



Photo Report of JCA Parent Club

Swine Flu vs. Traditional Flu & Healthy Living

Speaker: Dr. Tang Hui (唐惠医生), First Primary Care & Family Medicine, Florida

Facilitated by: Dr. Bailin Liang (梁柏霖), Parent Representative of JCA Chinese School

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October 18, 2009



Guest Speaker: Dr. Tang Hui, MD. (唐惠医生)

Dr. Tang attended Beijing Medical University Branch College and was a Staff Physician and Research Fellow at Beijing Thoracic Tumor and Tuberculosis Hospital in Beijing, China. She completed her residency training for Family Practice at St. Vincent's Medical Center in Jacksonville, Florida, and was a Staff Physician at Pointe Medical Services in Orange Park, Florida. She served as Vice-Chairman of the department of Family Medicine at Orange Park Medical Center, Florida, from 2005 to 2006. Dr. Tang is board certified in Family Practice and has her private practice at Orange

Park area (her contact information is provided at the end of this report).

Swine Flu (or 2009 H1N1 influenza) has caught many people's attention since its rapid spread to many countries. In the past couple of months, Jacksonville has had many cases of the swine flu as well. We all wonder what we should do to prevent our children and ourselves from the swine flu. On October 18, at the JCA Chinese school parent club, Dr. Tang Hui, a Board-certified Family Practice doctor, had graciously taken time out her busy schedule and educated the parents on this topic.

Dr. Tang started by telling all the jittery parents **Do Not Panic** even the swine flu is in a pandemic phase around the world. It is not necessarily more severe than the regular seasonal flu. The seasonal flu kills about 20,000 people per year in the US and the swine flu killed about 900 people so far in the US. Though there were some severe cases, most cases Dr. Tang had seen were mild, treatable and not life threatening. Here is some information provided by Dr. Tang.

1) Symptoms (signs) of the swine (H1N1) flu.

- **Fever** - Usually ~99⁰F to 100⁰F. Some cases occasionally patients can have high fever of 104⁰F. Fever could last from 2 to 4 days. Some people may not have fever at all

- Cough
- Sore throat
- Runny or stuffy nose
- Body aches - Could be joint or muscle pain which are not seen in the common cold
- Headache
- Chills
- Fatigue - Very tired or tired all day and do not have any energy - not seen in common cold either
- Some people can also have vomiting (throw up) and diarrhea.

	
<p>Fever is a common symptom in H1N1 flu. Range from 99°F to 100°F (> 38°C) and can be as high as 104°F. Some people, however, do not have fever at all.</p>	<p>我浑身痛! - Headache, body aches, muscle aches and fatigue are signs that you have flu and not a common cold.</p>

2) Who should get the H1N1 flu vaccine?

- Pregnant woman
- Household and caregiver contacts of children younger than 6 months old (e.g. parents, siblings, and daycare providers)
- Healthcare and emergency medical services personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system.

- Dr. Tang believes that not everyone needs a N1H1 flu vaccine. If you are healthy and watch your hygiene carefully, you might just be okay. But if you belong to the above categories, please go get the vaccine from your doctor or pharmacy.

3) **What to do if you feel sick?**

- **STAY HOME** if you are sick for at least 24 hours after your fever is gone (Fever should be gone without fever-reducing medicine) unless seeking medical help or getting necessities.
- **Keep away** from others as much as possible.
- Most people **will recover without needing medical care**.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw away the tissue in the trash afterwards.
- **Wash your hands often** with soap and water, especially after coughing or sneezing.
- **Avoid touching** your eyes, nose or mouth.
- **Antiviral treatment (Tamiflu® or Relenza®)** is available from you doctors with suspected or confirmed cases.
- You **should not travel** if you are sick with flu-like symptoms bring anti-viral medicine with you if you have to travel.

More information is available on CDC’s website if you want to be more educated about the H1N1 flu and its vaccine: <http://www.immunize.org/vis>.

From Dr. Tang’s private practice, she had seen about 18 swine flu (confirmed with H1N1 virus) out of about 40 patients in the past couple months. You can contact her directly if you are sick and need medical assistance. (Dr. Tang prepared handouts ahead of time, which served as great supplements to her speech.)



At the end of the speech, Dr. Tang (唐惠医生) answered questions from the audience and passed out more handouts.



JCA Chinese School Parent club members had the chance to listen to Dr. Tang demystifying Swine Flu.

In the second class period, Dr. Tang moved on to topic of how to live a more healthy life.

Dr. Tang started this topic by showing everyone the **“Body Mass Index” chart** (attached at the end).

