

## I've Had a Cold For 3 Weeks Now

I always get this patient in my office with this complaint, and they always want antibiotics. Why don't I give them what they want? Because most "Colds" are viral or allergic mediated. What is really needed is "Tincture of Time." If you run a fever(>99.5 f) and you cannot eat or drink, you need to come in. Otherwise try these few simple and cheap step before making your next doctors appointment:

1. Get a Humidifier in your on your furnace, at least get a humidifier in your bedroom.
2. Change the Filter in your furnace and humidifier pad as well.
3. Wash bedsheets in Hot Water.
4. Use Nasal saline spray every 2-3 hours.
5. Use an over the counter antihistamine such as Zyrtec 10mg 1 at bedtime(could make you sleepy).
6. For a cough try Mucinex 600mg 1 tablet every 12 hours.
7. Stay hydrated, drink liquids eat popsicles.
8. Motrin, tylenol, alieve for fever reduction and aches and pains, take they with food.
9. If you have high blood pressure, Heart Failure, recent heart procedure call your doctor first, these rules do not apply to special patients like you.

Good Luck, be Well.

Alex