

WESTERN NEW YORK
IMMEDIATE CARE[®]
the *fastest* ER alternative[®]



Wellness programs are designed to actively engage members in maintaining their own health and can result in reduced healthcare costs.

Dear Friend,

Warm weather, outdoor activities and vacations result in more injuries and illnesses for children and adults alike. Emergency rooms throughout the United States typically report their highest volumes during the summer months. The average length of stay in an emergency room is now just over four hours! But don't despair...at Immediate Care most patients are treated and released in about an hour. And we're now open longer during the summer months--on Saturdays and Sundays we open at 9:00 a.m.

In partnership with Exigence Healthcare Solutions, we're pleased to announce a new service, customized Wellness programs for organizations and companies in Western New York. Our wellness programs actively engage members in maintaining their own health; support and incentivize positive lifestyle changes such as exercise programs, weight reduction and smoking cessation; and reduce the overall cost of healthcare, worker's compensation claims and lost work time. If you would like to learn more about our Wellness programs, please contact Sarah Glenn-Smith at 716.204.4500.

Have a fun and safe summer!



The amount of sleep you need depends on many factors, especially your age. Infants sleep at least 16 hours a day. Children need at least 10 hours a night. For teenagers, 9 hours is usually adequate. For most adults, 7 to 8 hours a night seems about right.

How Much Is Not Enough?

Although some people feel rested on as few as five hours of sleep a night, recent studies call this notion into question. Researchers have found that people who sleep so little over many nights don't perform as well on complex mental tasks as do people who get closer to seven hours of sleep a night. Additionally, adults who get much more or less than seven hours of sleep a night have a higher mortality rate.

Older adults tend to sleep more lightly and are awakened more frequently during the night than younger adults. However, there's no evidence that older adults need less sleep. At any age, getting enough sleep boosts your immune system, as well as helps your nervous system work properly.

So how many hours of sleep are enough for you? It's probably best to aim for about seven to eight hours of quality sleep a night. If you feel drowsy during the day you're probably not getting enough sleep. Also, remember that quality of sleep is just as important as quantity. If your sleep is frequently interrupted or cut short, you're not getting quality sleep.

Source: Mayo Clinic Staff



Fresh fruits and vegetables are abundant and oftentimes inexpensive during the summer months.

Best Summer Weight Loss Food

Do you want to be able to achieve your ideal body and still eat enjoyable foods? If so, here is a list of some of the top summer foods that will help with weight loss.

No. 1: Chilled Soups

Chilled soups like gazpacho or cucumber-dill that contain lots of chunky vegetables are a great way to start a meal.

No. 2: Watermelon

Who doesn't love diving into a crisp, juicy slice of watermelon when it's hot outside?

No. 3: Grilled Veggies

A plate of grilled onions, bell peppers, zucchini, carrots, eggplant, asparagus, and garlic should always be in your fridge.

No. 4: Salads

Salads make for quick, healthy meals -- with no recipes required.

No. 5: Low- and No-Calorie Beverages

Smoothies, sweetened specialty coffee drinks, sweetened teas and sodas -- they all go down so easily, especially when it's hot outside. But the calories add up just as easily. Try these:

- Root Beer or Orange Dream Float
- Tart Lemon Pom Spritzer.
- Large Ice Skim Latte from Starbucks
- White Wine Spritzer

No. 6: Fruit-Based Desserts

Try some of these healthy, yet delicious treats:

- Grilled white peaches with blackberries and honey
- Grilled banana sundaes made with low-fat ice cream
- Grilled pineapple with pecans
- Frozen, dark, sweet cherries
- A chocolate-covered frozen banana (such as Diana's Banana, with 130 calories)
- Frozen grapes

Source: WebMD



Bump On the Head: When Is It Serious?

Head trauma is a common concern for parents, but not every bump on the head results in serious injury. The forehead and scalp have an abundant blood supply, so any injury to these areas often results in bleeding under the skin. When the bleeding is restricted to one area, it causes a swelling, or a "goose egg." Doctors refer to this as a hematoma.

Keep in mind that the size of the swelling isn't necessarily an indication of the severity of the head injury. Even a minor hit can cause a large goose egg. To reduce the swelling, apply ice to the injury as soon as possible. If you're still concerned about your child's head injury, even if it seems minor, you should contact your doctor.

Occasionally, a blow to the head may be severe enough to cause bleeding in

or around the brain. This type of bleeding is serious because it can put pressure on the brain. Seek immediate medical attention if your child exhibits the following signs or symptoms after a head injury:

- Headache
- Listlessness
- Imbalance
- Vomiting
- Unconsciousness
- Memory loss or confusion

Source: Jerry W. Swanson, M.D.

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