



About the editor:

Bobo, as he likes to be called, is a chihuahua that was rescued and put to work as a therapy dog in the new Mind And Body Infusion Clinic in Kirtland, OH. He greets all visitors, walks them to their treatment room and checks on them throughout their stay. He knows the difference from visitor and patients. All his attention is devoted to the patients.

Mind And Body Infusion

We're a Clinic that provides one on one personal care with Infusions designed for your personal needs. Our individual treatment rooms provide comfort, privacy and professional care you won't find elsewhere.

What does monkeypox look like?

Monkeypox
A visual review of the five stages:

Stage 1 – Macule.
The rash starts as flat, red spots (lasts for 1-2 days).

Stage 2 – Papule.
The spots become hard, raised bumps (lasts for 1-2 days).

Stage 3 – Vesicle.
The bumps get larger. They look like blisters filled with clear fluid (lasts for 1-2 days).

Stage 4 – Pustule.
The blisters fill with pus (lasts for 5-7 days).

Stage 5 – Scabs.
The spots crust over and become scabs that eventually fall off (lasts for 7-14 days).

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MONKEY POX

What Is MonkeyPox?

MonkeyPox is a viral disease caused by an infection having similar symptoms as smallpox but milder and **rarely fatal**. Its actual origin is unknown but rodents and non-human primates might harbor the virus and infect people. There are two distinct strains, the Central African strain and the West African strain which is typical

What are the symptoms of monkeypox ?

Monkeypox symptoms may start 5 to 21 days after you're exposed. The time between when you're exposed and when you have symptoms is called the incubation period.

Monkeypox symptoms last 2 to 4 weeks and may include: *Fever, Skin rash, Headache, Muscle aches, Back aches, Chills, Tiredness, Swollen lymph nodes*

About 1 to 4 days after you begin having a fever, a skin rash starts. The monkeypox rash often first appears on the face, hands or feet and then spreads to other parts of the body. The monkeypox rash goes through many stages. Flat spots turn into blisters. Then the blisters fill with pus, scab over and fall off over a period of 2 to 4 weeks.

How does the monkeypox virus spread?

Person to Person

The monkeypox virus causes monkeypox. The monkeypox virus spreads through close contact with an infected animal or person. Or it can spread when a person handles materials such as blankets that have been in contact with someone who has monkeypox. The monkeypox virus spreads from person to person through:

- Direct contact with rashes, scabs or body fluids of a person with monkeypox.
- Extended close contact (more than four hours) with respiratory droplets from an infected person. This includes sexual contact.
- Clothes, sheets, blankets or other materials that have been in contact with rashes or body fluids of an infected person.
- An infected pregnant person can spread the monkeypox virus to a fetus

Animal to person

- Animal bites or scratches
- Wild game that is cooked for food
- Products made of infected animals
- Direct contact with body fluids or rashes of animals with monkeypox

What are the complications of monkeypox?

- Severe scars on the face, arm and legs
- Blindness
- Other infections
- Death, in rare cases

The type of monkeypox virus spreading in the 2022 outbreak, called the West African type, rarely leads to death.

Remember that monkeypox is rare in the U.S. and the monkeypox virus doesn't spread easily between people without close contact. But if you have a new rash or any symptoms of monkeypox, contact your health care provider.

Is there a vaccine for Monkeypox?

Some smallpox vaccines can prevent monkeypox, including the ACAM2000 and Jynneos vaccines. These vaccines can be used to prevent monkeypox because smallpox and monkeypox are caused by related viruses.

Health care providers may suggest that people who have been exposed to monkeypox get vaccinated. Some people who are at risk of being exposed to the virus in their work, such as lab workers, may get vaccinated too

.How do you prevent monkeypox virus?

A smallpox vaccine provides protection against monkeypox, but its use is currently limited to clinical trials. Prevention depends on decreasing human contact with infected animals and limiting person-to-person spread. The best way to help prevent the spread of monkeypox virus is to:

- Avoid contact with infected animals (especially sick or dead animals).
- Avoid contact with bedding and other materials contaminated with the virus.
- Thoroughly cook all foods that contain animal meat or parts.
- [Wash your hands](#) frequently with soap and water.
- Avoid contact with people who may be infected with the virus.
- Practice safe sex, including the use of condoms and dental dams.
- Wear a mask that covers your mouth and nose when around others.
- Clean and disinfect frequently touched surfaces.
- Use personal protective equipment (PPE) when caring for people infected with the virus.

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Medical information derived from articles published by The Mayo Clinic and Cleveland Clinic.