

The Spotlight

QUARTERLY
BUSINESS
DIRECTORY

FOUR POINTS
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Photo by Chris Diaz,
Shutterbug Studios

BE WISE AND IMMUNIZE AGAINST FLU

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ADC Clinical Supervisors and
Travel Clinic Director



Influenza is a serious, potentially life-threatening disease but cases increase between October and March in the U.S. Flu can cause absences at school and result in lost production at work.

The Centers for Disease Control (CDC), estimate that in the United States, on average 5% to 20% of the population get the flu each year and more than 200,000 people are hospitalized from seasonal flu-related complications. Flu seasons can be unpredictable and severe.

So, who should get the flu vaccine?

Anyone over 6 months of age should get a flu shot yearly, especially those individuals at high risk for flu including:

- Children younger than 5 (especially those younger than 2 years old);
- Adults 65 years and older;
- Pregnant women and
- Residents in nursing homes/long-term care facilities.

People with the following medical conditions are considered at high risk for flu and should also be immunized yearly:

- Asthma;
- Neurological conditions;
- Heart disease;
- Blood disorders (like sickle cell anemia);
- Kidney and liver disorders;
- Metabolic disorders;
- Weakened immune systems;
- People who are younger than 19 on aspirin therapy and people who are morbidly obese.

Are there people who should not get a flu shot?

Talk to your doctor if you . . .

- have had a past reaction to the flu shot;
- are recovering from a moderate to severe illness, or
- have a history of Guillain-Barré Syndrome.

When should you get vaccinated?

Flu season usually runs from October through May. Doctors recommend you get the vaccine as early as September to maximize protection for you and your family. It usually takes two to four weeks for the vaccine to give you immunity.

Can I get the flu from a flu shot?

No. The injection you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days. In years past the alternative to the flu shot was Flu Mist, a nasal flu spray. However, earlier this summer, the Centers for Disease Control stated they DO NOT recommend Flu Mist because of studies showing its ineffectiveness in protecting individuals from getting the flu.

What is the High Dose Flu Vaccine ?

The high dose vaccine contains four times the amount of antigen (which prompts the body to make antibodies) as the regular flu vaccine. The high dose vaccine is approved for use in adults 65 years and older. As we age our immune systems weaken and immune responses decrease. A recent study² indicated that a high-dose vaccine was more effective in preventing flu in adults 65+.

What is the difference between the flu and a cold?

A cold may begin gradually and develop over several days. The flu comes on suddenly and is accompanied by some or all of the following symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

The Austin Diagnostic Clinic, will offer flu shots for adults 18 years and older at all doctor's offices, including Steiner Ranch, during regular business hours. Parents should contact their pediatrician or family doctor to schedule flu shots for children under 18 years old.

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$65 (will file insurance)

For additional hours and information please visit ADClinic.com/flu or call our **Flu Hotline at 512-901-7117**.



Sources:

1. <http://www.cdc.gov/flu/index.htm>
2. http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home&
3. <http://www.cdc.gov/media/releases/2016/s0622-laiv-flu.html>

BE WISE & IMMUNIZE AGAINST FLU

ADClinic.com/flu
512-901-1111



ADC Steiner Ranch
5145 RM 620 N., Building I
8am to 5pm
Monday-Friday

Get a flu shot and protect
yourself and your family
this flu season.



- ★ Flu shots for adults 18 years and older at all ADC offices
- ★ Cost: \$40 or we will file insurance.
High-dose flu shots (\$65) for adults 65+
- ★ Available during regular business hours
Monday- Friday
- ★ Flu shots after-hours and weekends at
ADC Urgent Care in North & South Austin
- ★ Parents should contact their pediatrician
to schedule flu shots for children under 18.



We welcome Pediatrician
Christopher Saenz, MD to
ADC Steiner Ranch!
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Braces at 7-Years-Old, Is That Too Young?

For years, orthodontics have been a “reactive” profession. Parents would slowly watch their child’s teeth go from bad to worse while waiting for the baby teeth to fall out, then finally visit an orthodontist for a set of braces. Today, orthodontics has evolved into a “prevention focused” profession. Longterm research studies have proven that preventing a problem from occurring is better than allowing the problem to occur and then fixing it. The American Association of Orthodontics (AAO) and the American Board of Orthodontics (ABO) both recommend every child have an evaluation no later than age 7. Timing is of the essence, because the ability to correct certain problems greatly diminishes as the child develops over time.

Early detection and correction can also prevent future extractions, improve self-esteem, decrease the overall cost of orthodontic treatment, and decrease the chances of dental complications later on. Another benefit of early correction includes

improved stability which decreases the likelihood of teeth shifting back to the original, improper position later in life.

