

Get Healthy Queens!™



The Common Cold: Treatment and Prevention

Colds are among the most common illnesses. Few people escape exposure to at least one of the many viruses that can cause a cold. The average adult gets two to four colds per year. Infants and children get between six and 10 colds each year.

Symptoms—A cold usually lasts for about a week, although some may persist for longer periods of time. Cold symptoms include: congestion; cough; mild headache; minor aches; stuffy or runny nose; scratchy throat; sneezing; and watery eyes.

Treatment—There is no cure for the common cold. Over-the-counter medications such as decongestants, antihistamines and cough suppressants may reduce cold symptoms, but they do not shorten the duration of colds. Many experts advise against their use because of side effects they may cause. In addition, people with chronic medical conditions should consult their physician before taking any medication.

The best way to treat a cold is to drink plenty of water and fruit juices, avoid unnecessary activity and get as much bed rest as possible.

Prevention—There is no way to completely prevent a cold; however, avoiding close contact with those who have colds can reduce the chances of becoming infected. Frequent hand washing is also an excellent way to reduce the risk of contracting an infection. Managing stress levels is also important because stress affects the immune system.

Visit your physician if cold symptoms are unusually severe or persist for long periods of time.

JANUARY Health & Wellness Events

8 Starts Tuesday, 11:00 AM-NOON
Yoga For The Fabulous 50's & Beyond
 Marisa Bonfanti, Instructor
 Space is limited
 6 Week Program • Meets Every Tuesday
 Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
 23-22 30th Road, Long Island City

17 Thursday, 11:00 AM-NOON
Finding Your Way To A Healthier You!
 Elizabeth Reynolds, MD
 Registration Required. Call 1-800-Your-MDS
Raices Senior Center
 21-21 30th Drive, Long Island City

23 Wednesday, 3:00 PM-6:00 PM
Breast Cancer Screening & Education
 George Tsioulis, MD, PhD
 Co-sponsored with
 Queens Breast Health Partnership
 with support from SHAREing & CAREing
 By Appointment Only. Call 718-274-0365
 No charge to eligible patients
Mount Sinai Queens Physician Associates
 27-15 30th Avenue, Long Island City

24 Thursday, 10:00 AM-NOON
Free Blood Pressure Screening
Do You Know Your Numbers?
 Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
 Patient Resource Room, 1st Floor
 25-10 30th Avenue, Long Island City

30 Wednesday, 10:30 AM-11:30 AM
How To Have A Heart-Healthy Lifestyle
 Allison Caplowaite, RD
 Registration Required. Call 1-800-Your-MDS
Peter J., Dellamonica, Jr. Senior Center
 23-56 Broadway, Long Island City

31 Thursday, 10:30 AM-11:30 AM
How Your Thyroid Impacts Your Health
 Naris Nilubol, MD
 Refreshments will be served
 Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
 Patient Resource Room, 1st Floor
 25-10 30th Avenue, Long Island City

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FOR A PHYSICIAN REFERRAL, CALL: 1.800.YOUR.MDS OR VISIT: WWW.MSHQ.ORG