

# VIDARIS NEWSLETTER

## MONTHLY INTERVIEWS

We are now well into the winter months. Some of you are up to having your five month appointment. In addition to the usual questionnaire, three blood pressure measurements are also taken, and for some of you a few extra questions if you answered yes at the baseline interview to the dry scalp question. So the five month appointment will take a little longer than

swab At this appointment there will be a blood test as well.

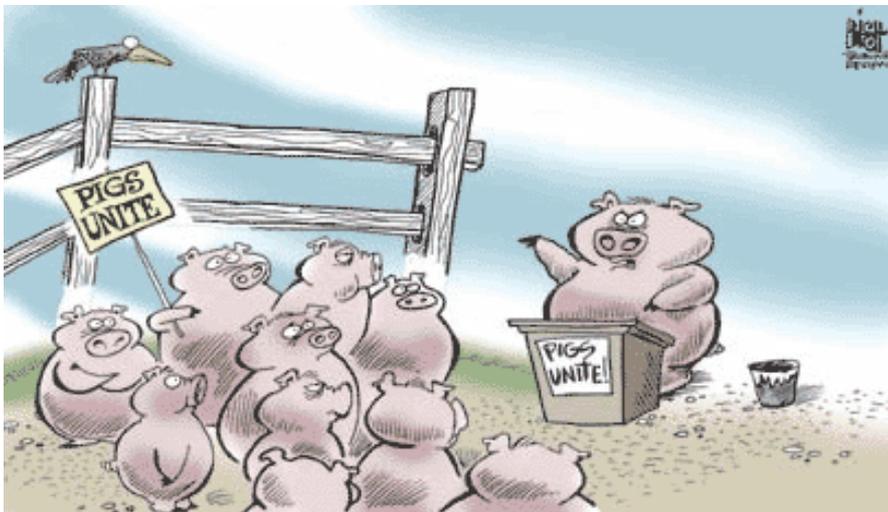
## COLDS AND FLU

We were kept very busy a few weeks back with lots of participants ringing in with flu and cold symptoms. This last week has been quiet, although the incidence of upper respiratory infections may be increasing again as influenza appears to have arrived in the region.

The one page symptom severity form needs to be filled out for every day from the time the symptoms first appear, although we can only go back one day with the symptoms section. If you can let us know as soon as possible then there is less need for back dating and missing important symptom data.

## FLU UPDATE

You may have heard in the news that some areas in New Zealand are experiencing an increase in influenza (swine flu) cases. There has been the suggestion that these areas were let off lightly last year and this may be why there is an increased incidence there now.



THE TURKEYS HAVE BIRD FLU. THE COWS HAVE MAD COW DISEASE. I'M TELLING YOU, BOYS... UNLESS WE WANT TO SEE MORE HAM SERVED ON THANKSGIVING, WE'RE GOING TO HAVE TO GET OUR OWN DISEASE!

the usual monthly appointment to complete. Similarly, as we head into the six month appointments, we will also be collecting a nasal swab. This is just at the front of the nose, and not a nasopharyngeal

Again thanks to everyone for contacting us with their coughs and colds. It is very important that we know about every episode and it is best to contact us soon as possible after your first symptoms begin.

## HOW TO CONTACT US

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