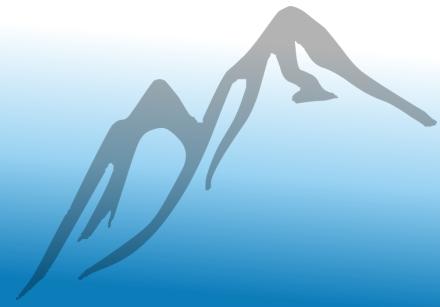


CASCADE CLINIC NEWSLETTER



Issue 9 | April 2019

Measles - Protect Yourself and Those Around you!

The measles outbreak in BC began in February when an infected traveller brought the disease from overseas. To date there has been 20 confirmed cases of measles among BC residents. Measles is a highly contagious disease and can be spread easily through the air by coughing, sneezing as well as respiratory secretions. Individuals who have **not** been immunized are at risk of contracting the disease and spreading the disease to others. The best protection against measles is vaccination!

The virus can be spread for 1-2 days before early symptoms develop and symptoms may start as soon as 7 days after a person is infected with the measles virus.

Early Symptoms of Measles are:

- fever
- cough
- runny nose
- red and inflamed eyes that are often sensitive to light

Later Symptoms of Measles are:

- rash, which starts first on the face and neck, and spreads to the chest, arms and legs, and lasts at least 3 days
- small white spots inside your mouth

Measles can lead to infections of the ear or lungs (pneumonia). More serious complications, occurring in 1 person in 1,000, include encephalitis, an inflammation of the brain. This can lead to seizures, deafness or

permanent brain damage. About 1 person in 3,000 with measles will die from complications.

Individuals who think they have possibly been exposed to measles and have developed the early symptoms of measles should see their family practitioner. Please ensure you call ahead to notify staff to ensure proper precautions can be taken to protect other patients.

Princeton residents wishing to book vaccination appointments or with immunization questions should call the Princeton Health Centre at 250-295-4442. For more information on measles please visit www.healthlinkbc.ca or www.immunizebc.ca or call 8-1-1.

LEARNERS IN PRINCETON

Nolan Rau, an R1 – Family Medicine Resident will be joining the Cascade team in April to continue his rural training. Nolan grew up in Penticton and graduated from Pen High before moving to Saskatoon for University and medical school training. He is very excited to be

completing his residency training to become a family doctor back in the Okanagan! Nolan has diverse interests but really enjoys sports, including hockey (he has coached a team this year), playing slo-pitch with family in Penticton, as well as beach volleyball in the summers in

addition to competing in short distance triathlons. Nolan loves being outdoors and hiking and biking as well and looks forward to hopefully doing some more of that while in Princeton.

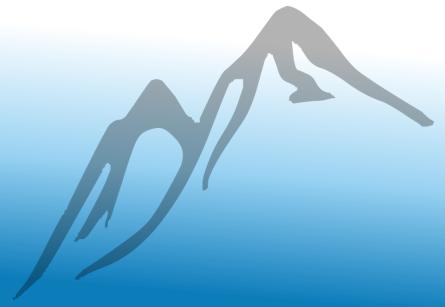
Please join us in welcoming Nolan to Princeton!

Did You Know?

April is IBS Awareness Month! Irritable Bowel Syndrome (IBS) affects 13-20% of Canadians (approximately 4.5 million) and only 40% of those will seek medical help. IBS is a chronic, often debilitating, functional gastrointestinal disorder with symptoms that include

abdominal pain, bloating, and altered bowel behaviours.

IBS can begin in childhood, adolescence, or adulthood and can resolve unexpectedly for periods throughout an individual's lifespan, recurring at any age.



Does your child have protection against MEASLES?

If they are up to date on their immunizations, then yes!

- Measles vaccine is usually given as the combined measles, mumps, rubella (MMR) vaccine and is considered safe and effective.
- MMR vaccine is not recommended for infants under 12 months of age (they still have antibodies received while in mother's uterus). The exception is for infants 6-12 months travelling overseas to areas with ongoing measles outbreaks.
- At age 1, children should have one dose of MMR.
- At age 4, children should have a second dose of measles vaccine -usually given as the combined measles, mumps, rubella, varicella (MMRV) vaccine
- Anyone 4 years or older and born 1970 or later should have had 2 doses of measles vaccine (doses given before 1 year of age do not count) Many adults born between 1970 – 1990 are currently missing the second dose.
- Parents should check their child's immunization records to make sure they are up to date with the MMR vaccination.

If you or your child is not fully vaccinated, please call the Princeton Health Centre at 250-295-4442 to book an appointment