

## NEWS

### GLANDULAR FEVER: HOW TO DEAL WITH IT?



In all probability, your body houses the Epstein-Barr virus (EBV), which is a herpes virus that may cause infectious mononucleosis. This may be a surprise to some people but in reality about 90% of adults have the EBV antibodies in their organisms.

The virus is easily transmitted, especially where one can come into contact with the saliva of other people, such as bars, restaurants and at various social events. EBV also spreads through kissing. The incubation period for the virus ranges from 4 to 6 weeks.

Almost every child gets infected with EBV during childhood. Symptoms in children are either non-existent or undistinguishable from other mild illnesses. Nevertheless, once the virus enters the body, antibodies are created and they persist in about 90 per cent of adults, despite the virus turning into its latent (inactive and harmless) form.

If the virus does reactivate, it may be the first time that symptoms actually occur in the individual. This is often seen in cases where the immune system is compromised or if there is stress, psychological or otherwise. Symptoms of EBV infection include fatigue, fever, sore throat, and swollen lymph nodes in the neck. Unfortunately, none of these symptoms are specific to IMN, and they can mask tonsillitis or severe influenza (flu).

Infectious mononucleosis itself is not as dangerous, but it can lead to complications, such as liver problems, difficulties with breathing and neurological problems that resemble meningitis. Since there is no treatment or antibiotic against mono, your doctor can only prescribe medications to relieve symptoms.



#### Our contacts

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## OUR MONTHLY PHYSICIAN PROFILE

### MUDR. DANA DUFKOVÁ, PSYCHIATRIST

Dr Dufkova offers highly individualised and thorough psychiatric evaluation, focusing on listening to the patient. Together with you, she will go through the possible causes of your problems and based on that, discuss with you the treatment and results.

Dr Dufkova provides individual psychotherapy sessions, meeting with you on a regular basis. Thus, patients gain insight and are able to see links between causes and effects. Such deeper understanding is the best way to achieve balanced personal growth while abandoning previous detrimental patterns of behaviour.



Dr Dufkova offers individual psychiatric care; individual psychotherapy; help with discussing social, family and work-related issues; and assessments of mental status in criminal proceedings.

Please schedule your appointment ideally 14 days prior to your visit. Appointments may be taken via phone on 222 075 605.

## LABORATORY TESTING

### DO YOU NEED A QUICK LAB TEST? COME AND SEE US AT NARODNI!

Laboratory tests play an increasingly important part of modern medicine. Sensitive and highly specific tests are involved not only in diagnosis and prognosis of disease. That's why our Polyclinic has its own laboratory for blood tests and other bacteriological and biochemical tests with results of tests within 5 minutes! These include:

- CRP - for investigation of inflammatory diseases and to assess the need for antibiotic treatment
- Strep test – for examining tonsillitis that would require antibiotic treatment
- IMN test – for examination of mononucleosis
- Urine test - for the examination of blood cells or proteins in the urine;
- Glucose test – for examining diabetes or hypoglycaemia

Our lab is open every day (Mon – Fri) between 8.30 a.m. to 12.00 noon. No appointments are needed.



Your doctor will provide you with the necessary information about how to prepare for a given test. Most tests require you to come on an empty stomach and drink plenty of water in the morning prior to the test, since food and low levels of fluids could affect test results. Before taking the test, please let us know what medication you are currently taking.

We also provide maximum privacy for HIV and tests for sexually transmitted diseases.

We look forward to your visit!

Polyclinic at Národní, Národní 9, 110 00 Praha 1

At our clinic, no appointment is needed, just come and see us!.