

For Immediate Release

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“Arm Yourself”!

SCOTTSDALE, ARIZONA- September 18, 2006 – Flu season is creeping up on the Valley and the doctors at Parkway Medical Family and Urgent Care, in Scottsdale, are prepared! Beginning October 3, 2006 and continuing throughout the month, Tuesday and Thursdays from 5:00pm-8:00pm and Saturdays from 8:00am to 5:00pm the medical office will be offering Walk-in Flu Shot Clinics. Parkway Medical is located at 6565 East Greenway Parkway in Scottsdale. Family and friends to employees should plan on getting immunized. In each of the past 10 years, 200,000 hospitalizations and 36,000 deaths have been associated with the flu, which is why it is so important for residents in the Valley to get vaccinated.

Flu symptoms include the abrupt onset of fever, muscle aches, headaches, nonproductive cough, sore throat, runny nose, ear infections, nausea and vomiting in children. The virus can also intensify chronic conditions, such as lung or heart disease or lead to secondary pneumonia. Warning signs can last from three days to two weeks. The flu is spread through respiratory droplets; for example, coughing or sneezing.

Parkway Medical suggests the following groups of people to highly consider receiving the flu vaccine: adults 50 and older, children aged six months to five years, women who are planning pregnancy during the months of November through May, anyone with chronic lung or heart conditions (i.e. asthma), individuals in a long term care facility, people who have been hospitalized in the last year, anyone requiring regular medical care, persons with difficulty swallowing or breathing, anyone who lives with or cares for high-risk individuals, and Health care workers.

Some common reactions patients may see after receiving the shot is soreness, redness or swelling at the site. A low grade fever or aches may occur soon after the shot, and usually last one to two days. One cannot get the flu from receiving a flu shot.

The doctors at Parkway Medical will also come to businesses to give flu vaccinations. This option is open to companies with 50 or more employees. To schedule an appointment employers can call 480-348-3200. For additional information on Parkway Medical visit <http://www.parkwaymedical.com>.

About Parkway Medical, PLC

Parkway Medical is committed to medical care and is contracted with most health insurance plans. Drs. Robert Bierman, Martin Blume and Stuart Medoff head the Parkway Medical offices. The group of 12 providers includes physicians, nurse practitioners, and physician assistants. The entire staff puts the patient first, both in quality medical care and customer service. Services offered include, family and internal medicine, urgent care, hypnotherapy, medical acupuncture, bone density, osteopathic manipulation, laser & skin services including injections and professional skin care products. Parkway Medical is available for routine scheduled visits and for the unexpected accident or illness. Patients may schedule an appointment for routine or urgent care or may simply walk in. The medical office will see most patients on the same day. Offices are located at 6565 East Greenway Parkway, Scottsdale Arizona 85254. For more information on insurance, services or treatments patients can visit <http://www.parkwaymedical.com>.

The Family & Urgent Care office has extended hours during the week and on Saturday and now offers evening and Saturday scheduled appointments along with urgent care, : Monday through Thursday 7:30 am to 8:00 pm, Friday 7:30 am to 6:00 pm, and Saturday 8:00 am to 5:00 pm. Patients can call 480-348-3200 to make an appointment.

The Laser & Skin Centre hours are, Monday through Wednesday 9:00 am to 6:00 pm, Thursday 11:00 am to 8:00 pm and Friday 9:00 am to 6:00 pm. Patients can call 480-348-3245 to make an appointment.

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