While all the parents were busy looking through the chart and figuring out if they are in the range of normal or overweight (some got nervous), Dr. Tang told everyone that **WEIGHT is the one of the most important tell-tale sign of your health**. And controlling your weight takes a lot of hard work as many of you know. So Dr. Tang eased everyone’s anxiety by introducing her regimen for her patients.

Dr. Tang’s “Balanced Eating Principles”.

1) **NO sugar** – Here Dr. Tang meant take as little table sugar as possible.

- Females can take ~12-15 grams of sugar (< 1 table spoon) a day.
- Male can take 5 more grams of sugar than female.
- Children can take ~20 grams of sugar a day.
- Check the labels when you grocery shopping and calculate your sugar intake.

2) **NO animal fat** (skin, fat, butter) or trans-fat.

3) **Decrease Red meat** (beef, pork)

- It’s okay to eat red meat 2 times per week
- 8-10 oz. each time (~ 1 measuring cup)

4) **Carbohydrates**

- It’s okay to eat some carbs, according to Dr. Tang (She is not a big fan of carb-free or fat-free diets).
- No need to change your current carb intake – no more or less than currently consuming.

5) **YES, you can eat:**

- Seafood
- Chicken/turkey
- Eggs (10-12 per week) – it’s very healthy for the human body.
- Vegetables
- Beans
- Fresh fruits (1-2 per day)
- Small amount of cheese

- Small amount of nuts (15 pieces/day)

6) Don't drink for health

At the end of the speech, many parents at JCA Chinese school asked about the effectiveness of some dietary supplements such as fish oil (Omega-3 fatty acids) and grape seed extracts. Many studies showed that red wine contain health-benefiting anti-oxidants.

“You can't drink for health.” Dr. Tang said. She believed that alcoholism is the most under reported cause of death in the US due to its social consequences. Studies had shown that people who drink had a shorter life-span than the ones who do not drink. Long-term heavy drinking will lead to severe liver damage. And calories from alcohol drinks can also cause weight problem. However, you can drink occasionally and the amount should be moderate (2 cups of wine or beer in any given week).

As for fish oil and grape seed and grape skin extract supplement (Resverotrol), there is no harm of taking them but they are only supplements and not medicine for treatment. So if you have a health condition, please see your doctor.



YOU CAN NOT DRINK FOR HEALTH! Only occasional drinking is acceptable. That means 2 cups of wine or beer each week.



“Eat fish.” Dr. Tang said. It's delicious and is cheaper than buying fish oil supplements. And you also get to enjoy the meal and not medicine.

The JCA Chinese School Parent Club really appreciated Dr. Tang's wonderful speech and her passion in educating the general public about healthy lifestyle and disease prevention. If you have any medical needs, please contact Dr. Tang at her practice:

First Primary Care and Family Medicine
 Fleming Island Cosmetic Skin Services
 1681-A Eagle Harbor Pkwy East
 Orange Park, FL 32002-4802.
 Tel: (904) 264-2006

Body Mass Index Chart

- Note:** Find your height in the top horizontal row and your weight in the first vertical column. The intersection of those two is your Body Mass Index (BMI). Below list the categories of MBI which indicate if you are in a healthy weight. Gentlemen, do not panic. You can add 2 to the numbers you find in the chart below so not everyone of is considered overweight.

- Underweight:** 12-18 **Normal weight:** 19-24
 - Overweight:** 25-29 **Obese:** 30-39
 - Extremely obese:** 40 and above

BMI	Height (in)																		
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
Wgt. (lbs)	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"
100	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12
105	22	21	21	20	19	19	18	18	17	16	16	16	15	15	14	14	14	13	13
110	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14	14	13
115	24	23	23	22	21	20	20	19	19	18	18	17	17	16	16	15	15	14	14
120	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15	15	15
125	26	25	24	24	23	22	22	21	20	20	19	18	18	17	17	17	16	16	15
130	27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16
135	28	27	26	26	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16
140	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	17
145	30	29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18
150	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18
155	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	20	20	19	19
160	34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20	20
165	35	33	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21	20
170	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21
175	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22	22
180	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22
185	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22
190	40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
195	41	39	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	23

200	42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26	25	24
205	43	41	40	39	38	36	35	34	33	32	31	30	29	29	28	27	26	26	25
210	44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27	26	26
215	45	44	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26
220	46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28	28	27
225	47	46	44	43	41	40	39	38	36	35	34	33	32	31	31	30	29	28	27
230	48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30	29	28
235	49	48	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29
240	50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31	30	29
245	51	50	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31	30
250	52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30
255	53	52	50	48	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
260	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	33	32
265	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32
270	57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33
275	58	56	54	52	50	49													

