



Complete Women Care, Inc.

Comprehensive Medicine • Skilled Doctors • Women's Intuition

October 2009

COMPLETE WOMEN CARE NEWSLETTER

Volume 8

At Complete Women Care Our mission is simple. We want to be the best OB-GYN practice in your community.

Our goal is to provide professional care with a warm, personal touch. We are here to help you, make you healthier and to bring a smile to your face. You are our best friend and dear family member.

Welcome to Complete Women Care!

Complete Women Care

Lakewood

3650 E. South St.
#403
Lakewood, CA
90712
562-634-8812

Long Beach

2840 Long Beach Blvd. #330
Long Beach, CA
90806
562-424-8422

San Pedro

1360 W. 6th. Street
#165
San Pedro, CA
90731
310-832-2369

Naples

5865 Naples Plaza
Long Beach, CA
90803
562-343-2814

H1N1 (Swine Flu) Vaccine



<http://cdc.gov/h1n1flu>

Please contact any of our offices for details on this vaccination and to schedule your appointment.

What is the H1N1 influenza?

The H1N1 influenza (sometimes called Swine Flu) is caused by a new strain of influenza virus. Like other flu viruses, the H1N1 spreads from person to person through coughing, sneezing and sometimes through touching objects contaminated with the virus.

What are the signs of H1N1?

Signs of H1N1 can include: fatigue, fever, sore throat, muscle aches, chills, coughing and sneezing. Some people also have diarrhea and vomiting. Most people feel better within a week, but some people get pneumonia or other serious illnesses.

Vaccines are available to protect against the H1N1 influenza

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and effective as seasonal flu vaccines.
- They will not prevent "influenza-like" illnesses caused by other viruses.
- They will not prevent seasonal flu. You should also get the seasonal influenza vaccine, if you want protection from the seasonal flu.

There are two types of H1N1 vaccines:

- Live, Attenuated Intranasal Vaccine (or LAIV) is sprayed into the nose.
- An inactivated vaccine is also available, which is given as a shot/injection.

Who should get LAIV (nasal spray)?

- Healthy people who are from 2 - 49 years of age, who are not pregnant and do not have certain health conditions (see next section, below):
 - People who are 2 - 24 years of age
 - People who are 25 - 49 years of age and live with or care for infants younger than 6 months old or are health care or emergency medical personnel.
- Children through 9 years of age should get TWO doses of vaccine, about a month apart. Older children and adults need only one dose.

Who should NOT get vaccinated with LAIV?

- Pregnant women
- People with severe (life-threatening) allergy to eggs or to any other substance in the vaccine (tell the person giving you the injection if you have any severe allergies).
- Children younger than 2 and adults 50 years and older
- Anyone with a weakened immune system
- Anyone with a long-term health problem such as: heart, lung, liver or kidney diseases, asthma, metabolic disease such as diabetes, anemia or other blood disorders
- Children younger than 5 with asthma or one or more episodes of wheezing during the past year
- Anyone with certain muscle or nerve disorders (such as cerebral palsy) that can lead to breathing or swallowing problems
- Children or adolescents on long-term aspirin treatment

Who should get vaccinated with the shot/injection?

- Pregnant Women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

Tell your doctor if you ever had Guillain-Barre syndrome (a severe paralytic illness also called GBS)

Additional information can be found at: <http://cdc.gov/h1n1flu>

Please contact any of our Complete Women Care offices for details and to schedule your appointment and/or to be put on the waiting list.

Welcome Back Dr. Woodson!

Dr. Woodson has returned to work after the birth of her third son, Casey.

To schedule an appointment with Dr. Woodson, please feel free to call our Lakewood or Long Beach offices.



Naples Office Now Open!

It has come to our attention that Naples and the Seal Beach areas do not have an OB-GYN specialist in their communities. Therefore, we decided to open a new Complete Women Care Center in Naples. It will provide full obstetrical, gynecological, urological and infertility services.



Our new office is located at:
5865 Naples Plaza
Long Beach, CA 90803

To schedule an appointment in the Naples office,
please call (562) 343-2814.

Cindy (PA-C) Now Performing Well Woman Exams!

Cindy Baldonado, PA-C will now be performing Well Woman Exams for Complete Women Care in addition to Pelvic Training and OB Health Coaching. To schedule your appointment with Cindy, please feel free to call our San Pedro or Long Beach offices.



Free 4-D Ultrasounds For OB Patients!

At 27-32 weeks of pregnancy, we provide a free 4D ultrasound package which includes a DVD set to music, CD with digital photos and a photo album. Other centers charge patients well over \$100.00 for such a service. We are pleased to extend this free offer to our wonderful patients!



Complete Women Care would like to wish everyone a safe and Happy Halloween!



We're on the Web!
www.completewomencare.com

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