

THE BULLETIN

Belterra Community News

November 2011 Volume 5, Issue 11

News for the Residents of Belterra

The Austin Diagnostic Clinic Offers Important Tips for Flu Season

Seasonal influenza, commonly called “the flu,” is caused by influenza viruses, which infect the respiratory tract (i.e., the nose, throat, lungs). Unlike other viral respiratory infections, such as the common cold, the flu can cause severe illness and even life-threatening complications in some individuals. In the U.S., approximately five percent to 20 percent of the population gets the flu, and more than 200,000 people are hospitalized from seasonal flu-related complications.

The flu virus spreads through the air when a person who has the virus sneezes, coughs, or speaks. The flu can sometimes be passed on through objects that someone with the virus touched, sneezed, or coughed on. When a healthy person touches these contaminated items and then touches his or her mouth or nose, the virus can enter their system. Flu epidemics often start in schools and then move quickly through the community as students spread the virus to family members and people around them.

The most common symptoms of the flu include fever, cough, sore throat, stuffy or runny nose, body aches, headaches, chills and fatigue. Some individuals also experience vomiting and diarrhea. These symptoms may appear one to four days after a person has been exposed to the virus. The fever and aches usually disappear within a few days, but fatigue, sore throat, cough and other symptoms may linger for a week or more.

The best way to treat the flu is to get plenty of rest and to continuously drink liquids such as water and other non-caffeinated beverages. Most people who get the flu will get better on their own once the virus has run its course. However, call your doctor if your symptoms worsen, if you are having trouble breathing or if you have another health condition such as diabetes, asthma or heart problems.

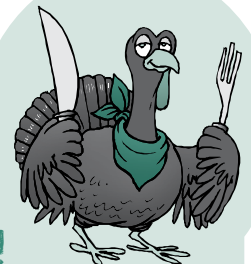
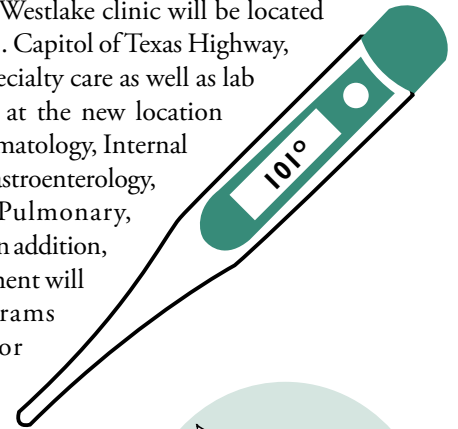
Please Note –People carrying the virus can be contagious one day before their symptoms appear and about five to seven days after they first get symptoms, so it is possible to pass the flu on before a person knows they are even sick. It is important that children and adults stay home from school or work until their temperature has returned to normal and they are feeling better.

The best way to avoid getting the flu is to have all members of your family over six months in age receive the flu vaccine. The vaccine is

designed to protect against the three influenza viruses that research indicates will be most common during the upcoming season. This year’s vaccine will protect against the H3N2, H1N1 and influenza B viruses.

“The most common and proven method of preventing the flu in your household is through annual vaccinations,” said Dr. William Lockett, an internist who will serve ADC’s Westlake location. “During flu outbreaks, it is always a good idea to wash hands often and thoroughly, and to avoid sharing cups, utensils and towels with others. For those that get the flu, it is an unpleasant experience but one that will pass once the influenza has completed its cycle. However, it is important to monitor the recovery of your loved ones and consult your physician if any complications become evident, especially among those with diabetes, asthma, heart conditions or other chronic illnesses.”

ADC’s 9,000-square-foot Westlake clinic will be located in the Cielo Center at 1250 S. Capitol of Texas Highway, Building 3. It will feature specialty care as well as lab services. Medical specialties at the new location will include Cardiology, Dermatology, Internal Medicine, Endocrinology, Gastroenterology, Nephrology, Neurology, Pulmonary, Rheumatology and Urology. In addition, ADC’s Health Risk Management will provide weight loss programs at the Westlake clinic. For more information regarding the new ADC clinic in Westlake, visit www.ADCLinic.com/Westlake.



HAPPY THANKSGIVING!

THE BULLETIN

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Ambulance / Fire..... 911

SCHOOLS

Dripping Springs ISD 512-858-3000
Dripping Springs Elementary 512-858-3700
Walnut Springs Elementary 512-858-3800
Rooster Springs Elementary..... 512-465-6200
Dripping Springs Middle School..... 512-858-3400
Dripping Springs High School 512-858-3100

UTILITIES

Water – WCID # 1 & 2 512-246-0498
Trash – Texas Disposal..... 512-246-0498
Gas – Texas Community Propane..... 512-272-5503
Electricity – Pedernales Electric 512-858-5611

OTHER

Oak Hill Post Office 512-892-2794
Animal Control..... 512-393-7896

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Deer Season is Here

November through December is deer season in Texas. For some outdoor enthusiasts, that means hunting. For many animal and nature lovers, however, it is the best deer-watching season of the year. Late fall is the time of year when bucks have grown their antlers and fawns are on the move with their mothers. It is also the deer-mating season, known as the “rut.” During this season deer are most active and more likely to run and bolt, so it is a time of year to use extra caution in areas where deer are present.

Austin is one of very few large cities in Texas where you can still experience urban deer.

Northwest and southwest Austin are home to most of our remaining neighborhood herds. Many area residents enjoy the deer’s charismatic presence and quiet beauty.

