



Physicians Treating People...  
*Not Just Symptoms*

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# The Washington D.O.

This is a blog to keep you informed of issues and events pertaining to the osteopathic profession in Washington. We invite you to submit topics or articles of interest to your colleagues for consideration. Submissions may be emailed to [jperlmutter@woma.org](mailto:jperlmutter@woma.org).

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## *The Best Kind of Healing During the Holidays*

*By: Jodi Perlmutter, Executive Director WOMA*

At WOMA, we often get calls from patients looking for a physician who practices the Osteopathic Philosophy. They call because they directly benefited from being treated by a DO. They call because they are new to the area or they call because their current doctor is closing their practice. They call because they heard information on a public radio station (thanks to support from the Waldo Foundation) about whole person care.

As a member benefit, WOMA's website lists member DO's that are accepting patients, their geographic area and their specialty. We often go over the list over the phone and a common refrain I hear is that I am willing to travel to find a physician who is skilled in Osteopathic Medical Manipulation.

As a student or resident healing others during the holidays, it is vital that you master these Osteopathic Principles. When you sign your employer contract, be sure it recognizes your unique skill set and allows you to practice OMM as part of your practice profile. We want to add you to our find a DO list. We need to expand the list as some of members retire so that the patient has a choice.

Oh, yes and to quote an overused proverb, heal thyself. If your schedules allow some time away from work, unplug, do not catch up charts, catch up on sleep.

Happy Holidays

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## *A Message from the Department of Health*

Dear Colleague:

As a healthcare provider, your patients trust your recommendation over any other source. Studies consistently show that **pregnant women are more likely to be vaccinated against influenza when you routinely**

## recommend and offer the flu shot.

Flu vaccination is recommended for pregnant and postpartum women by the American College of Obstetricians and Gynecologists, the American College of Nurse Midwives, the American Academy of Family Physicians, the American College of Physicians, and the Centers for Disease Control and Prevention (CDC).

Please consider the following messages when talking with your pregnant and postpartum patients about the importance of flu vaccination and prompt treatment for flu.

### Flu is more likely to cause severe illness in pregnant and postpartum women.

- Getting the flu during pregnancy may cause serious problems for both mother and baby, including premature labor and delivery, unplanned hospitalization, and possibly death.

### Getting vaccinated is the best protection.

- Women can get the flu shot any time during pregnancy or after birth, even if they are breastfeeding.
- The flu shot has been safely given to millions of pregnant women for over 50 years. The nasal spray flu vaccine is not recommended for anyone of any age this flu season.
- Getting a flu shot during pregnancy extends protection to babies for up to six months after birth — the time when babies cannot get vaccinated against flu and are particularly vulnerable.
- Recommend flu vaccination for household members and caregivers of pregnant and postpartum women. This will help protect not only the pregnant mother but also the new infant once he or she is born.

**Also recommend and offer Tdap vaccine to protect against whooping cough.** The CDC recommends administering Tdap vaccine as early as possible during the third trimester of each pregnancy to help protect newborns. Tdap vaccine can be administered concurrently with the flu vaccine for added convenience.

*•A new CDC [study](#) recently published in *Clinical Infectious Diseases* reported that vaccination with Tdap during the third trimester of pregnancy prevented more than three out of four (78 percent) cases of whooping cough in babies younger than two months.*

### Antiviral medication can treat the flu.

- Prompt treatment with [antiviral medication](#) is important. If a pregnant or postpartum woman gets sick with flu-like symptoms, she should call her doctor right away. Early treatment helps lessen symptoms and shortens the time she is sick by 1-2 days. **Antiviral treatment can, and should, be started even before influenza is confirmed.**

The Department of Health has a bilingual [Frequently Asked Questions About Flu \(Influenza\) Vaccine and Pregnancy](#) page that addresses common concerns, as well as [flu and pregnancy flyers](#) with additional resources for information and support.

Flu resources specific to [providers](#) and pregnant/postpartum patients are also available for printing purposes or online viewing. For additional flu information, visit the Department of Health's [Knock Out Flu website](#) or the [CDC website](#). Thank you for helping pregnant and postpartum women make an informed decision about getting the flu shot this year, and every year.

Respectfully,

*Scott Lindquist, MD, MPH*

State Epidemiologist for Communicable Disease Deputy Health Officer

[\(Original Letter\)](#)

## *DO Day is Coming Up!*

Join your osteopathic colleagues in Olympia as we discuss healthcare issues that will impact your practice. This is your opportunity to voice your concerns as the Washington State Legislature enacts healthcare reform and other policies that will affect you and your patients.

**When: Tuesday February 13, 2018**

**9:00am to 3:00pm**

**Where: Columbia Room  
Legislative Building**

[Sign Up Here](#)

## *Dues Reminder!*

**WOMA would like to thank everyone who has already paid their dues for 2018!!**

This was the first year we have sent out a link to view your statement online and pay through our website and it has been very successful! Physical statements were mailed out this week for all of you waiting on those. Please remember payment in full is due January 1, 2018.

[Pay Online Here](#)

[Brochure with Agenda](#)

*Do you have member news to share with your osteopathic colleagues?*

Please send it and a related photo, if available, to [jperlmutter@woma.org](mailto:jperlmutter@woma.org)

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The Washington Osteopathic Medical Association

