



# Outreach of the Month: Mammogram/Flu Vaccine

Information for Your Patients

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Outreach topic of the month:  
**Mammogram/ Flu Vaccines**

- **Follow the Link:**

<https://www.facebook.com/uopllc/>

<http://uopdocs.com/page.php?id=33>

Helpful links:

<http://www.nationalbreastcancer.org/healthy-habits>

<http://www.cdc.gov/flu/protect/preventing.htm>

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## MAMMOGRAMS: POST MAMMOGRAM EXAM

- Maintain a healthy weight
- Stay physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption
- Monthly self-breast examinations
- Scheduled clinical breast exams
- Scheduled mammograms as needed

## FLU VACCINATIONS: “CDC Says **Take 3 Actions** to Fight the Flu”

1. **Take time out to get the Flu shot:**
  - A. CDC recommendations include early vaccination;
  - B. Flu vaccine can alleviate further illnesses especially for patients with chronic conditions; like asthma, diabetes, and heart or lung disease, pregnant women, the very young and the very old.
2. **Take actions to prevent the spread of germs:**
  - A. Hand washing with soap and water and or alcohol based hand rub;
  - B. If you have flu symptoms remain home for at least 24 hours after fever has subsided;
  - C. Cover mouth and nose when coughing or sneezing.
3. **Take antiviral medications prescribed by your physician:**
  - A. Antiviral drugs can make illness milder and shorten the time you are sick;
  - B. Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick.

**Remember to contact your primary care provider about acquiring Mammogram Exams and Flu Vaccinations. Contact us to find a Provider near you.**

**UOP: Focuses on the delivery of high quality healthcare and honors commitments to our providers, patients, and our participating health plans.**