



SKETCHING SILENCE

ILLUSTRATION BY PHIL BLANK

## HOUSE Calls

Practicing family physicians from the UNC Department of Family Medicine have teamed up with *The Carrboro Citizen* to bring you a weekly feature responding to your questions about health and medicine. Send your questions or comments to [yourhealth@unc.edu](mailto:yourhealth@unc.edu)



This week we respond to questions about toe injuries and flu shots.

*Dear HOUSE Calls, Last week I smashed my big toe. I don't think I broke it, but it looks like there is blood trapped under the nail. Will this resolve on its own?*

Ouch! The fancy name for this problem is a sub-ungual hematoma. If the hematoma is big and painful, we can relieve it by piercing the nail with a cautery instrument or a hot needle. If it does not hurt much, you can just let it run its course. It may take a month or more to resolve, and you may lose the nail, but it is not dangerous. Of course, we can't comment on the injury to the toe. Most toe fractures heal without incident, but sometimes big toe fractures need more care, so see your doctor if there is any doubt.

*Dear HOUSE Calls, I had a flu shot last month and now I've*

*had chest and sinus congestion for a week. Do you think I got a bad shot?*

That is a really common question about flu shots. First of all, the flu shot only protects us from influenza. Though what you have might be the flu, it is more likely a garden-variety viral infection (like an adenovirus or rhinovirus). That does not mean it's not miserable, just that it's not the flu. Flu is typically characterized by fever, dry cough and muscle aches. Flu is more likely to result in complications like pneumonia or even death than these other viral infections. That is really the main reason we encourage flu shots. Second, you should know that not all flu shots cover or match with all strains of the flu. Infection experts study trends in circulating flu strains and make predictions six to 12 months before flu season as to what are likely to be the most common circulating

strains of flu in the upcoming season. These experts are right most of the time, but not always, and there are always less-common circulating strains. Lastly, not all people will develop a robust immune response to all flu vaccines. The immune response tends to be better if you have received the vaccine in the past. So the short answer to your question is no, we doubt you got a bad shot. However, you probably don't have the flu. Good for you for getting your flu shot and protecting yourself and those around you from the flu.

*HOUSE Calls is a weekly column by Dr. Adam Goldstein, Dr. Cristy Page and Dr. Adam Zolotor on behalf of Your Health and the UNC Department of Family Medicine.*

## Community Calendar

### THURSDAY DEC 1

**Friends of Downtown** — Dale and John Shelton Reed, authors of *Holy Smoke: The Big Book of North Carolina BBQ*, to speak at the monthly meeting. The Franklin Hotel, 9:30am Free

**Ask the Organizer** — Lori Bruhns will lead an open forum on preparing, planning, and learning to manage time more effectively. OC Main Library, Hillsborough 6-7pm Free 245-2536

**Audubon Meeting** — With speakers David and Judy Smith, discussing their trip to Northern India. N.C. Botanical Garden, 7pm Free

**"Carolina Collects"** — Sheldon Peck to discuss the "Art and Science of Hunting the Old Masters" and how it relates to building an art collection. Ackland Art Museum, 6pm Free

### FRIDAY DEC 2

**Holiday Tea** — For ages 50 and up. Seasonal music and light hors d'oeuvres. Carrboro Town Hall Parking Lot, 2pm Free 918-7364

**Film Showing** — *Budrus*, the story of a village's struggle to prevent the Israeli military from routing Israel's 25-foot-high "separation barrier" through the village. Unity Center of Peace, 8800 Seawell School Road, 7pm Free [theadvocatechurch.org](http://theadvocatechurch.org)

**Dr. Steven Auerbach** — A pediatrician who helped organize the activist group "Healthcare for the 99%," will talk about how extreme economic and social inequalities. Peace and Justice Plaza, 179 Franklin St., 5pm Free

### SATURDAY DEC 3

**FeST** — The Festival of the Society Tree offers crafts and food in a fundraiser for Orange County outreach programs. Continues through Dec. 4. St. Matthew's Episcopal Church, Hillsborough, [stmatthewshillsborough.org](http://stmatthewshillsborough.org)

**Christmas Event** — Breakfast and photo with Santa, best-dressed elf contest and cookie decorating. Legacy Academy, 515 Winmore Ave., 8:30-11am Free

**Holiday Dance** — For ages 15 and older. Carrboro Century Center, 7:30-9pm \$3

**Crafts Fair** — Winterwoods Arts and Crafts Fair with a portion of the proceeds supporting the Woods Art Department. Woods Charter School, 10am-4pm 260-0661

