

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



The new reception desk and waiting areas are open at the WNY Immediate Care located at 7616 Transit Road in Williamsville, across from Eastern Hills Mall. Please note that the main entrance is now on the south side of the building. We are open 365 days a year at all three Immediate Care centers to serve you.



There are simple recipe substitutions for healthy holiday baking and cooking.

Dear ,

The holidays are an extremely busy time for everyone. If you or a loved one becomes ill or injured, WNY Immediate Care will be open at all three locations to take care of your urgent medical needs. Our holiday hours are as follows:

Saturday, December 12: 9:00 a.m. – 6:00 p.m.
Thursday, December 24: Closing at 6:00 p.m.
Friday, December 25: 12:00 p.m. – 5:00 p.m.
Thursday, December 31: Closing at 6:00 p.m.
Friday, January 1: 9:00 a.m. – 8:00 p.m.

Transit Road center update: The new reception desk and waiting areas are open! The main entrance is now on the south side of the building (facing the Sherwin- Williams paint store). We truly appreciate your continued patience as we complete the expansion and renovation of the facility.

From the entire Western New York Immediate Care family, we thank you for your continued support, and we wish you a healthy and happy holiday season.

Healthy Holiday Cooking

It can be a challenging time of year to make healthy choices, but healthy holiday eating is possible. With the tips below, you can cut sugar, salt and fat by half:

- **Cut sugar, add flavor.** When making pumpkin pie or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit more vanilla, nutmeg or cinnamon. If recipes call for sugary toppings like frosting, jams and syrup, use fresh fruit instead.
- **Shake the salt out.** You can reduce salt by half in most recipes. Also, go easy on salty condiments, such as pickles, catsup, mustard and soy sauce and offer cucumber slices, fresh tomato or fruit salsas. Or try lower-sodium versions of mustard and soy sauce. Instead of the cheese platter, opt for fresh fruits and veggies. Instead of serving cured ham, try a fresh pork loin roast with herbs.
- **Trim the fat.** In baked goods you can cut the fat by about half and replace it with unsweetened applesauce or mashed banana. Instead of full-fat condensed milk, use condensed skim in pumpkin pie and eggnog. For gravy, heat fat-free, low-sodium broth; mix flour into cold skim milk and pour slowly into broth, then stir until thickened and season to your liking.

Cold Medicines for Kids: What Are the Risks?

Over-the-counter cough and cold medicines are the best way to help a child who has a cold feel better—right? Think again. Cough and cold medicines aren't recommended for children younger than age 2, and the jury is still out on whether cough and cold medicines are appropriate for older kids. So how can you treat a child's cold? Here's practical advice from Jay Hoecker, M.D., a pediatrics specialist at Mayo Clinic.

What's the concern about cough and cold medicines for kids?

Over-the-counter cough and cold medicines don't effectively treat the underlying cause



Do your homework before administering over-the-counter cold medicines to children because many have potentially serious side effects. Always check with your pediatrician if you have any questions about medications for children.

of a child's cold, and won't cure a child's cold or make it go away any sooner. These medications also have potential side effects, including rapid heart rate and convulsions.

Can any medications help treat the common cold?

An over-the-counter pain reliever—such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin, others)—can reduce a fever and ease the pain of a sore throat or headache. If you give your child a pain reliever, follow the dosing guidelines carefully. Don't give ibuprofen to a child younger than age 6 months or to a child who is dehydrated or vomiting continuously, and don't give aspirin to anyone age 18 or younger. Aspirin has been associated with Reye's syndrome, a rare but potentially fatal illness. If you want to give your child an herbal or alternative remedy, consult your child's doctor first.

How can I help my child feel better?

There's no cure for the common cold, but you can help your child feel better while he or she is toughing it out.

- **Offer fluids.** Liquids such as water, juice and broth can help loosen congestion. Encourage coughing. Coughing can help clear mucus from your child's airway. Use a suction bulb for a baby or young child to draw mucus out of the nose.
- **Moisten nasal passages.** Run a cool-mist humidifier in your child's room. To prevent mold growth, change the water daily and follow the manufacturer's cleaning instructions. Steam from a hot shower may help, too. Over-the-counter saline nose drops also can loosen thick nasal mucus and make it easier for your child to breathe. For babies, follow up with a suction bulb.
- **Soothe a sore throat.** For a child older than age 4, gargling salt water or sucking on cough drops may soothe a sore throat. Honey also may help relieve a cough. Due to the risk of infant botulism, a rare but serious form of food poisoning, never give honey to a child younger than age 1.
- **Encourage rest.** Consider keeping your child home from school and other activities if he or she has a fever or bad cough.



Tattoos: Medical Risks and Removal

Is a tattoo on your or a family member's holiday wish list? Be sure you know the risks and make an informed decision. A tattoo is a permanent mark made on your skin. During the procedure, a needle connected to a machine with tubes containing dye pierces the skin repeatedly—an action that resembles that of a sewing machine. With every puncture, the needle inserts tiny ink droplets. The process causes a small amount of bleeding and minor to potentially significant pain.

Specific risks of tattoos include:

- **Blood-borne diseases.** If the equipment used to create your tattoo is contaminated with the blood of an infected person, you can contract a number of serious blood-borne diseases. These include hepatitis C, hepatitis B, tetanus, tuberculosis and HIV—the virus that causes AIDS.

If you're considering a tattoo, understand the

risks and research the process beforehand. Take precautions to get your body art done correctly, and use proper care afterward to reduce the risks.

Skin disorders. Your body may form bumps called granulomas around tattoo ink, especially if your tattoo includes red ink. Tattooing can also cause areas of raised, excessive scarring (keloids), if you're prone to them.

- **Skin infections.** Tattoos can lead to local bacterial infections. Typical signs and symptoms of an infection include redness, warmth, swelling and a pus-like drainage. Some antibiotic-resistant skin infections can lead to pneumonia, blood infections and a painful, flesh-destroying condition called necrotizing fasciitis.
- **Allergic reactions.** Tattoo dyes, particularly red dye, can cause allergic skin reactions, resulting in an itchy rash at the tattoo site which can last for years.
- **MRI complications.** Rarely, tattoos or permanent makeup may cause swelling or burning in the affected areas during magnetic resonance imaging (MRI) exams.

Tattoo Removal

A common problem with tattoos is dissatisfaction. Some tattoos fade. If the tattoo artist injects the color too deeply into your skin, the dye can drift—causing a blurred design. You may also decide that the tattoo no longer fits your current image or that the once-stylish design has become dated. Tattoos are meant to be permanent, so their complete removal is difficult. Several removal techniques exist, but regardless of the method used, scarring and skin color variations are likely to remain. Methods include:

- **Laser surgery.** Pulses of laser light pass through the top layer of skin where the light's energy is absorbed by the tattoo pigment. This process creates a very low grade inflammation and allows your body to process the small areas of altered pigment. You may require many treatments to lighten the tattoo, and the treatment might not completely erase it.
- **Dermabrasion.** The tattoo area is chilled until numb, and the skin that contains the tattoo is sanded down to deeper levels. This generally isn't painful, but it may leave a scar.
- **Surgical removal.** A doctor can surgically cut out the tattoo and stitch the edges back together, but this can leave a scar.

Do not use do-it-yourself tattoo removal creams or products sold online. They aren't FDA-approved and may cause skin reactions.

Source: Mayo Clinic