

Primary News

spring edition 2010

Welcome to the Spring Edition of Primary News.

Welcome to the Spring edition of Primary news which is our quarterly newsletter. To start, let's say goodbye winter days and hello Spring! After what seems like a long winter, we are certainly ready to embrace greener grass and warm sunshine in the days ahead. In this edition you will find the focus on the spring season awareness and its common illnesses. We have extended regular updates and postings to our Facebook page as well as on our website for your viewing pleasure.

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HOURS

MONDAY - FRIDAY

8am-8pm

SATURDAY

8am-6pm

SUNDAY

1-6pm

1000 SOUTH 12TH STREET

MURRAY · KENTUCKY

270.759.9200

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

Gotta Go... Gotta Go... Now What?

Dr. Corey Forester

The impact of “gotta go... gotta go...” is significant for many women who struggle with overactive bladder symptoms. Urinary urgency, frequency, incontinence – or leakage of urine, and inability to completely empty the bladder have a negative impact on quality of life for a large majority of women. Patients who have been tolerating bladder symptoms for years are excited to learn there are easy solutions to ease their difficulties.

For some women, urinary urgency can be corrected with daily medication. These medications often eliminate or reduce the frequency and urgency of urination both during the day and at night. While these treatments work for many patients, there are women whose urinary symptoms aren't relieved with pills. Luckily there is a treatment for those who need further help with their “gotta go” symptoms!

InterStim therapy is available to women with urinary urgency, incontinence (leakage), nocturia (nighttime leakage or urgency), and frequency. The InterStim therapy device stimulates the nerves of the lower back – just above the tailbone. These nerves control the muscles and organs that provide bladder control. This therapy provides pain-free, long term bladder control for many women. The InterStim therapy is available with Dr. Matthew Price and Dr. Corey Forester at Primary Care Medical Center in Murray.

The therapy takes place in 2 steps: Step 1 allows Dr. Price to test the therapy to evaluate its effectiveness before performing the actual procedure. “Patients use a sample treatment for 3 or 4 days to evaluate the effect of the InterStim therapy. The large majority of patients will report significant im-

provement in their urinary symptoms following use of the in-office therapy. With improvement in symptoms, patients can then proceed with the InterStim placement providing a long term solution to their urinary problems,” according to Dr. Price. Step 2 allows patients to have the InterStim placement performed on an outpatient basis at the hospital providing long term relief of urinary urgency, frequency, and retention.

The InterStim Therapy may be appropriate for women with the following symptoms:

- **Urinary 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 nocturia (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. The way to determine if you have urinary retention is for a physician to get a post-void residual (PVR). A PVR is done by inserting a catheter into your bladder or by an ultrasound of your bladder. It is done 5 to 10 minutes after you urinate. If the volume is greater than 100cc's (3 oz) then you may have urinary retention. Persons with urinary retention usually only void small amounts of urine. They may also experience urine leakage called overflow incontinence.

“Women who have tried medications without improvement are thrilled to gain control over their lives again following the InterStim therapy,” said Dr. Forester. To see if InterStim therapy is appropriate for you, call Dr. Price or Dr. Forester at 759-9200 to schedule an evaluation.



What's Happening At Primary Care Medical Center

Women's Care Center at Primary Care Grand Opening :: April 28

Dr. Matthew Price and Dr. Corey Forester are pleased to announce the **grand opening of the Women's Care Center at Primary Care**. This new location provides patients of Dr. Price and Dr. Forester with a convenient, efficient check-in area at the northeast entrance of the Primary Care Medical Center facility. Dr. Price and Dr. Forester are accepting new and transfer patients at the new Women's Care Center at Primary Care – 1000 S 12th Street in Murray. Patients may call 759-9200 to schedule an appointment.



Relay For Life :: 2010

Primary Care Medical Center is a proud sponsor of Relay For Life! Join us for the Celebrate, Remember, and Fight Back ceremonies for the fight against cancer! **Friday, April 30th 6p.m.**

Helping His Kids Holiday Cookbook Sales Begin June 2010!



Helping His Kids Foundation, Inc, was organized as a way to provide toys to children at Christmas. This program has provided toys to more than 4,000 children in the past three years. Last year, over 50 organizations and 150 volunteers, including churches, schools, and community centers helped to identify children in need.

All money raised locally, will be used to take care of children in our area that are in need. All of the funds collected by the Helping His Kids Foundation are spent on toys for the kids. These toys are purchased at wholesale prices so that the dollars go further so more toys can be purchased and distributed to

children in need. Each \$1 donated historically has purchased \$3 worth of toys. Pre-order your cookbooks today by calling 270-759-9200 or if you would like help by making a contribution, please send donations to Helping His Kids Foundation, Inc, 1000 South 12th Street, Murray, KY 42071. Call Casey Prescott at Hardin Baptist Church 270-437-4868 for more information.

Submit your recipes and reserve your copy of the Helping His Kids cookbook to crystal@primarycaremedcenter.com today! You can also call 759-9200 for your copy!

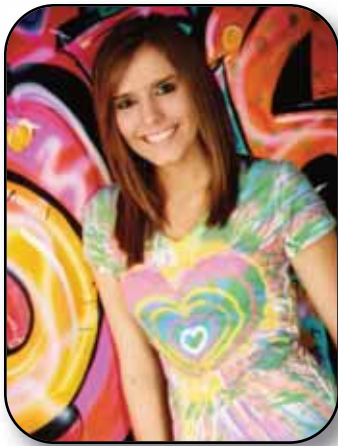
What's Happening At Primary Care Medical Center



Primary Care introduces a new addition to its family!

Primary Care Medical Center Physicians and Staff share the excitement for RN Brittany Overbey and family on their newest arrival Leighton Anne Overbey. She was born 3-20-10 at 7:51pm weighed 7 pounds and was 19.5 inches long!

Primary Care Congratulates 2010 Graduates



Samantha McKinney
Graduates from
Graves Co. High School



Taylor Butler
Graduates from
Murray High School

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Register for the Freedom Fest 5k Run sponsored by Primary Care!

The run will take place on **Saturday, July 3rd at 7 a.m.** If you would like to pre-register, please contact Crystal Nadeau at 270.767.3122 or email her at crystal@primarycaredcenter.com

