

Nutritious Nibbles



Butternut Squash and Apple Soup

Silky smooth, slightly sweet, and super-easy to make (at least once you've mastered blending), this soup is a fall favorite. We don't usually recommend using vegetables that are pre-cut, but for butternut squash we make an exception: winter squash can be hard to peel and cut, and ready-to-use squash is available in many grocery stores. You can also, if you like, use carrots or sweet potatoes for all or part of the squash.

INSTRUCTIONS

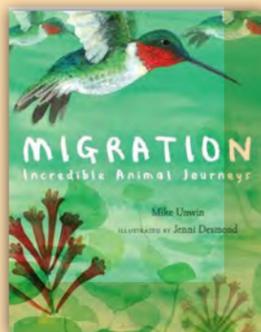
Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.

1. Put the pot on the stove and turn the heat to medium. When it is hot, carefully add the oil.
2. Add the onion, garlic, celery, curry powder, and basil. Cook, stirring occasionally, until the vegetables are tender, 10-12 minutes.
3. Add the butternut squash, apple, and broth and raise the heat to high; bring to a boil.
4. Turn the heat down to low and cook until the squash is very tender, 45 minutes. Set aside to cool down a bit, at least 15 minutes, at room temperature. Stir occasionally to help the mixture cool.
5. Using the slotted spoon, very carefully remove the soup solids and put them in the blender or food processor. Do not fill more than halfway.
6. If you are using a blender, put the top on but remove the little cap in the center. If using a food processor, leave the plunger out (both will allow the steam to escape). Cover the hole loosely with a clean dish towel. Turn the blender to the lowest speed and increase the speed as the soup purees. Gradually add the cooking liquid. Blend or process until completely smooth.
7. Serve right away or cover and refrigerate up to 3 days.

Ingredients

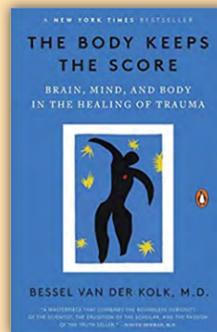
- 1 tablespoon olive oil
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and minced (finely chopped)
- 1 celery stalk, chopped
- 2 teaspoons curry powder
- 1 teaspoon dried basil
- 1 large butternut squash, peeled, seeded, and cubed, or 1 (20-ounce) package pre-cut squash
- 1 tart apple, cored and cubed (stem and hard center part removed)
- 8 cups chicken or vegetable broth
- 4 tbsp. unsalted butter
- Salt and pepper to taste
- Parmesan cheese, to serve

Winter book recommendations



Migration: Incredible Animal Journeys
Mike Unwin,
illus. by Jenni Desmond
(Bloomsbury)

Unwin presents the epic journeys of 21 species, from dragonflies to whales, adroitly relating marvels of each creature's migration. Desmond's masterful illustrations capture the fragility and abundance of the natural world, and a map traces the migration paths globally.



The Body Keeps the Score
Bessel Van Der Kolk, M.D.

In *The Body Keeps the Score*, Dr. Van Der Kolk uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.

A newsletter from your Pediatrician and CHILDREN'S HEALTH *foundation*



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MEDICAL CLINIC

TAKE CARE HEALTHY TIPS FOR WINTER

Winter means colder weather, holiday celebrations and family get togethers. Keeping your kids healthy, warm and entertained during this season can be challenging. Here are a few tips for a successful and healthy holiday season.



I've Been Told You Can Get Flu from the Flu Shot: False!

Jay S. Rosenbloom, MD, PhD

Many parents and patients have questions about the flu shot. One of the common questions we hear in the office: "Is it possible to get the flu from the flu shot?" It's a fair concern. After all, you're bringing your child to the doctor to get them or keep them well, not to cause more harm. If we give you a vaccine, you should feel comfortable that it is a safe one, especially if it's one we want to give your child every year. So here's the full story on the flu vaccine:

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

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I have to start by defining flu. The term is used to mean many different illnesses. When we talk about the flu shot, we are referring to the influenza virus. The main symptoms of infections with this virus are fever, body aches, runny nose and cough. Some people with influenza have mild vomiting or diarrhea, but it should not be confused with what people call the stomach "flu" where vomiting and diarrhea are the primary symptoms. Okay, now onto the vaccine. The influenza vaccine has been made the same way for many decades. Each year around February, the World Health Organization looks at which strains are circulating around the globe and tries to make an educated guess as to which strains are expected the following year.

