

Three Locations to Serve You:

7616 Transit Road
Williamsville, NY
716.204.2273

2099 Niagara Falls Blvd.
Amherst, NY
716.564.2273

3050 Orchard Park Road
Orchard Park, NY
716.675.3700

Summer Hours:

10:00 a.m. - 10:00 p.m., M-F
9:00 a.m. - 8:00 p.m., Weekends

www.wnyimmediatecare.com

Dear Friend,

We're about to celebrate some milestones at Immediate Care: The one-year anniversary of the opening of our Orchard Park facility and, later this summer, the completion of a significant expansion project at our Transit Road facility. Milestones are cause for reflection...one of the things we're most proud of at Immediate Care is that our average length of stay remains at just under 60 minutes--we truly value your time. In addition, our patient satisfaction scores continue to reflect that most patients are "very satisfied" with our service.

We thank the thousands of Western New Yorkers who choose Immediate Care and help to make us a hometown success story. And, as your friends and family visit the Buffalo Niagara region this summer, please remember that we're here to serve your guests as well--we've treated patients from as far away as Anchorage, Alaska and Pibrac, France!

While no one enjoys going to the doctor, there are certain symptoms that you should have checked right away. See our "Top Ten List" below. In addition, we know that Western New Yorkers will be taking advantage of the summer weather. Please remember to protect yourself from the sun. If you do suffer from sunburn, we've provided some suggestions for relieving the pain.

Have a safe, healthy and happy summer!

10 Symptoms You Shouldn't Ignore



If you or a family member experience any of the symptoms described here, don't delay, see your physician or visit Immediate Care!

You already know that the obvious signs and symptoms--chest pain, abdominal pain or unexplained bleeding--are generally good reason to seek immediate medical care. But, the not-so-obvious symptoms may leave you questioning whether you need to see a doctor. Don't ignore the following 10 signs and symptoms!

- 1. Unexplained weight loss.** If you find you're losing excessive weight without intending to do so, see your doctor. Unintentional excessive weight loss is considered to be a loss of more than 5 percent of your weight within one month, or 10 percent of your weight within six to 12 months. An unexplained drop in weight could be caused by a number of conditions, such as an overactive thyroid (hyperthyroidism), depression, liver disease, cancer or malabsorption disorders.
- 2. Persistent fever.** A persistent low-grade fever (over 100.4 F) should be checked if it lasts for a week or more. If you have a fever with shaking chills, or a high fever (greater than 103 F), see your doctor as soon as possible. Persistent fever can signal hidden infections, which could be anything from a urinary tract infection to tuberculosis. Malignant conditions cause prolonged or persistent fevers, as can reactions to certain drugs.
- 3. Shortness of breath.** If you find that you're unable to catch your breath or that you're gasping for air or wheezing, seek emergency medical care. Causes for breathlessness may include chronic obstructive pulmonary disease, chronic bronchitis, asthma, heart problems, anxiety, panic

attacks, pneumonia, a blood clot in the lung (pulmonary embolism), pulmonary fibrosis and pulmonary hypertension.

4. Unexplained changes in bowel habits. Visit a physician if you experience severe diarrhea lasting more than two days; mild diarrhea lasting a week; constipation that lasts for more than two weeks; unexplained urges to have a bowel movement; bloody diarrhea or black or tarry-colored stools. Changes in bowel habits may signal a bacterial infection, such as campylobacter or salmonella, or a viral or parasitic infection. Among other possible causes are inflammatory bowel disease and colon cancer.

5. Mental status changes. Sudden or gradual confused thinking; disorientation; sudden aggressive behavior; or hallucinations in someone who has never had them are cause for concern. Changes in behavior or thinking may be due to infection, head injury, stroke, low blood sugar or even new medications.

6. New or more severe headaches (especially if you're over age 50). Seek medical attention if you experience a sudden and severe headache, often called a thunderclap headache, because it comes on suddenly like a clap of thunder. Also cause for concern is a headache accompanied by a fever, stiff neck, rash, mental confusion, seizures, vision changes, weakness, numbness, speaking difficulties, scalp tenderness or pain with chewing, and a headache that begins or worsens after a head injury. These headache symptoms may be caused by stroke, blood vessel inflammation (arteritis), meningitis, brain tumor, aneurysm or bleeding on the brain after head trauma.

7. Short-term loss of vision, speaking or movement control. These are signs and symptoms of a possible stroke or transient ischemic attack (TIA). Seek immediate emergency medical care if you have any of the following: Sudden weakness or numbness of the face, arm or leg on one side of your body; sudden dimness, blurring or loss of vision; loss of speech, or trouble talking or understanding speech; a thunderclap headache; or sudden dizziness, unsteadiness or a fall.

8. Flashes of light: The sudden sensation of flashing lights may signal the beginning of retinal detachment. Immediate medical care may be needed to save vision in the affected eye.

9. Feeling full after eating very little: Feeling full sooner than normal after eating and having persistent nausea and vomiting that last more than a week are warning signs that should be checked by your doctor. There are many possible causes, including pancreatic cancer, stomach cancer and ovarian cancer.

10. Hot, red or swollen joint: These warning signs may occur with a joint infection, which requires emergency care to save the joint and keep bacteria from spreading elsewhere. Other causes may include gout or certain types of arthritis such as rheumatoid arthritis.

Source: Mayo Clinic Staff



Sunburn: The Summer Ouch

You know sunburn when it happens: red, painful skin that feels hot to the touch. Sunburn usually appears within a few hours after sun exposure and may take from several days to several weeks to fade. Intense sun exposure that results in sunburn increases your risk of certain complications and related skin diseases. These include dry, wrinkled skin; liver spots; actinic keratoses; and skin cancer, including melanoma.

Once sunburn occurs, you can't do much to limit damage to your skin. However, the following tips may reduce your pain and discomfort in the hours and days following sunburn:

- **Take anti-inflammatory medication**, such as aspirin or ibuprofen (Advil, Motrin, others), on a regular basis according to the label instructions until redness and soreness subside.
- **Apply cold compresses**--such as a towel dampened with cool tap water--to the affected skin. Or take a cool bath or shower.
- **Apply a moisturizing cream**, aloe vera lotion or hydrocortisone cream to affected skin. A low-dose (0.5 percent to 1 percent) hydrocortisone cream may decrease pain and swelling, and speed up healing.
- **If blisters form, don't break them.** They contain your natural body fluid (serum) and are a protective layer. Also, breaking blisters slows the healing process and increases the risk of infection.
- **Drink plenty of fluids.** Sun exposure and heat can cause fluid loss through your skin. Be sure to replenish those fluids to prevent dehydration.
- **Treat peeling skin gently.** Within a few days, the affected area may begin to peel. This is simply your body's way of getting rid of the top layer of damaged skin. While your skin is peeling, continue to use moisturizing cream.

Some products, such as topical "-caine" products, for example, benzocaine, claim to relieve sunburn pain. Some dermatologists warn against using these products because they can irritate the skin or cause an allergic reaction.

If at-home care doesn't help or your sunburn is very severe, Immediate Care doctors can prescribe medication. These include:

- Nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs relieve pain, swelling and inflammation and are especially beneficial when given as soon as symptoms appear. Prescription NSAIDs provide higher potencies than do over-the-counter drugs. All NSAIDs can irritate your stomach and intestine.
- Corticosteroid medication. Corticosteroid medication, such as prednisone, can speed the healing of the skin and reduce pain and swelling. These medications aren't prescribed very often because the medication isn't helpful beyond 24 to 48 hours after the sunburn.

Of course, the best treatment for sunburn is prevention!

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