

# Primary News

## Spring Edition 2011

Welcome to the Spring Edition of Primary News.

Hello Spring! Welcome to the Spring edition of Primary News, our quarterly newsletter to bring you the latest information on the Spring season awareness and its common illnesses. As we prepare to embrace the Spring flowers, greener grass, and warm sunshine, please refer to our FaceBook page and our website for the latest updates on common illnesses of the season and information for your health and well being.

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## HOURS

**MONDAY - FRIDAY**

8am-8pm

**SATURDAY**

8am-6pm

**SUNDAY**

8-10 a.m. & 12-6pm

1000 SOUTH 12TH STREET

MURRAY · KENTUCKY

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Allergies occur when your immune system reacts to a foreign substance such as pollen, bee venom or pet dander.

Allergies can cause symptoms that involve your skin, sinuses, airways or digestive system. The severity of allergies varies from person to person and can range from minor irritation to anaphylaxis — a potentially life-threatening emergency. While allergies can't be cured, a number of treatments can help relieve your allergy symptoms.

## Symptoms

Allergy symptoms depend on your particular allergy, and can involve the airways, sinuses and nasal passages, skin and digestive system. In most cases, an allergic reaction is a nuisance that causes irritating but minor symptoms. Severe allergic reactions can be more dangerous because they're likely to involve several of the body's organ systems. In some severe cases, allergies can trigger a life-threatening reaction in your body known as anaphylaxis.



### Hay fever, also called allergic rhinitis, may cause:

- Congestion
- Itchy, runny nose
- Itchy, watery or swollen eyes (conjunctivitis)

### Atopic dermatitis, an allergic skin reaction also called eczema, may cause:

- Itchy skin
- Red skin
- Flaking or peeling skin

### A food allergy may cause:

- Tingling mouth
- Swelling of the lips, tongue, face or throat
- Hives
- Anaphylaxis

### An insect sting allergy may cause:

- A large area of swelling (edema) at the sting site
- Itching or hives all over your body
- Cough, chest tightness, wheezing or shortness of breath
- Anaphylaxis

### A drug allergy may cause:

- Hives
- Itchy skin
- Rash
- Facial swelling
- Wheezing
- Anaphylaxis

Some types of allergies, including allergies to foods and insect stings, have the potential to trigger a severe reaction known as anaphylaxis. A life-threatening medical emergency, this reaction involves several of the body's organ systems and can cause you to go into shock.

### Signs and symptoms of anaphylaxis include:

- Loss of consciousness
- Lightheadedness
- Severe shortness of breath
- A rapid, weak pulse
- Skin rash
- Nausea and vomiting
- Swelling airways, which can block breathing

# DR. MATT PRICE PERFORMS LATEST, MINIMALLY INVASIVE, INTERSTIM<sup>®</sup> THERAPY FOR OVERACTIVE BLADDER AND URINARY RETENTION

**M**URRAY, KY – Dr. Matt Price, OB/GYN, is proud to offer the latest procedure available for the treatment of urinary retention and the symptoms of overactive bladder.

Many women suffer with constant urinary urgency, frequency, and emptying difficulty which limit or prevent daily activities-work, exercise, shopping, family functions, etc. This type of bladder dysfunction can have a debilitating impact on a person's social and personal life, so effective therapy carries great potential for life-changing benefits.



*“As an OB/GYN at Primary Care Medical Center, finding the most advanced, minimally invasive surgical technique for our patients is extremely important. An easy office test allows for significant improvement in our patient’s quality of life with a simple outpatient procedure”, said Dr. Price.*

Usually these persons suffer from **overactive bladder** (OAB) symptoms, which include urge incontinence, urgency, frequency (referred to as urgency/frequency syndrome) or urinary retention.

These symptoms are defined as follows:

**Urge incontinence:** The involuntary and accidental loss of urine when the person is aware of the need to get to the bathroom but is not able to hold or suppress the urge long enough to get there. Usually it is accompanied by or immediately preceded by urgency.

**Urgency:** A strong, intense and often sudden desire to void. Urgency, with or without urge incontinence, usually with frequency and nighttime urination can be described as the **overactive bladder** (OAB) syndrome, urge syndrome or urgency-frequency syndrome.

**Frequency:** voiding more than eight times in a 24-hour period. People report that the urgency is so great they need to rush to the bathroom frequently. When they void, it is usually in small amounts.

Urinary retention is the inability or failure to completely empty the bladder.

Primary Care Medical Center is the leader in Women’s Care with state-of-the-art services, procedures, treatments, and professional staff. Obstetrics & Gynecology at Primary Care Medical Center continues to provide a modern, yet personal approach to caring for women in this community.

For more information about the Interstim Bladder procedure or other services at Primary Care Medical Center, call 759-9200!



# What's Happening At Primary Care Medical Center

## Relay For Life Event of Murray-Calloway County

April 29 at 7pm MSU Stewart Stadium

Join our community event and visit our booth location April 29. We will have games for the kids, items and snacks for sale. All proceeds benefit Relay For Life and the American Cancer Society.



## Get Daily Medical Tips

Find us on **Facebook** at [www.facebook.com/primarycaredcenter](http://www.facebook.com/primarycaredcenter)



Follow us on **Twitter** at [www.twitter.com/PrimaryCareMed](http://www.twitter.com/PrimaryCareMed)



## Register for the Freedom Fest 5k Run!

The run will take place on Saturday, July 2, 2011. If you would like to pre-register, please contact registration forms can be found online at [www.PrimaryCareMedicalCenter.com](http://www.PrimaryCareMedicalCenter.com)

# Primary Care Congratulates Seniors 2011!



Brittany Marquardt  
Eastwood Christian Academy

Taylor Alvey  
Murray High School



Daniel Hughes  
Murray High School

MaKaylon Wilson  
Calloway County High School



Tatiana Hendrickson  
Graves County High School

Taylor Armstrong  
Calloway County High School



John Allen  
Graves County High School