



Inside this issue:	
Seasonal Flu Facts	1
Southwest Center for Healthy Joints, S.C.	2
Bone Health & Exercise	3
2014 HomeCare Elite Award	3

Seasonal Flu Facts



- Apex HHC provides skilled nursing, physical, occupational and speech therapy in the comfort of your home under the direction of your physician
- Laboratory services are available for routine and specialized tests, i.e. post-op Coumadin monitoring
- Wound Care expertise is available for all types of wounds
- Experienced Registered Nurses teach patients how to manage their disease processes and regain their independence

The flu season is in full swing beginning in October and lasting through March. The flu vaccination is recommended to everyone 6 months or older. There are documented benefits from flu vaccination including reductions in illnesses, related doctors' visits and missed work or school. Vaccination can also prevent flu-related hospitalizations.

Influenza ("flu") is a contagious disease, caused by viruses, that spreads around the United States every winter, usually between October and May. Flu is spread mainly by coughing, sneezing, and close contact.

Flu can make some people much sicker than others: people 65 and older and those with certain health conditions – such as heart, lung or kidney disease, nervous system disorders, or a weakened immune system. Flu vaccination is especially important for these people, and anyone in close contact with them. Flu can also lead to pneumonia, and make existing medical conditions worse.

People who have the flu often feel some or all of these signs and symptoms:

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have



vomiting and diarrhea, though this is more common in children than adults.

Flu viruses are always changing. Each year's flu vaccine is made to protect against three or four viruses that are likely to cause disease that year. Flu vaccine cannot prevent all cases of flu, but it is the best defense against the disease. It takes about 2 weeks for protection to develop after the vaccination, and protection lasts several months to a year.

Apex HHC provides its active patients with the flu vaccination upon request. Please consult your physician if a flu vaccine is right for you.

**Call Apex HHC Toll-free
1-855-594-7050**



At Southwest Center for Healthy Joints, we are committed to providing the best comprehensive care possible for our patients by using state-of-the-art information and innovative technology for management of orthopedic injuries. Our ultimate goal is to help each patient achieve physical mobility and maximize functioning potential. Our staff strives for honest, compassionate and respectful communication that builds trust and promotes healing.

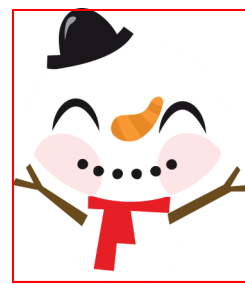
One in two women and one in four men will have an osteoporosis related fracture. These fractures can dramatically change the quality of life for patients and their families due to loss of independence, disability, and even death.

That's why we have established The Bone Health Clinic at Southwest Center for Healthy Joints S.C. Our team provides comprehensive post fracture bone health for patients who have experienced fragility fractures. We provide one-on-one assessments, coordinate labs, radiology, physical therapy, and pharmacy services with specialized treatment, all to promote bone health, healing, and reduce your risk for future fractures.

If you are concerned about your bone health and fragility fractures, please call our clinic today for an evaluation.

Other services provided at Southwest Center for Healthy Joints include:

- Physical Therapy
- Occupational Therapy
- Aquatic Therapy
- Digital X-Ray
- Extremity MRI



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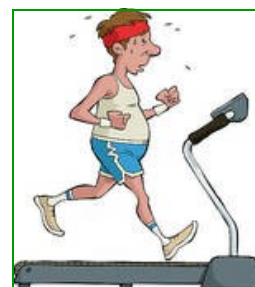
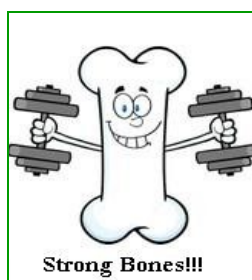
Bone Health and Exercise

Osteoporosis is a disease of the bones where bones lose density or mass and the bone tissue structure has become abnormal. As bones become less dense, they weaken and are more likely to fracture or break. Osteoporosis is often called a silent disease because you can't feel your bones lose density. Breaking a bone is often the first sign that you may have Osteoporosis.

An effective way of building and maintaining bone density is through exercise. There are two types of exercises that are important in maintaining bone density: Weight-bearing and Muscle-strengthening.

1. **Weight-bearing exercises** include activities that make you move against gravity while standing. It can be high-impact or low-impact. High-impact weight-bearing helps to increase and promote bone strength. Activities like dancing, aerobics, hiking, jogging/running, jumping rope, stair climbing and tennis are examples of high-impact weight-bearing exercises. Low-impact weight-bearing exercises include using elliptical and stair-step machines and fast walking on a treadmill.
2. **Muscle-strengthening exercises** are also known as resistance exercises or activities where you move your body with the use of weights or another form of resistance against gravity. An increase in muscle strength and mass promotes stronger and healthier bone structure. Lifting weights, using elastic exercise bands, and functional movements using your own body weight such as push-ups, standing and rising on your toes are examples of muscle-strengthening exercises.

A physical therapist should be able to help you learn which exercises are safe and most appropriate and beneficial for you. Always consult with your physician before starting an exercise regimen. For more information, please visit our website, www.apex-health.com.



Apex Home Health Care, Inc. is proud to announce that we have been selected as a HomeCare Elite agency for the fourth consecutive year. This is an exceptional achievement that is due to the excellent clinical care provided by Apex HHC clinicians.

The HomeCare Elite™ is an annual compilation of the most successful home care providers in the United States. This market-leading review, from OCS HomeCare by National Research Corporation and DecisionHealth, names the top 25% of agencies in home health performance measures.





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PATIENT MAILING ADDRESS



From all of us here at Apex Home Health Care, Inc., we wish you and your family a blessed, safe and joyous Holiday Season and a healthy and prosperous New Year!!!