



CHIROPRACTIC CARE

BOOTS CHIROPRACTIC &
WELLNESS CENTER, S.C.
(920) 997-9700
bootschiropractic.com

CHRONIC CONDITIONS & SUPPORT

Listings include various national, state,
and local resources. See also the
Palliative Care category in this section.

ALS ASSOCIATION
WISCONSIN CHAPTER
(414) 763-2220
alsawi.org

AMERICAN DIABETES
ASSOCIATION
diabetes.org

AMERICAN HEART ASSOCIATION
(800) 242-8721
heart.org

AMERICAN PARKINSON DISEASE
ASSOCIATION (APDA)
apdaparkinson.org/community

ARTHRITIS FOUNDATION
Wisconsin Office
(414) 321-3933
arthritis.org/wisconsin

DIABETIC SUPPORT GROUP
Aurora Health Care
(920) 907-7000

FOND DU LAC COUNTY
SENIOR SERVICES
Living Well with Chronic Conditions
(920) 929-3114

MY CHOICE WISCONSIN
10201 W. Innovation Dr., Ste. 100
Wauwatosa 53226
(800) 963-0035
mychoicewi.org/JA

My Choice Wisconsin provides
government-funded programs to
frail seniors, adults with disabilities,

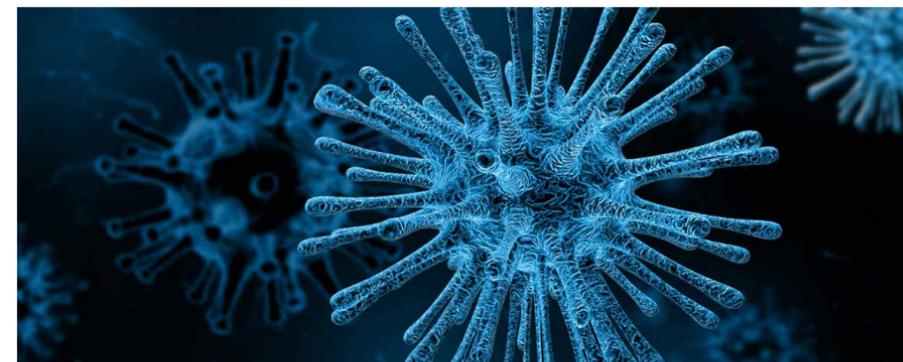
to a hospital. If you are 65+, there's a
higher dose vaccine with four times the
flu antigen targeted for the immune
systems of older individuals. Those 65+
should make sure to ask for this shot.

Let's stay healthy this flu season by
getting our flu shots!



Eric S. Quivers, MD FAAP, FACC, is
the senior medical director for My
Choice Wisconsin. He participates
in numerous activities across the
organization, with his main role on
reviewing prior authorizations and
participating in quality initiatives and
member-directed activities.

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The FLU SHOT

A Shot in the Arm for Protection

by Eric S. Quivers, MD FAAP, FACC

The winter 2020 influenza season was a very strange one. Influenza infections were down dramatically all over the world. In the United States, we had a test positivity rate of less than 1 percent, meaning less than 1 percent of the people who thought they had the flu tested positive for it. The rate is usually between 20 and 30 percent. Deaths and hospitalizations from the flu were way down too. Public health experts believe that the efforts to control the spread of COVID-19 infections through

wearing masks, social distancing, and handwashing greatly reduced the spread of flu viruses.

That was last year; this year is likely to be different. We are not social distancing or wearing masks as we were globally last year. This is in part due to the effective COVID-19 vaccines that are available and have allowed reopening of the country. That, however, plays into the return of influenza cases. As such, it's strongly recommended that

you get your flu shot to protect you from the illness because the risk of exposure appears to be greater this year. Also, we are still experiencing COVID-19 outbreaks across the country, so the ability to get care at a hospital may be affected. Many people with medical problems other than COVID-19 infections are experiencing difficulties in getting timely care.

The flu shot will protect you from getting sick and possibly needing to go