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WESTERN NEW YORK  
**IMMEDIATE CARE**<sup>®</sup>  
the *fastest* ER alternative<sup>®</sup>



Immediate Care's board certified physicians are ready to care for your family's urgent care needs, 365 days a year.

Dear Friend,

It's Saturday morning and you or your child wakes up with a red, swollen itchy eye. What do you do? If you suspect pinkeye, also called conjunctivitis, come to Immediate Care. We've been treating many cases of pinkeye at Immediate Care over the past few months.

Pinkeye is redness and inflammation of the clear membranes covering the whites of the eyes and the membranes on the inner part of the eyelids. **Viral and bacterial pinkeye are extremely contagious.** It's easily spread through poor hand washing or by sharing an object (like a towel) with someone who has it. It can also spread through coughing and sneezing.

A doctor can often diagnose pinkeye just by its distinguishing symptoms. However a slit lamp exam may be required. In some cases, a swab of the discharge from the eye is sent to a lab for analysis to determine the cause. Bacterial pinkeye is treated with antibiotic eyedrops, ointment, or pills to clear the infection. Viral pinkeye has no treatment, you just have to let the virus run its course, which is usually four to seven days. To reduce pain and to remove the discharge of bacterial or viral pinkeye, use a cold or warm compress on the eyes. Make sure to use a different, clean washcloth for each eye to prevent spreading any infection.

For any urgent medical need when your doctor's office is closed or unavailable, please come to Immediate Care where our board certified physicians are ready to take care of you. As always, if you have any questions or concerns, please feel free to contact [Darryl Ernst](#), Vice President of Urgent Care Operations, at 716.204.4500.

## Family Matters

Your family medical history is a record of illnesses and medical conditions affecting your family members. Similar to a family tree, a family medical history shows the relationships among members of your family, but it also includes relevant health information for each person.

How is a family medical history used?

You inherit half of your genetic profile from each parent. Along with the genetic information that determined your appearance, you inherited genes that may cause or increase your risk of certain medical conditions. A family medical history can help your doctor interpret the history of disease in your family and identify patterns that may be relevant to your own health. Your doctor may use your family medical history to:

- Assess your risk of certain diseases



- Recommend treatments or changes in diet or lifestyle habits to reduce the risk of disease
- Determine which diagnostic tests to order
- Determine the type and frequency of screening tests
- Determine whether you or family members should get a specific genetic test
- Identify a condition that might not otherwise be considered
- Identify other family members who are at risk of developing a certain disease
- Assess your risk of passing conditions on to your children

A family medical history can't predict your future health—it only provides information about risk. Other factors, such as your diet, weight, exercise routine and exposure to environmental factors, also will raise or lower your risk of developing certain diseases.



### **Eat Out...Without the Guilt!**

Going to a party or out to eat can quickly derail your attempt to diet. A new Web site, [Never Say Diet](#), has created “Healthy Eating Cheat Sheets” for numerous occasions that provide “best and worst choices, calorie counts and how many minutes it would take a 140-pound woman to walk off those calories.” For example, bruschetta has 105 calories and would take 29 minutes to walk off, compared to mozzarella sticks at 426 calories and 118 minutes to walk off.

Before you attend your next office gathering, go on a road trip or go to an Italian restaurant, check out the Web site and make smarter food choices!

## **Q & A Forum**

### **What's the best way to predict a child's adult height?**

There's no proven way to predict a child's adult height. However, various formulas can provide a reasonable guess for child growth. Here's a popular example:

- Add the mother's height and the father's height in either inches or centimeters.
- Add 5 inches (13 centimeters) for boys or subtract 5 inches (13 centimeters) for girls.
- Divide by two.



Most children will reach an adult height within 4 inches (10 centimeters) of this estimation. Remember, a child's height is controlled by genetics. It's also important to note that children grow at different rates. Some children begin their growth phases early, while others are late bloomers. If you're concerned that your child isn't growing normally, consult his or her doctor. Sometimes an underlying condition affects child growth.

### **I'm considering taking melatonin to help me sleep. Is melatonin effective and what are the side effects?**

The hormone melatonin helps control your natural sleep-wake cycle. In fact, natural levels of melatonin in the blood are highest just before bedtime. Melatonin supplements may help you fall asleep or stay asleep however, most studies show melatonin to be only minimally effective for insomnia.. Melatonin side effects may include daytime sleepiness, dizziness, headaches and abdominal discomfort. Melatonin may interact with various medications. The optimal dose of melatonin isn't certain, and the long-term effects are unknown. Talk to your doctor before taking melatonin, especially if you have any underlying health conditions. If you decide to take melatonin, make sure the supplements are manufactured in a lab, not

derived from animals.

### **My toddler walks on her toes. Is this normal?**

Walking on the toes or the ball of the foot—also known as toe walking—is common in children who are just beginning to walk. Most children outgrow toe walking by age 2. As long as your child is growing and developing normally, toe walking on its own in early childhood isn't likely cause for concern.

It's important to keep an eye on other signs and symptoms, however. For example, toe walking accompanied by lack of muscle coordination could indicate cerebral palsy. Toe walking may also be a sign of autism or other developmental disorders. If your doctor suspects an underlying condition, he or she may recommend a neurological exam or testing for developmental delays.

Source: [The Mayo Clinic](#)