

News Letter



Urgent Doc
Urgent Care Clinic

www.urgentdoc.com



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Welcome to our first newsletter.

We hope we can provide timely and useful information through these newsletters. We will choose topics relevant to the season at hand, and we will try to inject tidbits of information that may be useful but not necessarily strictly medical.



Flu

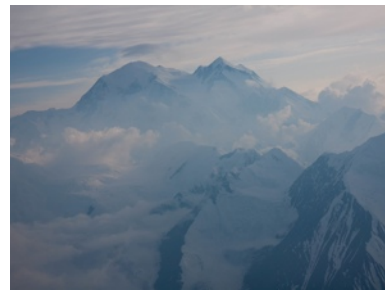
Our waiting room has not been empty during the past 6 weeks because of our early Flu Season.

Swine Flu, H1N1 and seasonal flu are buzz words we hear the media and politicians throw around on a more than regular basis. The H1N1 is a variant of Type A Influenza. There are several variants of H1N1 as well. There is the Swine Flu variant and the Seasonal Flu variant. Many researchers believe the Flu we have seen these past 6 weeks is the Swine Flu variant of the H1N1 subtype. We have not yet seen much Seasonal Flu, which explains the timing of this early fall epidemic. Typically we get our Seasonal Flu in January through March.

Another problem we have to contend with is that only half of the flu shots usually given in the fall have been given. Manufactures have halted production the Seasonal Flu vaccine to produce the

Swine Flu vaccine. Therefore we will be more prone to a larger seasonal flu outbreak as we approach winter.

The manufactures have indicated we will get some seasonal flu vaccines in November. We don't know how many and when. Keep tuned to our Face Book site for current updates



Enjoy Life

Don't wait! Begin enjoying life today. Take half an hour everyday, in the

morning, at lunch or at night, to listen. When you listen, you are still, which allows you to slow down. Most stressors in life cannot be modified, only how you react to it can be changed. If you listen, you will find ways to accept your stress such that it wont keep you from being controlled by your stress. Peace and balance is the cornerstone to things beautiful. Prayer is great, but listen the other 28 minutes!

Doc, I got a question.

A few common questions:

Do I have the flu?

The typical symptoms of the flu are Moderate to high fever, runny nose and a feeling like you have been run over by Mack truck. That being said, you can still have the flu with milder symptoms. The best way to tell is by a flu test. You can have a fast test (about 10 minutes) done in the office. The reason you would want to know is because there is treatment to get you better faster, but it needs to start in 24-48 hours to be beneficial.

Is this Chest pain bad?

If you have chest pain that makes you short of breath, goes into your arm or jaw, makes you sweat, makes you anxious or if you have certain risk factors (prior heart disease, family history of heart disease, high blood pressure, diabetes or have been told you have other risk factors for heart disease), You need to call 911. If you are not sure call 911 if you cannot get a hold of your doctor within minutes. Heart disease is the #1 killer for both men and women.

What about the Heat?

You can get heat exhaustion even if it seemingly fair and not hot weather. If you feel hot, dizzy, clammy, stop sweating or have muscle cramps go inside in the AC and call your doctor. Drink lots of fluids. If you get nauseated or vomit get medical help right away. If you ignore this it could become a heat stroke, which can lead to a worse outcome. Some of the symptoms of a heat stroke is fever, cramping, fast heart rate, confusion, irritable, hallucinations, coma, breathing fast, muscle pain and not urinating. Heat stroke is life threatening.

Do I need stitches?

If you ask this question, you probably need to have it looked at by a medical professional. Most cuts or lacerations can be fixed at any Urgent Doc. If you see bones broken or tendons cut, we will refer you to a proper specialist. If you are bleeding a lot go to the emergency room. Make sure you get your Tetanus updated even if you don't think you need stitches.

Do I need an X-ray?

This is always a tough question to answer without examining the injury. When we determine whether an X-ray is needed, we consider the injury type, structure that is injured and the risk versus benefit of doing an X-ray.