



### New Summer Hours!

Open at 9:00 a.m. on  
Saturdays and Sundays  
in June, July and August

Dear Friend,

Thank you for choosing Western New York Immediate Care where we strive to provide an exceptional patient experience. **We welcome all new readers** to our monthly newsletter. It is designed as a "quick read" to share timely health and wellness information. We hope you enjoy the publication and find the articles helpful.

Using the icon in the upper right-hand corner, please forward this to friends and family members who may benefit from this information. If you would like to unsubscribe, please use the "opt out" link at the bottom of the page.

If you ever have any questions or concerns about Immediate Care, please contact [Darryl Ernst](#), Vice President of Urgent Care Operations, at 716.204.4500. We welcome your feedback.

Thank you!

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### **Swine Flu Information**

Swine flu is one of the many type A influenza viruses. Like other flu viruses, the swine flu virus changes its DNA as it spreads, giving rise to a number of subtypes.

Efforts to understand and contain swine flu are under way on a global scale. Until more definitive information is available, the best response for those outside the most affected areas is to:

- Keep tabs on respiratory symptoms. If you or someone in your family develops symptoms suggesting a cold or the flu, be alert for persistent or worsening symptoms, particularly a high fever.
- Stay home if you're sick. If you do have swine flu, you can give it to others starting about 24 hours before you develop symptoms and ending about seven days later.
- Wash your hands thoroughly and frequently. Flu viruses can survive for two hours or longer on surfaces, such as doorknobs and counter tops.
- Take extra precautionary measures if you visit or live in an affected area. Travel to Mexico has not been restricted, but some airlines are waiving fees for changing your travel plans.
- If you have a chronic condition, such as asthma or heart disease, it's a good idea to wear a breathing mask when you're out in public in affected areas.
- Know your options: The antiviral drugs oseltamivir (Tamiflu) and zanamivir (Relenza) reduce the severity of symptoms.

### **Immediate Care Response**

We are prepared to handle the swine flu. We have strict policies for the containment of all communicable diseases--including required hand washing, sterile exam rooms and equipment, and, when necessary, the use of masks for both patients and providers.

Anyone who comes to an Immediate Care facility who exhibits symptoms will be isolated and tested for influenza--although at this time we cannot test specifically for the swine flu. If the test is positive for influenza, we will contact local health department officials to facilitate transport and timely diagnosis of the specimen at a state public health laboratory. Patients will be treated and directed to appropriate caregivers.

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### Antibiotics IQ

Think you need an antibiotic? Keep these four tips in mind:

1. You don't need antibiotics every time you're sick. Antibiotics are effective only for bacterial infections. They don't work for viral illnesses, such as the common cold.
  2. If your doctor prescribes antibiotics, take them exactly as directed. Don't stop treatment early, even if you start feeling better.
  3. Don't take antibiotics that were prescribed for someone else.
  4. Protect yourself from infection in the first place. Plain soap and water can kill germs in most settings.
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### Pizza for Diabetics?

It is widely believed that one of the most popular foods in America is pizza. Here are some interesting facts on the fan favorite:

- Americans eat approximately 100 acres of pizza each day or about 350 slices per second
- Sixty-seven percent of Americans order pizza for a casual evening with friends
- Each man, woman and child in America eats an average of 46 slices or 23 pounds of pizza a year

While those are impressive numbers, there are those who are unable to consume pizza, including some diabetics. Why? Because high fat foods such as pizza can cause a delay in the absorption of the carbohydrates for two to three hours after eating and can elevate the blood sugar for up to eight hours.

So what's a person with diabetes to do? If you have an appetite for pizza try experimenting with one brand of pizza (preferably a thin crust). Test your blood sugar before and after the pizza and watch the patterns in your blood sugars. When does your blood sugar start to rise? If you are on an insulin pump or a multiple daily injection program (MDI), you can time the rapid insulin accordingly. It may mean taking the insulin after you eat.

Source: [MayoClinic.org](http://MayoClinic.org)

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