office.

⇒ If you don't have access to a computer and would like the newsletter mailed to you, please contact the Nurse Care Manager at 401-649-4010 x 1007.

Geriatrics Staff Phone Extensions:

Just a reminder not to leave any urgent messages on staff voicemail. Instead ask to speak with a Medical Assistant. Please allow up to 24 hours for a response.

Dr. Nanda, Dr. Mujahid & Dr. Hollmann

- Ramona Carbone: Medical Secretary- ext 1001
- Nikky Diaz: Medical Assistant- ext 1003

Donna Rondeau, Darlene Noret, Dr. Raza, Dr. McNicoll

- Lori Martel: Medical Secretary- ext 1006
- John Leo: Medical Assistant- ext 1005

Elizabeth Nichols: Office Manager- ext 1013

Kerri Kelley: Social Worker- ext 1004 (M-T-W)

Karolyn McKay: Nurse- ext 1007 (M-W-F)



BROWN MEDICINE
BROWN PHYSICIANS, INC.

Division of Geriatrics &
Palliative Medicine

BrownMed.org

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