



Dear Nicole,

Our [WNY Immediate Care](#) facilities are gearing up for the rush of summer injuries. Doctors and nurses are ready for all of the cuts, scrapes, broken bones and stitches they can handle! Site Administrator Maria Gambino has already seen an increase in injuries at the Transit Road site.

More kids have been coming in with softball, baseball, soccer and other sports-related injuries, she said. Our other site administrators have also seen an increase in lacerations from yard work and bicycle accident wounds.

The Consumer Product Safety Commission (CPSC) provides an annual list of summer safety tips at <http://cpsc.gov>. The list includes:

- Wear a helmet while riding bicycles, scooters, skateboards and all-terrain vehicles
- Turn off the lawn mower when someone approaches
- Check gas grills for hose leaks and clear air tubes of blockage from grease or insects
- Wear gloves during gardening or yard work
- Drink plenty of water and do not exercise in extreme temperatures



Stay safe and head to WNY Immediate Care if any unforeseen accident arises!



WNY Immediate Care Events

WNY Immediate Care will visit the [American Sales Company](#) Associate Health Fair in Lancaster, NY on June 17. The nurses will be on hand with plenty of give-aways and [peak flow](#) airway tests, which measure the amount of obstruction in the bronchial tubes. Stop by and say hello!

Allergy treatment tips for patients on a budget

Yes, it's allergy season again — but what can you do to make yourself more comfortable without emptying your wallet?

1. **Avoidance.** Close the windows. Make someone else cut the grass. Stay inside for a while if you have to.

2. **Neti pot or other nasal saline rinsing.** 85 percent of allergens get in through your nasal passages. The rest gets in through the eyes and mouth. Why not just rinse the stuff out of your nose before it gets a chance to stimulate your immune response and make you miserable? A neti pot with salt packets costs about \$12-20 and lasts for months.

3. **Antihistamines.** Helps with sneezing and itching and eye-tearing. Claritin (loratadine) or Zyrtec (cetirizine) are both over the counter medications, also available in generic form, and one tablet lasts all day. If neither of those meds works for you or makes you too sleepy – there is also generic Allegra (fexofenadine). The other available over the counter antihistamines work just fine, but are so short-acting and sedating it is hard to recommend them as a daily allergy treatment strategy.

4. **Decongestants.** Sudafed (pseudoephedrine), for those of you that can tolerate it, (makes some people feel speedy and light-headed) helps quite a bit with congestion. Fun fact: most medicines that end in a "D" (Allegra-D, Zyrtec-D, Claritin-D) simply an antihistamine with the addition of pseudoephedrine 120 mg. Experts advise to purchase and use these medicines separately. This way you can take only as much as you need, and it is usually cheaper.

5. **Nasal steroids and nasal antihistamine sprays.** These can help with the nasal symptoms of allergy. Nice because they don't really cause much in the way of systemic side effects, although they can cause irritation of the nose in 10-20% of users. All require a prescription from your doc. Nasal steroids prices vary from \$15 to \$136. Nasal antihistamines, such as generic Astelin, vary in price from \$69 to \$131.

6. **Antihistamine eye drops.** To treat itchy and watery eyes. These are available over the counter for about \$7. Since Visine A also has an ingredient that takes out redness, in addition to the antihistamine, this should be for occasional use only.

5. **Other.** The leukotriene esterase inhibitors, such as Singulair, work like magic for some people but not at all for others. One thing for sure- they are very expensive (\$122- 165 for a month's supply) and require a prescription. If you are looking to save money, buy as a last resort only.

Source: Leslie Ramirez, MD, [The Mayo Clinic](#)





Golf injuries: Why it pays to play it safe

Golf injuries are common. Protect yourself by understanding the mechanics behind your golf swing and the importance of overall conditioning.

Warm up. Before you practice your golf swing or play a round of golf, warm up with a brisk walk or set of jumping jacks. Stretch your hands, wrists, forearms, elbows, shoulders, spine and pelvis. Swing your golf club a few times, gradually increasing your range of motion.

Start slowly. You might practice your swing for hours, believing it's helping your game — but if your body isn't conditioned for the strain, practicing your golf swing may do more harm than good. Work up to your desired level of activity.

Strengthen your muscles. You don't need bulging muscles to hit a long drive — but the stronger your muscles, the greater your club speed.

Choose proper footwear. Wear golf shoes with short cleats. Long cleats dig into the sod and hold your feet planted as you swing, which may strain your knees or ankles.

Limit your sun exposure. Watch for signs and symptoms of dehydration, heat exhaustion and heatstroke. Red flags might include a headache, dizziness, nausea, a rapid heartbeat or confusion. Drink plenty of water.

Use proper posture. Think about your posture before and during your swing. Stand with your feet shoulder-width apart and distribute your weight equally on both feet. Avoid hunching over the ball, which may contribute to neck and back strain.

Stay smooth. The power of a golf swing comes from force transferred smoothly through all the muscle groups, from your ankles to your wrists. If you depend on one part of your body for your hitting power, you may be more prone to golf injuries.

Don't overswing. If you swing the club too hard or too fast, you may stress your joints. Relax and take a nice, easy swing at the ball. The best golfers have consistent — not necessarily fast — swing tempos.

Source: [The Mayo Clinic](#)

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7616 Transit Rd, Williamsville, NY, 716-204-2273
2099 Niagara Falls Blvd, Amherst, NY, 716-564-2273
3050 Orchard Park Road, Orchard Park, NY, 716-675-3700

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