We’re Drs. Chris Carroll, pediatric critical care physician, and Jayshil Patel, pulmonary intensivist, and we’re here to discuss all things flu. AMA!

Hi all! My name is Dr. Christopher Carroll. I am a pediatric critical care physician at Connecticut Children’s Medical Center, a Professor of Pediatrics at the University of Connecticut, and I serve on numerous committees within the American College of Chest Physicians including as trustee of the CHEST Foundation, chair of the Scientific Presentations and Awards Committee, past-chair of the Pediatric NetWork and steering committee of the Critical Care NetWork. Most of my research has focused on the treatment of severe respiratory diseases in children (particularly acute asthma and bronchiolitis) and the influence of genetics on respiratory diseases in critically ill children.

My name is Dr. Jayshil Patel, and I currently administer to patients, teach and conduct research as an academic intensivist for the Pulmonary and Critical Care Division at the Medical College of Wisconsin. I received training in internal medicine at the Cook County Health and Hospital System in Chicago followed by subspecialty training in pulmonary and critical care medicine at the Medical College of Wisconsin. The majority of my career has centered around a mixture of enhancing patient care, providing education and mentorship to house staff and medical students and advancing science through research, in which I primarily study the impact of enteral nutrition on critical care patient outcomes.

Influenza, most commonly known as the flu, is a contagious respiratory illness caused by influenza viruses. The flu can cause mild to severe illness and at times can lead to death. Anyone can get the flu, and serious problems related to the flu can happen at any age but may have a higher risk of occurring in young children and patients 65+.

We are in the heart of a particularly severe flu season and it’s important to understand the causes, symptoms and ways to treat and prevent the flu. Since the flu and the common cold are both respiratory illnesses that share very similar symptoms, it can become very tough to differentiate one from the other. We’re here to provide the facts, share the latest in research and help provide more information on how to best tackle this flu season. Just a note, we won’t be able to give specific medical advice or a diagnosis on this Reddit AMA.

Conflict of Interest Disclosure: Our thoughts and opinions are our own.

We will be back at 1 p.m. CT to answer your questions; ask us anything!
We're still in progress! After the AMA is finished it will be permanently archived, assigned a digital object identifier (DOI), and formatted as a white paper.

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