**Public Flu Clinics at DHMC & CHaD**

For Adults: Age 17 and older are invited to attend one of the public flu clinics in Auditoria A-D:
- **Sunday, October 29** 5:00 to 7:00pm
- **Sunday, November 5** 5:00 to 7:00pm
- **Saturday, November 18** 8:00 to 10:00pm

For Children (6 mo, and older): Flu vaccines are recommended for all children and adults. Children under 6 months of age should not receive flu vaccine. Flu vaccine is recommended for all children at least 6 months of age, those 6 months to 8 years of age with an egg allergy who have been vaccinated at least 8 weeks before receipt of vaccine, and those with certain chronic health conditions.

By appointment only:
- Evening Sessions - Reception 6M: Tuesday and Thursdays from 5 to 7:30pm and Sunday, October 10 to mid-December.
- Weekend Sessions - Reception 6M:
  - Sunday, November 5 from 8 to 10pm
  - Saturday, November 18 from 8 to 12pm

**Vacation and Prevention of Flu**

In addition to getting the flu vaccine, it’s important to practice the following to prevent the spread of flu and other illnesses:
- **Avoid close contact with people who are ill.**
- **Don’t share drinking straws, eating utensils, towels, etc.**
- **Stay home from work and avoid doing errands.**
- **Do not visit sick patients in the hospital.**
- **Cover your mouth and nose when you cough or sneeze.**
- **Dispose of dirty tissues appropriately.**
- **Wash your hands with soap and water often and well.**
- **Frequent hand washing will protect you from germs.**
- **Avoid touching your eyes, nose, and mouth.**

**Mortality Rates Declining**

Over the past five decades, deaths related to breast cancer have been decreasing, thanks in part to improvements in the effectiveness of mammography in finding early, curable breast cancer. We also have better treatment options available—including chemotherapy agents and hormone therapy medicines—so that even women with later stage breast cancer have a much better chance of survival,” Poplack says.

A want to treat women in the community who just had a mammogram and were asked to come back in 2 years, he adds, “that’s one of the great opportunities that we have to really help those women that are diagnosed with breast cancer, and who don’t need more surgery, or who don’t need chemotherapy, or who don’t need anything.”

**Next Steps**

The panelists will provide more information about what is expected to come in the future and will answer any questions that attendees may have.

**Cancer Prevention at Dartmouth**

The event is free and open to the public. Please register in advance to ensure a seat. Call (603)448-0126 or email christine.wagner@hitchcock.org for more information.

**Holiday Shopping? Don’t Forget to Visit the DHMC Pink Smock Shop**

The Pink Smock shopper have stocked up on lots of great items for your holiday shopping: For those special gifts, get adorable outfits, and creative, colorful toys. Other favorite items for people of all ages include matching hats, scarves and gloves, Vera Bradley bags, indoor and outdoor jackets, life-sized stuffed dogs (and other animals), small and large gifts for the home, and one of the best selections of jewelry in the Upper Valley. All proceeds are needed to meet DHMC patient needs.