

Highlighting Our Providers

Saying Goodbye to a Beloved Provider



Wishing Her Well

Ms. Cano, NP

CVMG is sad to announce the departure of one of our beloved providers, Ms. Cano. Ms. Cano has provided excellent patient care the past many years and will be missed. We wish her well on her next adventure, and encourage her patients to contact us today so they may transition your care to another one of our respected providers.

did you know?

A person can be expected to breathe in 45lbs of dust in their lifetime – sorry allergy sufferers.



The Party Goes On!

CVMG's 10 Year Anniversary Celebration Continues!

Throughout the past several months CVMG has partnered with many in our community to give back in celebration of our 10 years in service.

We have had a community Heath fair, beach day, and Etiwanda hike, among other events. Most recently in September we encouraged activity and health through a community bike ride.

Now in October we are working towards moving a local family into their very own place! We know that we couldn't have had a decade of success without the support and loyalty of our patients and professional affiliates, so owners, managers, providers, and employees alike have been diligently working towards small acts of appreciation throughout the year that demonstrate our gratitude.



The family was selected from a local outreach group, and our employees have fully embraced them, giving their time and money to make sure all supplies to complete a home are in place for the big move in day.

As we continue on into the holiday season, we will carry on our annual tradition of providing Thanksgiving meals to those that may have limited mobility, family, or means to celebrate with. If you know a family or individual in need, contact our office today and we will add them to our ever-growing list. Our hope is to not only continue CVMG's annual holiday traditions, but to find small ways to bless the families in our community throughout the year. So give us your ideas, and CVMG and the communities of the Inland Empire will continue to grow for another 10 years and beyond!



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vital signs

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A Quarterly Newsletter from Cucamonga Valley Medical Group
 News You Can Use for Your Health and Well Being

Respiratory Symptoms

Respiratory Allergies vs. Upper Respiratory Infection

Respiratory allergies are a common condition characterized by symptoms of sneezing, coughing, watery eyes, nasal congestion, cough and fatigue. Problematically, these symptoms are also common in upper respiratory infections, in which the inciting factor is not an allergen, but rather a bacteria or virus. You may have recently experienced these symptoms yourself, or perhaps your children have. Some people shrug these symptoms off as "the common cold", whereas others find these symptoms severe cause for concern and worry more than they should. Being well-informed about the difference between respiratory allergies and an upper respiratory infection can save you a trip



to your physician's office, or help you better your diagnosis and treatment plan. Take a look

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inside this issue:

- **Respiratory Symptoms-** Respiratory Allergies vs. Upper Respiratory Infection
- **What is Eczema?-** The Causes and Treatment Options
- **Highlighting Our Providers-** Saying Goodbye to a Beloved Provider
- **The Party Goes On!-** CVMG's 10 Year Anniversary Celebration Continues!



What is Eczema?

The Causes and Treatment Options

With the cooling temperatures brings more wind, and cold, dry air, all of which can be hard on your skin. Most of us notice drier skin as winter approaches and for some with a medical condition known as eczema, this can be particularly problematic.

Also known as atopic dermatitis, eczema is a condition in which the skin cannot protect itself as well as it should. It is a chronic inflammatory skin condition that often appears in infancy and can persist in to adulthood. It is characterized, most commonly by itching, redness and scaling. It affects the flexural surfaces of the body (knees, elbows), in particular, but may occur in patches anywhere.

Eczema runs in families, with certain genes causing extra-sensitive skin. Other factors that trigger eczema in prone individuals other than environmental changes, include stress, heat and sweat, irritating fabrics, soaps, and



detergents. Eczema is not contagious. Secondary bacterial infections can develop if not treated properly and exposed to contaminants.

Emollients are the primary treatment of eczema. They are used to help restore the moisture balance and protect the skin barrier. The greasier the lotion the better (think Eucerin, Aquaphor). Moisturizers without scents or dyes should be applied liberally on a daily basis, and avoidance of behaviors that exacerbate dry skin, such as long, hot showers.

First line treatment is basic over the counter topical steroids, such as hydrocortisone cream. Caution should be used with these, as prolonged extensive use can thin the skin and cause other problems. Ideally, patients suffering from dry skin or eczema, should moisturize daily and apply no more than 5 days of topical steroids for short term exacerbations. Anything longer, you should seek the opinion of your primary care provider. In addition, if you are not responding to over the counter treatments, consider an in office consult for a possible prescription strength regimen.

(Continued from Front Cover)

at the following table to familiarize yourself with how symptoms are grouped for each condition:

Symptoms: Allergies vs. Upper Respiratory Infection	
Allergies	Upper Respiratory Infection
Runny Nose, Sneezing, Itching or Watery Eyes, Fatigue, Aches and Pains, Headache, Cough, Sore Throat, Earache, Sinus Congestion and Pressure	Fever, Chills, Muscle Aches and Pains, Fatigue, Runny Nose, Cough with Phlegm, Sore Throat, Headache, Sinus Congestion and Pressure

One distinguishing factor that may accompany the above listed symptoms is fever. Fever almost always indicates some type of infection; the problem is we can't rely on fever alone to determine whether the infection is bacterial or viral. You may already know that viruses can't be treated with antibiotics, and that is why you may have been advised by a health care provider to not take antibiotics for your cold-like symptoms. Taking antibiotics for a viral infection can actually be harmful, instead of helpful, as it increases bacterial resistance to antibiotics. A fever is defined as a temperature above 100.3°F. Anything below this is simply an elevated temperature and doesn't qualify as a fever. Chills do not always indicate a fever either, and can be present in both bacterial and viral upper respiratory infections, but usually aren't present with allergies. Another deceiving symptom is phlegm, or sputum. Many patients are concerned about a cough that causes them to produce phlegm, or sputum; perhaps clear to yellow-green. While colored sputum likely hints to some type of viral or bacterial infection, it is difficult to distinguish between the two without sending a sample to the lab. To make matters more complicated, asthma and allergies may also cause phlegm or sputum production when you cough.



The key is to look at the whole picture. Viral and bacterial infections usually cause body or muscle aches and fevers, while allergies do not. Bacterial or viral infections can progress into the lower respiratory tract, causing a deep, aching cough that is not common with allergies. While we have many tools at our disposal to help us diagnose your illness, most providers will take a history from you and determine your diagnosis based on a clinical exam. It is important to follow any medical advice given at the time of your appointment, and to return promptly for any changes in symptoms. Allergic rhinitis and upper respiratory infections are treated with similar measures, mostly therapeutic. Your health care provider will likely tell you to take over the counter or prescriptions cough medications and decongestants, to breathe humidified air and encourage fluid intake. Most upper respiratory infections clear within a few days. If antibiotics are prescribed, a bacterial infection is suspected. Antibiotics work in a variety of ways to destroy bacteria present in the body. As previously mentioned, antibiotics do not work on viruses or allergies.

Do not give over the counter cough or cold medications to children under 6, only fever reducing and pain relieving medications, such as Tylenol and Motrin should be given to children in this age group. It is also unsafe to treat a suspected cold, headache or other symptoms of illness with aspirin in children and adolescents, as it can cause a potentially fatal syndrome.

We hope this information has been helpful in understanding your symptoms and better understanding your conversation with a health care provider, should you or a loved one be seen for symptoms of the common cold.



did you know?
A red blood cell can travel through your body's circulation system in as little as 20 seconds.