**Cake Walk** — First Annual Cake-Walk benefitting TABLE, a Carrboro-based hunger relief organization. The Carolina Inn, 1pm

**Holiday Parade** — Hillsborough Holiday Parade, Churton Street, 10am [hillsboroughchamber.com](http://hillsboroughchamber.com)

**Steamwatch** — John Kent to lead the New Hope Creek Steamwatch monitoring. [jkent25@gmail.com](mailto:jkent25@gmail.com)

**AAUW Meeting** — Professor Xi Chen speaking on "Social media and Political Activism in the 21st Century: China and Elsewhere." Assembly Room at Carol Woods, 10am

**Open House** — The Carolina Inn presents its interpretation of "The Twelve Days of Christmas." Noon-4pm Free

### SUNDAY DEC 4

**Christmas Choir** — Multiple choirs will perform Christmas Music. The Church of Jesus Christ of Latter Day Saints, 7pm Free

**Posada celebration** — CHICLE will host a Mexican posada celebration with the telling of the Posada tradition, the teaching and singing of the posada song, refreshments and the breaking of the traditional piñata. Chicle Language Institute, 4pm Free 933-0398

**Patrick Conway** — Professor of Economics at UNC, to discuss "Poverty in North Carolina: Changing Faces, Swelling Ranks." Extraordinary Ventures, 200 S. Elliot Road, 1:30pm [ncethicalsociety.org](http://ncethicalsociety.org)

### MONDAY DEC 5

**Time Out** — With host Bill Hendrickson and guest David Ross, discussing a recent mission trip to Haiti. WCOM 103.5fm, 5pm

### TUESDAY DEC 6

**Mineral Club** — Central N.C. Mineral Club to have a rock show and sale. Seymour Center, 6-8:30pm Free 929-5673

**Philip Kan Goanda** — To speak about his new play, *I Dream of Chang and Eng*. Wilson Special Collections Library, 5:30pm Free 548-1203

### WEDNESDAY DEC 7

**OC RSVP +55** — Seeking volunteers for the VITA free income tax assistance program. Seymour Center, 10am 968-2056

**Trans Group** — Bi-monthly meeting. Internationalist Books, 8pm [internationalistbooks.org](http://internationalistbooks.org)

### THURSDAY DEC 8

**Film Showing** — *American Meat*, a documentary that chronicles America's grassroots revolution in sustainable meat production. Haw River Ballroom, Saxapahaw, 7:30pm \$10 [hawriverballroom.com](http://hawriverballroom.com)

**Winter Stories** — 19th Annual Winter Stores Program for all ages, with this year's theme, "A Gathering of Stars." Wilson Special Collections Library, 5:30 Free 548-1203

**Circle Acres Forum** — A discussion of land space for earth-skill education. Internationalist Books, 6:30pm

### FRIDAY DEC 9

**Tree Lighting** — Carrboro Elementary Schools Musicians to provide holiday music at The Annual Holiday Tree Lighting. Carrboro Town Hall, 6pm

### SATURDAY DEC 10

**Holiday Parade** — Chapel Hill/ Carrboro holiday parade. 10am-noon [chapelhilljaycees.org/Parade2011](http://chapelhilljaycees.org/Parade2011)

Send your Community Calendar submissions to [calendar@carrborocitizen.com](mailto:calendar@carrborocitizen.com)

## MOVIE LISTINGS

We suggest you call for exact show times. All listings start Friday.

### CAROLINA THEATRE OF DURHAM

309 W. Morgan St., 560-3030

Cape Fear (Friday only); The List of Adrian Messenger (Friday only); The Skin I Live In; Martha Marcy May Marlene; The Way

### CHELSEA THEATER

Timberlyne, 1129 Weaver Dairy Road, 968-3005

Into The Abyss; Like Crazy; Margin Call; The Skin I Live In

### THE LUMINA

Southern Village, 932-9000

Arthur Christmas; Happy Feet

Two; Puss In Boots; The Muppets; The Twilight Saga: Breaking Dawn - Part 1

### REGAL TIMBERLYNE 6

120 Banks Drive, 933-8600

Arthur Christmas 3D; Happy Feet Two 3D; Immortals 3D; Puss in Boots 3D; The Muppets; The Twilight Saga: Breaking Dawn - Part 1; Tower Heist

### THE VARSITY

123 E. Franklin St., 967-8665

Dolphin Tale; Contagion; The Help; It's a Wonderful Life

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