10 Minute Cold and Flu Treatment

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The Common Cold
Introduction

- The term “Common Cold” refers to a mild upper respiratory viral illness.
- It is distinctly different than upper respiratory illnesses including influenza, pharyngitis, acute bronchitis, bacterial rhinosinusitis, allergic rhinitis and others.
- In the USA, the common cold is typically seasonal in nature beginning in late August and remaining high until March or April.
Causes of the “Common Cold”

The Viruses

- Rhinovirus- the most common cause accounting for an estimated 30 to 35% of all “common colds”
- Coronavirus, RSV, Parainfluenza, human metapneumovirus, bocavirus
- There are over 200 subtypes of viruses associated with the common cold where many remain unidentified
Incidence of Common Cold

- Approximately 62 million cases
- Approximately 24 per 100 with an estimated total of 1 billion colds annually
- Children get 6-10 yearly colds
- Adults get 2-4 yearly colds
- Parents of young children always have a cold and are not included in the stats
The Common Cold Burden

- The common cold is associated with an enormous economic burden caused by lost productivity and treatment.
- Colds account for 40% of all time lost from work among the employed.
- Annual absences from school ~26 million
- Annual absences from work ~23 million
- Estimated costs amount to ~17 billion of direct costs associated with the cold
Symptoms

- Sore Throat
- Runny Nose
- Cough
- Sneezing
- Headaches
- Body Aches
Prevention and Protection

- Cold viruses spread through the air, stool and respiratory secretions
- Practice good hand washing
- Avoid touching your eyes, nose and mouth with unwashed hands
- Important - Stay away from people who are sick
- Protect others by staying at home when sick, avoid close contact with others, disinfect frequently touched surfaces, wash hands after coughing or sneezing and please don’t cough or sneeze on anyone
Treatment

- There is no cure for the “common cold”
- One should get lots of rest and drink plenty of fluids
- OTC medications to ease symptoms only along with...

**OMT** - the reason we are here today (to be discussed a practiced at the end)
Influenza (the Flu)
Introduction

- The flu is a contagious respiratory illness caused by the influenza viruses that infect the nose, throat, and lungs.
- It can cause mild to severe illness and at times lead to death.
- Most people who get the flu will recover in less than two weeks, but some people will develop complications as a result of the flu.
Introduction (cont.)

Those with high risk of flu complications include:

- Young Children
- Adults aged 65 years and older
- Pregnant women
- People with certain chronic condition
Incidence and Prevalence of the Flu

- According to the CDC, 5 to 20% of the population infected with the flu virus each year
- More than 200,000 people are hospitalized with the flu
- Approximately 36,000 people die from flu complications each year
The Influenza Burden

- Like the common cold, the flu accounts for an enormous economic burden in the United States.

- Annual direct costs which includes, hospital and doctor’s office visits and medications are an estimated $4.6 billion.

- Flu cases annually cause workers to lose up to 111 million workdays at an estimated cost of $7 billion in sick days and lost productivity.
Symptoms

- Fever/Chills
- Cough
- Sore Throat
- Runny or Stuffy Nose
- Muscle or Body Aches
- Headaches
- Fatigue
- Vomiting/Diarrhea
Complications of the Flu

- Sinus and ear infections are moderate complications
- Pneumonia can be a serious complication
- Other possible serious complications from the flu can include:
  - Inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis)
  - Multi-organ failure can occur (eg. Renal, Respiratory) which can lead to sepsis
  - Those with Asthma can experience worsening attacks and those with chronic heart conditions can have worsening symptoms
Prevention and Protection

- Same as with the common cold including
  Wash hands or use alcohol base hand rub
  Disinfecting frequently touched surfaces
  Staying away from sick people and if sick staying away from those not sick
  Maintaining a healthy diet and exercise habits

- Vaccination- the best way to prevent the acquisition of the influenza virus- can vary in how well it works
Treatment of the Flu

- Supportive Care- Fluid Replacement along with rest
- Symptomatic care including OTC medications:
  Throat lozenges
  Decongestants
  Cough Medications
  NSAIDs/Analgesics
- Antiviral Medications- Oseltamivir- pill (Tamiflu) Zanamivir-
  powder (Relenza) and Peramivir- IV (Rapivab)- Second line
  of defense to treat the flu after Vaccinations

- OMT
OMT

- Osteopathic Manipulative Treatment is used to treat somatic dysfunction caused by any musculoskeletal or systemic disorder.

- Somatic dysfunctions occur in all areas of the body including, the cranium, cervical, thoracic and lumbar spine, sacrum, pelvis, ribcage, upper extremities, lower extremities and abdomen.
OMT (cont.)

- ICD-10 codes for somatic dysfunction include:
  M99.00- Head       M99.05- Pelvic
  M99.01- Cervical    M99.06- Lower extremities
  M99.02- Thoracic    M99.07- Upper extremities
  M99.03- Lumbar      M99.08- Ribcage
  M99.04- Sacrum      M99.09- Abdomen and other areas

- CPT codes for OMT
  98925- 1-2 body regions
  98926- 3-4 body regions
  98927- 5-6 body regions
  98928- 7-8 body regions
  98929- 9-10 body regions