Most years there are two of the A strains and one B strain of the virus in the vaccine. Because viruses can only grow inside of living cells, chicken eggs are infected with influenza virus. After the virus has had time to reproduce it is purified away from as much of the egg parts as possible, leaving just reproduced influenza. The virus is then broken up, mixing up all the pieces using a detergent.

Next comes the step that makes it impossible to get the flu from the flu shot. Two proteins from the surface of the virus are purified away from all other parts of the virus.

(continued on page 3)

Is It a Cold or the Flu?

from KidsHealth.org, reviewed by: Michelle M. Karten, MD

Your child has a sore throat, cough, and high fever. Could it be the flu? Or just a cold?

The flu usually makes kids feel worse than if they have a cold. But it's not always easy to tell the difference between the two. Here are tips on what to look for — and what to do.

Colds or Flu: Symptoms Guide

Answer these questions to see if your child has the flu or a cold:

When Should I Call the Doctor?

If you have any doubts, it's best to call the doctor. An illness that seems like a cold can turn out to be the flu. And other illnesses, like strep throat or pneumonia, can seem like the flu. Even doctors sometimes need to do a test to know for sure if a child has the flu or a cold.

It's important to get medical care right away if your child:

- seems to be getting worse
- has trouble breathing
- has a high fever
- has a bad headache
- has a sore throat
- seems confused

How Is the Flu Treated?

Most of the time, you can care for your child at home with plenty of liquids, rest, and comfort.

Even healthy children can struggle with the flu. But some kids — like those younger than 5 or kids with asthma — are more likely to have problems if they get the flu. In some cases, a doctor might prescribe an antiviral medicine to lessen flu symptoms.

What Can Parents Do?

Prevention is the best medicine. Make sure that everyone in your family gets a flu vaccine every year.

- Teach your kids good hand washing habits to help stop the spread of flu.
- If your child has asthma or another illness, call your doctor right away if your child shows signs of the flu. The doctor might need to give your child antiviral medicines, which only work when children start taking them within 48 hours of when flu symptoms start.



Questions	FLU	COLD
DID THE ILLNESS COME ON SUDDENLY?	YES	NO
DOES YOUR CHILD HAVE A HIGH FEVER?	YES	NO <i>(or fever is mild)</i>
IS YOUR CHILD'S ENERGY LEVEL VERY LOW?	YES	NO
IS YOUR CHILD'S HEAD ACHY?	YES	NO
IS YOUR CHILD'S APPETITE LESS THAN NORMAL?	YES	NO
ARE YOUR CHILD'S MUSCLES ACHY?	YES	NO
DOES YOUR CHILD HAVE CHILLS?	YES	NO
IF MOST OF YOUR ANSWERS ARE "YES," CHANCES ARE YOUR CHILD HAS THE FLU. IF YOUR ANSWERS ARE MOSTLY "NO," IT'S PROBABLY A COLD.		

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These two purified pieces of the virus are then put into a sterile solution to keep them stable. The result: the flu vaccine.

These purified pieces of the virus are not capable of causing any infection. It would be like going to the junk yard and getting a few windshields and a few steering wheels and then have someone claim it could run you over. The parts just aren't there. This system makes it so it is 100% impossible to get the flu from the flu vaccine.

The purified pieces can protect you from the flu, though. When the proteins are injected, the body recognizes them as foreign

and the immune system makes antibodies to clear them out. The antibodies are kept around for many months so that if you pick up an influenza virus at the mall in January, your body is already prepared to fight it off before it makes you sick.

It is possible to have side effects from the shot. After all, we are trying to fool the immune system into reacting to these proteins as if they were an invader so the body sometimes acts like it is being invaded for a few days. Common side effects are soreness at the injection site, mild achiness and possibly a fever for a day or two, which is a small price to pay for protection from a virus that kills about 20,000 Americans each year.



Winter Word Search

P O T
S R Y E K
H L K Y V F C
D M G A O B R
X H M I T T E N S
P I M G W P I S A
P M V I Z P L W N C S
L E T E Y C D G B G R
F I C I C L E S O W R
C J W S F G D Z K F D
R E C N U F X L T U W
I U C O T I X Z Z I U
N W V W A X V K N D I
N V F Z T C O L D
U I L Y I N B Q Y
J A S L E D Q
A K Q M J O V
E O R C
U H X

Coat
Cold
Icicles
Mittens
Skating
Sled
Snowflake