Young parents report finding teachable moments in watching does care for their fawns, while for seniors interaction with the deer can be life affirming. Others simply value the opportunity to observe wildlife living freely as they go about such daily business as walking the dog or driving to work.

DeerAustin is a group of Austin neighbors and animal lovers who are committed to living

compatibly with urban wildlife and especially to protecting and preserving Austin’s urban deer herds. Visit us at www.DeerAustin.org. We are providing the following information that is helpful to keep in mind during deer season:

- Always walk dogs on leashes.
- Observe the speed limit. Be extra cautious when deer or deer crossings signs are present and when driving from dusk to dawn.
- To report an injured deer, call the Game Warden at 389-4848 or Austin 311.
- To report a dead deer for pickup, call Austin 311. Be prepared to give the operator an address or otherwise be able to describe the location of the deer (for example, “Loop 360 just north of Spicewood” or “the intersection of Mesa and Greystone”).
- If you need additional help – email admin@DeerAustin.org.

We hope you enjoy the fall season and the opportunity to interact with deer that is a part of what makes Austin a special place to live. Please take care, enjoy the wildlife, and Keep Austin Deered!



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ADOPTION COALITION

Jaquevius (Nov 2003) & Ny'Asia (Aug 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children.

To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or gracelindgren@adopttexas.org.

To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.





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HEALTH BRIEFS - NOVEMBER 2011

POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side effects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

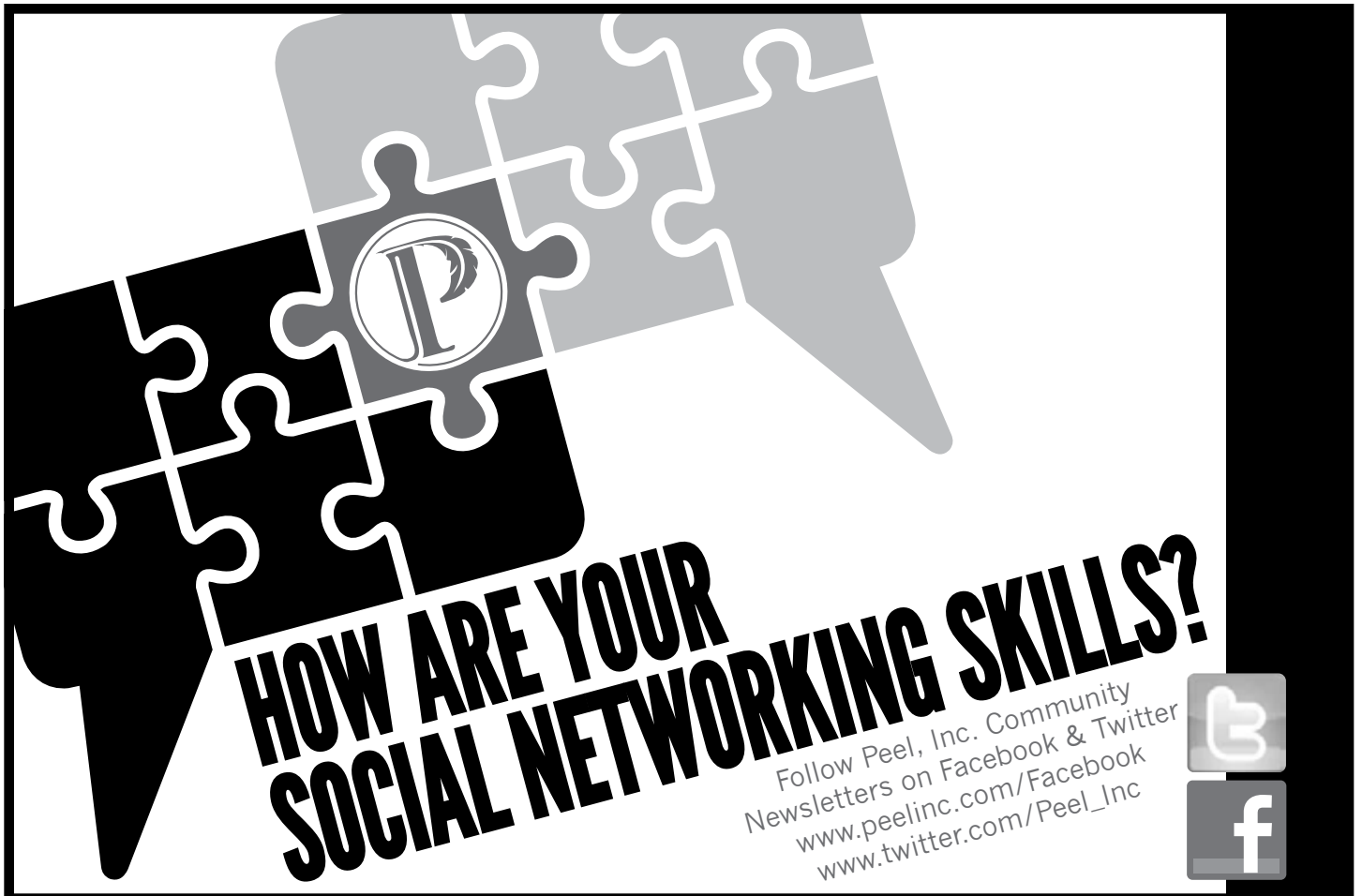
RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.



SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain



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