

Health Tips

Your Good Health Information From eDocAmerica

with

Dr. D



 Printer Friendly

Health Tip: Can Colds be Prevented?

Unlike the flu shot, which is a very effective way of avoiding getting the flu, there is no such vaccine available to prevent the common cold. Furthermore, there are no medications available for fighting the virus that causes colds once the infection occurs. There are, however, "natural" ways to help avoid contracting a cold virus. Most of these methods hinge on lifestyle measures rather than medications, vitamins or supplements.

The number one measure is perhaps the most simple---**wash your hands**. Cold viruses are spread primarily by direct contact. To illustrate this, someone with a cold sneezes into their hand and then contaminates other objects --- telephone, keyboard or door knob---with the germs. The next person to come in contact with these objects can then transfer the virus into the body, typically by touching the eyes, nose or mouth. Washing your hands or using an alcohol-based sanitizer, especially after shopping, going to the gym or spending time in public places, will decrease the likelihood of "catching" a cold.

In order to reduce the possibility that you are the one spreading the virus, it is a good idea to avoid muffling coughs and sneezes with your own hands. Instead use a tissue and throw it away immediately. If you don't have a tissue, it is better to cough or sneeze into your elbow rather than your hands.



When there is a sick family member in the household, don't share drinking glasses or utensils. Use disposable items if someone in your family is infected. Disposable cups can be thrown away after

each use and prevent accidental spread of the virus from sharing of cups or glasses. It is also important to keep household surfaces clean. With illness in the household, wipe door knobs, drawer pulls, keyboards, light switches, telephones, remote controls, countertops, and sinks with soap and water or a disinfectant solution.

Whether therapies such as vitamin C, Echinacea and zinc relieve cold symptoms remains somewhat controversial. Many people are convinced that

eDocAmerica

Services
Overview

Click
HERE...

Unsubscribe 

If you wish to [unsubscribe](#) from any eDocAmerica mailings, please click on the image above.

Register Now

If you have not yet used eDocAmerica to communicate with our physicians, we urge you to give it a try. Email us about this or any other topic or question you have!

taking large quantities of vitamin C will prevent colds or relieve symptoms. To test this theory, several large-scale, controlled studies involving children and adults have been conducted. To date, no conclusive data has shown that large doses of vitamin C prevent colds. Likewise, Echinacea, a dietary herbal supplement that some people use to treat their colds has not been found to be effective in preventing colds. Zinc lozenges and zinc lollipops, available over the counter for treating common colds, also have little application in preventing colds.



A strong immune system will also help in warding off colds. Maintaining a healthy lifestyle by getting adequate sleep, eating a healthy diet and engaging in regular exercise will help keep the immune system tuned up.



This will help the body to fight off cold viruses should exposure occur. Smoking cigarettes is a "double whammy" in regard to prevention of colds. Smoking not only weakens the immune system, but by causing temporary paralysis of the cilia in the respiratory tract that help sweep cold viruses away, it markedly increases the body's susceptibility to invasion by cold viruses.

Unfortunately, there is no medication or "silver bullet" that will keep colds from occurring. Attention to proper hygiene and lifestyle measures, however, will go a long way in protecting you from the almost inevitable exposure that all of us have to cold viruses.

Have you ever used eDocAmerica?

To register, just [Click Here](#) and follow the simple directions. The entire process should take less than 5 minutes. You'll be glad you did.



11719 Hinson Road, Suite 130 Little Rock, Arkansas 72212

Toll Free 1-866-525-eDoc (3362) www.eDocAmerica.com

Copyright 1999-2008 eDocAmerica. All rights reserved. Patent Pending. [\[click here to unsubscribe\]](#)

