

# The Circle

A publication of Women's Care of Wisconsin, S.C.

Winter 2009-2010

## Our Appleton Clinic Location is Moving!

In January 2010 our Appleton providers will see patients at a new location inside the Grant Thornton Building, 2501 E. Enterprise Avenue in Appleton. This location is conveniently located and easily visible from Highway 41 near the Ballard Rd. exit.



### Appleton Providers

Eric Eberts, M.D.  
Beth Helgerson, M.D.  
Sreedevi Sreenarasimhaiah, M.D.  
Nancy Aguirre, M.D.  
Hassan Shahbandar, M.D.  
Chris Danz, NP  
Becky Thyssen, NP

### December 1st is...

World AIDS Day

### January is...

Cervical Cancer Awareness Month

### February is...

American Heart Month

## Visit Our Website!

Also in January 2010 you will be able to visit our website in order to request an appointment and pay your bill. Don't forget to check back frequently so you can keep up on Women's Care latest news and events. Please visit [www.womenscareofwi.com](http://www.womenscareofwi.com) and check it out!

## Keeping Germs Away This Flu Season!

Seasonal influenza outbreaks occur in the United States between fall and early spring. Between 5-20 percent of the U.S. population are stricken with the flu each year causing more than 200,000 people to be hospitalized with various influenza complications. Flu viruses can cause illness in people of all ages, however children are more susceptible because their immune systems are not strong enough to fight the illness off. Some groups of people are more prone to Flu complications such as: people ages 65 or older, children younger than 2 years old, and people of any age with chronic medical conditions such as asthma or diabetes.

Many actions can be taken to help prevent the flu from getting to your family. Getting vaccinated is the best prevention method to avoid contracting the flu. There are also many every day steps in order to help prevent you and your family from getting the flu this season.

#### Wash your hands regularly:

Use soap and water, or an alcohol based hand sanitizer, in order to keep germs off your hands. Washing your hands should be done always before eating, preparing food and after using the restroom. Proper hand washing consists of using liquid, or bar soap and rubbing hands together creating lather on all surfaces. Continue scrubbing for 20 seconds (or the amount of time it takes to sing "Happy Birthday"), and rinse properly. Dry your hands with an air dryer or paper towel and if possible use the paper towel to turn the facet off.

#### Cover your mouth when sneezing or coughing:

If using a tissue, always dispose of the tissue after use. If a tissue is not available, use the crook of your arm/inside of your elbow in order to cover your mouth in order to prevent contaminating your hands with germs.

#### Avoid touching your eyes, nose or mouth:

Germs spread this way.

Follow these few tips and hopefully you and your family will have a flu-free winter!

*Happy  
Holidays!*

