



# Treating Symptoms of Pandemic Influenza

*Linda Wrede-Seaman M.D., Matthem Seaman M.D.*

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A variety of troublesome symptoms develop when people contract influenza; the symptoms associated with pandemic influenza may be particularly severe. This book, *Treating the Symptoms of Pandemic Influenza - A home care guide for patients, families and clinicians*, ISBN 9781888411218, retails for \$34.00, contains the medical information required to battle influenza in the community. Social Distancing and Personal Isolation are important components of limited the spread if influenza. Patients may develop a severe, painful cough, fever, painful muscles and a variety of other symptoms. For each symptom, there are three related topics dealing with assessment of the symptoms, non-pharmacologic interventions, and pharmacologic treatments. The book conveniently has separate sections for adults and pediatrics.

Unfortunately, during the peak waves of pandemic influenza, existing health care systems are expected to be swamped with large numbers of patients. Current predictions indicate that the attack rate of influenza is 60-80%, so almost everyone will contract some form of the virus known as influenza. Current studies indicate that the number of patients will exceed existing hospital capacity. Frankly, those with an uncomplicated course do better by socially distancing themselves and creating their own personal isolation for the 5-10 days the virus takes to run an uncomplicated course. There may not be enough medical personnel, access to hospital services and it is possible that shortages of medical supplies or medications may occur. As a result, the majority of patients with the normal distressing symptoms that come with influenza may be treating their symptoms at home. The authors, Matthew and Linda Seaman, are both physicians who have spent two decades researching effective symptom management medications and other non pharmacologic interventions.

*Treating the Symptoms of Pandemic Influenza* , ISBN 9781888411218, written by two 'front lines' physicians, can be used as a credible resource by patients, families. teachers, administrators, and clinicians alike. Patients can refer to numerous interventions that can treat the symptoms of influenza while trying to remain at home; this textbook can be considered one of the most advanced and thorough resource available today.

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