



The Beacon

The Newsletter of
Med-Cert, Inc.
Volume 1
Issue 55
April 2015

Med-Cert Medical Management Resources

“Guiding your way to better health management”

Norovirus

Noroviruses have become notorious for sending hundreds of cruise ship passengers at a time running for their respective bathrooms and for steering entire ships back to port early.

Back on dry land, noroviruses also have a big impact on people's health. The CDC estimates that noroviruses are responsible for more than half of all food-borne disease outbreaks each year.

What are Noroviruses?

Noroviruses are a group of viruses that cause inflammation of the stomach and large intestine lining (gastroenteritis).

Noroviruses are sometimes called food poisoning, because they can be transmitted through food that's been contaminated with the virus. They aren't always the result of food contamination, though.

What causes infections with Noroviruses?

People become infected with noroviruses when they eat food or drink liquids that have been contaminated. You can also get infected if you touch an object or surface that has been infected with the virus and then touch your nose, mouth, or eyes.

Noroviruses thrive on cruise ships as well as in day-care centers, restaurants, nursing homes, and other close quarters

because they are very hardy and highly contagious.

Once someone is infected from contaminated food, the virus can quickly pass from person to person through shared food or utensils, by shaking hands or through other close contact.

What are the symptoms of a Norovirus infection?

Typical symptoms include nausea, vomiting (more often in children), watery diarrhea (more often in adults), and stomach cramps.

Other norovirus symptoms include:

- Low-grade fever
- Chills
- Headache
- Muscle aches
- Fatigue

Most of these symptoms aren't serious, but diarrhea and vomiting can deplete your body of the fluid it needs and you can become dehydrated.

Norovirus diagnosis is usually made based solely on symptoms but your doctor may give you a stool test to confirm.

Norovirus treatment

Noroviruses do not respond to antibiotics. No antiviral drug can treat noroviruses, but in healthy people the illness should go away on its own within a couple of days.

To prevent dehydration, make sure to drink plenty of liquids, especially water and juices. Give children an oral rehydration solution (such as Pedialyte) to replace lost fluids and electrolytes.

How to prevent Norovirus

Good hygiene is the key to preventing an infection with norovirus, especially when you are in close surroundings with a lot of other people.

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer, especially after going to the bathroom or changing a baby's diaper, and before you prepare or eat food.
- Carefully dispose of any contaminated items like diapers.
- Wash raw fruits and vegetables thoroughly. Cook oysters and other shellfish before eating them.
- Clean and disinfect surfaces with a mixture of detergent and chlorine bleach after someone is sick.
- If you have norovirus, don't prepare foods for at least two to three days after you feel better.

Med-Cert provides:

Utilization Management, Maternity Management, Large Case and Wellness Disease Management, Transplant Coordination and Stop Loss Assessments

For information on any of our services, please call 866-261-5657 (toll free). We are on the internet. Visit us at:

www.medcertinc.com

Relieve Allergy Symptoms Without Drugs

Natural treatments can't replace your allergy medications, but they can work alongside them. From acupuncture to supplements, here are some simple things that might help you breathe easier.

Acupuncture. In this ancient Chinese therapy, an expert sticks tiny needles gently -- and, many people say, painlessly -- into your skin at specific points.

Allergy-proofing your home. You can't stop pollen from blowing outside. But you do have some control over what happens inside your home. Keep your windows shut when pollen is in the air. Run the air conditioning instead.

HEPA filters. Studies are mixed about whether air filters help with allergy symptoms. Cleaning is an important step in controlling your allergy and asthma triggers. If you buy an air filter, make sure it's a HEPA filter. These capture fine, pollen-sized particles. It's a good idea to get a vacuum cleaner with a HEPA filter, too.

Probiotics. These are healthy bacteria that live in your digestive tract. You can get them naturally from foods like yogurt and the milk drink kefir. They're also available in supplements.

Protection. If it's allergy season, keep your triggers at bay. Don't do outdoor activities when pollen counts are high. Pollen peaks between 5 a.m. and 10 a.m. each day, and can also be high around midday when it's warm and windy.

Supplements. There's evidence that some supplements help nasal allergies. Butterbur is one of the most promising and well-researched. Studies show that butterbur -- specifically a butterbur extract called Ze 339 -- works as well as some allergy drugs.

Check with your doctor before you start using any supplements regularly, especially if you take daily medication or have any health conditions.

Nix a tension headache



If your head starts throbbing, try this chiropractor-approved tip: Place your right hand on the left side of your head (by your ear) and gently pull your head toward your right shoulder. Hold for 10 seconds and then switch sides. This eases the muscle tightness that causes tension headaches, halting pain.

Did you know??

The human brain is the most powerful computer which has the processing speed of 3000+ Ghz....

May is Food Allergy Action Month

Food allergy is a serious medical condition affecting up to 15 million people in the United States, including 1 in 13 children. Learning all you can about the disease is the key to staying safe and living well with food allergies. For more information visit:

<http://www.foodallergy.org/about>

Med-Cert News

Our office will be closed on Monday, May 25th in observance of Memorial Day and Friday, July 3rd in observance of Independence Day

Recipe Corner



Tortellini & Zucchini Soup

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 large carrots, finely chopped
- 1 large onion, diced
- 2 tablespoons garlic, minced
- 1 teaspoon fresh rosemary, chopped
- 2 14-ounce cans vegetable broth
- 2 medium zucchini, diced
- 9 ounces (about 2 cups) tortellini, fresh or frozen, preferably spinach-&-cheese
- 4 plum tomatoes, diced
- 2 tablespoons red wine vinegar

Directions

1. Heat oil in a Dutch oven over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and just beginning to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, until fragrant, about 1 minute.
2. Stir in broth and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes. Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.



This newsletter is brought to you courtesy of Med-Cert Inc. Our sources for this edition are Web MD and First Magazine.