

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



Be sure to wear proper clothing when outside enjoying our awesome winter weather! If you need urgent medical attention, the Immediate Care located at 3050 Orchard Park Road in Orchard Park is our closest facility to the WNY ski slopes.

Dear ,

It's winter in Western New York, time to get outside and enjoy the snow! We're already experiencing a very cold winter, even by our standards. While working or playing outside, be sure to safeguard against frostbite and hypothermia by covering all body parts. If you notice a patch of hard, pale, cold skin—especially on exposed areas such as cheeks and nose or appendages such as fingers and toes—you may have frostbite. If you suspect frostbite you should:

- Warm your hands by tucking them under your arms. If your nose, ears or face is frostbitten, warm the area by covering it with dry, gloved hands.
- Don't rub the affected area, and never rub snow on frostbitten skin.
- Get emergency medical help if numbness remains during warming. If you can't get help immediately, warm severely frostbitten hands or feet in warm—not hot—water.

If you suspect hypothermia, characterized by intense shivering, slurred speech, loss of coordination and fatigue, seek emergency care.

Transit Road Renovation Update: We're pleased to announce that we now offer CT scans (computerized tomography) on site! The enhanced diagnostic capabilities allows us to manage more complex medical issues, saving you time and money. Your doctor may recommend a CT scan to help detect internal injuries and internal bleeding, diagnose muscle and bone disorders, such as bone tumors and fractures, or to pinpoint the location of a tumor, infection or blood clot.

As always, patient care is our utmost priority. If you have questions or concerns about Immediate Care, please contact [Darryl Ernst](#), Vice President of Urgent Care Operations, at 716.204.4500.

Weight Management: Easy Strategies to Cut Calories

Despite all the diet strategies out there, weight management still comes down to the calories you take in versus those you burn off. The equation is simple: If you burn more calories than you eat, you lose weight.

Calories are the energy in food. Your body has a constant demand for energy and uses the calories from food to keep functioning. Regardless of where they come from—carbohydrates, fats or proteins—the calories you eat are either converted to physical energy or stored within your body as fat. These stored calories will remain in your body as fat unless you use them up, either by reducing calorie intake or by increasing physical activity.

Because 3,500 calories equals about 1 pound of fat, you need to burn 3,500 calories more than you take in to lose 1 pound. So if you cut 500 calories from your typical diet each day, you'd lose about 1 pound a week (500 calories x 7 days = 3,500 calories).

Cutting calories doesn't have to be difficult. Try these tips to control portion sizes and cut calories:

- Serve smaller portions. At the beginning of a meal, take slightly less than



Weight management can be easier than you think—we have some simple tips to control portion sizes and cut calories.

what you think you'll eat. You can have seconds later if you're truly still hungry.

- See what you eat. Eating directly from a container gives you no sense of how much you're eating. Consider measuring your food with a measuring cup or scale to see how much you are actually eating.
- Check food labels. Be sure to check the Nutrition Facts panel for the serving size and number of calories per serving.
- Don't feel obligated to clean your plate. Stop eating as soon as you feel full. Those extra bites of food that you're trying not to waste add unneeded calories.
- Use a calorie counter. Check out reputable resources that offer tools to count calories, such as Web sites or smart phone applications.

Eliminating high-calorie foods, choosing lower calorie alternatives and cutting your portion sizes can help you reduce calories and improve weight control. For a successful weight management plan, you also need to increase your physical activity. It's this combination of regular activity and healthy eating that will help you achieve and maintain a healthy weight.

Is Lipovarin a Safe Weight Loss Pill?

There's no evidence that Lipovarin—a popular, nonprescription diet pill—promotes weight loss. In fact, this product may actually pose serious health risks.

Lipovarin contains the ingredient synephrine. Synephrine is a stimulant similar to ephedrine, which is found in the herb ephedra. Although safety concerns prompted the removal of ephedra products from the U.S. market a number of years ago, the risks are still present. Many manufacturers simply substitute synephrine in products that used to contain ephedra. These products, including Lipovarin, likely have the same serious health risks as ephedra products including seizure, stroke and heart attack.

Source: Katherine Zeratsky, R.D., L.D.



Healthy Nails: Put Your Best Foot (and Hand) Forward

Take a close look at your nails. Are they strong and healthy looking? Or do you see ridges, dents, or areas of unusual color or shape? Many less than desirable nail conditions can be avoided through proper care, but some actually indicate an illness that requires attention.

Healthy nails are smooth and free of spots or discoloration. Nails can develop harmless conditions, such as vertical ridges that run from the cuticle to the tip. Not all nail conditions are normal, however. See your doctor if you notice these changes:

- Yellow discoloration
- Separation of your nail from the nail bed (onycholysis)
- Indentations that run across your nails (Beau's lines)
- Nail pitting
- Opaque or white nails
- Curled nails

Nail care tips

Following these simple guidelines can help you keep your nails looking their best:

- To prevent nail damage, don't use your fingernails as tools to pick, poke or pry things.
- Don't bite your nails or pick at your cuticles. Even a minor cut alongside your nail can allow bacteria or fungi to enter and cause an infection (paronychia).

Fingernails and toenails are more than just a fashion statement. You can follow simple guidelines to keep them healthy.

- Keep your nails dry and clean. This prevents bacteria, fungi or other organisms from growing under the nail.
- Trim nails and file nails regularly. Trim nails straight across and file down thickened areas. Use a sharp manicure scissors and an emery board to smooth nail edges. Trimming and filing are easier and safer if done just after bathing or soaking the nails.
- Never pull off hangnails—doing so almost always results in ripping living tissue. Instead clip off hangnails, leaving a slight angle outward.
- Moisturize your nails frequently. Rub lotion into your nails when moisturizing your hands.
- To improve brittle nails, keep your nails short, square shaped and slightly rounded on top. Trim brittle nails after a bath or a 15-minute hand soak in bath oil. Then apply a moisturizer.
- Apply a nail hardener, but avoid products containing toluene sulfonamide or formaldehyde.
- Don't use nail polish remover more than once a week. When you do need a remover, avoid those that use acetone.
- Take a biotin supplement. Taking 2.5 milligrams of biotin daily may increase the thickness of nails.

Dietary changes that supposedly strengthen nails don't work. Unless you're malnourished—not getting proper nutrition through your diet—taking daily multivitamins won't strengthen your nails either. Taking gelatin supplements or soaking your nails in gelatin also won't help.

It's easy to neglect your nails. But a little basic nail care can go a long way to keeping your nails in healthy condition.

Source: Mayo Clinic Staff



Humidifiers can help ease congestion caused by colds and flu. If you have children, you should consider a cold-mist model for safety.

Warm-Mist v. Cold-Mist Humidifiers: Which is better for a cold?

Humidifiers add moisture to the air, which helps ease coughing and congestion due to a cold. Warm-mist and cool-mist humidifiers are equally effective in humidifying the air.

For their safety, always use cool-mist humidifiers for children. Hot water or steam from a warm-mist humidifier or steam vaporizer can burn a child if he or she gets too close. Also, by the time the water vapor reaches your child's lower airways, it's the same temperature regardless of whether it started out warm or cool. Another benefit of cool-mist humidifiers is cost. Cool-mist humidifiers are less expensive than warm-mist humidifiers because you're not paying for the heating element.

If you use a humidifier, be sure to keep it clean to prevent the growth of bacteria and molds. Wiping down the humidifier daily with a 10 percent bleach solution—9 parts water to 1 part bleach—is one way to safely keep it clean.

Source: Jay L. Hoecker, M.D.