Although there are many benefits to treatment at an early age, it is not recommended for every child. Children treated unnecessarily can negatively impact their dental health, and increase the total overall expenses for parents. This is one reason it is imperative for parents to choose a board-certified orthodontist for treatment. A board certified orthodontist has demonstrated competence and is held accountable for their work by the American Board of Orthodontics. Only 1 out of 3 orthodontists are board-certified, so do not make the mistake of assuming an orthodontist holds this recognition. Your board-certified orthodontist will inform you if the time is right for orthodontic treatment.

Contact RJ Orthodontics today to schedule a complimentary examination with a board-certified orthodontist.



Dr. RJ Jackson



RJ ORTHODONTICS
Making Austin Smile

512-363-5792

www.rjorthodontics.com

**Located Behind the Walgreens at the
Intersection of 620/2222**

Problems to Watch for in Growing Children

Malocclusions (“bad bites”) like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.



Crossbite of Front Teeth

Top teeth are behind bottom teeth



Crossbite of Back Teeth

Top teeth are to the inside of bottom teeth



Crowding



Open Bite

Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite

The lower teeth sit in front of upper teeth when back teeth are closed



Spacing



Oral Habits

Sucking on thumb, fingers



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A SnoMaster Fridge/Freezer is the perfect gift for an off-road enthusiast, hunter, fisher, or road tripper!

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TO GUARANTEE THE BEST COOLING PERFORMANCE

SnoMaster developed its own compressor for portable refrigerators and freezers, which still functions reliably even in the harsh environment of an offroad vehicle and at extreme temperatures of desert heat! The compressor is designed to resist dust and dirt, violent vibrations and shocks of todays overlander. SnoMaster gurantee's the compressor for a period of 5 years.

WIRELESS REMOTE

All SnoMaster coolers are supplied with a wireless remote control. This allows the coolers to be fully monitored and controlled from the driver seat.

The remote control displays the desired and actual temperature of the unit. The desired temperature can be adjusted via the wireless remote control. The status of the power supply is displayed and the battery monitor can be adjusted.

If necessary, the cooler can be switched on and off by remote control. The performance of the compressor can be also regulated for optimal performance.

To use the remote control even in the dark, if necessary, the backlight of the display can be turned on. Integrated into the wireless remote is a handy LED flashlight.

All these powerful features from an integrated solar cells on the back of the remote for continuous charge.

CONTACT US:

Tel: 512 - 698 - 6169

www.snomasterusa.com

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The SnoMaster Range:



The Traveller Series was designed for those looking for a smaller unit for shorter periods of travel like a weekend away. The unit is more compact and can fit into an average car boot. Also ideal for a second fridge / freezer at home.



The Classic Series range comprises Snomaster original range and is designed for general off road use, giving a larger size selection. Even though this is aimed at general usage, the specs have always been maintained to be comparable or in certain cases better than our competitors current product offer.



The Expedition Series was designed for those who don't have access to 110 / 220 volt for long periods of time and so the battery amperage draw is paramount. The unit's insulation is thicker at 70mm, for better maintenance of temperature.

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Is your child on pace for math success?

The fall semester is well underway, and it's time for a math checkup! Can your child answer these mental math questions? The results may surprise you! If they can solve questions at and above grade level, they could be ready for a challenge! If they are unable to answer questions at their grade level or below, they may be in need of extra help.



First Grade	$11 + 12 = \underline{\quad}$
Second Grade	$1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 + 10 = \underline{\quad}$
Third Grade	How much is 99 plus 99 plus 99?
Fourth Grade	Count by $1\frac{3}{4}$ from 0 to 7.
Fifth Grade	Which is greatest: $\frac{17}{18}$, $\frac{23}{30}$, or $\frac{18}{19}$? (Explain how you got your answer.)
Sixth Grade	Halfway through the second quarter, how much of the game is left?
Seventh Grade	How much is $6\frac{1}{2}\%$ of 250?
Pre-Algebra	On a certain map, 6 inches represents 25 miles. How many miles does 15 inches represent?
Algebra	When you take 3 away from twice a number, the answer is 8. What is the number?
Geometry	What is the Absolute Value of the point (3, 4)?

**CALL US
TO SCHEDULE A
FREE TRIAL!**

Whether your child is far behind, performing at grade level, or eager to get ahead, Mathnasium's personalized programs can help. Contact us today to get started!

For answers and explanations, visit:
mathnasium.com/answers

Mathnasium of Steiner Ranch
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