

Primary News

summer edition 2010

Welcome to the Summer Edition of Primary News.

Welcome to the Summer edition of Primary news which is our quarterly newsletter. School is out, family vacation is planned, cookouts are planned with family and friends, the days are hotter, and we welcome water fun whether it is in the pool, lake, or ocean. While you take part in this Summer's events, please remember to stay hydrated and view this newsletter edition to find tips for the summer and upcoming events at Primary Care Medical Center. Be sure to visit us on our Facebook page facebook.com/primarycaremedicalcenter; as well as on our website for continual posts and updates on common illnesses and health tips of the week.

this issue



- | | | | |
|----|--|----|------------------------------------|
| P1 | - Welcome | P4 | - What's Happening At Primary Care |
| P2 | - Avoiding Tick Bites | | - Welcome Dr. Gupton |
| P3 | - Home Alone: When Are Children Ready? | | - Babies |
| | | | - Helping His Kids |
| | | P5 | - 5K Run |
| | | | - Hydration |



HOURS

MONDAY - FRIDAY

8am-8pm

SATURDAY

8am-6pm

SUNDAY

1-6pm

1000 SOUTH 12TH STREET
MURRAY · KENTUCKY
270.759.9200

Avoiding Tick Bites

If you are planning an outdoor activity, especially those in a heavily wooded area, it is important to follow a few simple precautions to protect yourself from tick bites.

- Wear long sleeved, light-colored clothing, with tightly woven fabric. This gives ticks less area to target and allows you to see ticks on your clothing.
- When traveling through the woods or grassy fields, stay near the center of the trails. At home, make sure that you keep your lawn mowed and bushes and trees trimmed as short as possible.
- If you choose to apply tick repellents, such as those containing DEET, try to avoid spraying them directly to your bare skin. (high concentrations of DEET may have

harmful effects on the nervous system.) Apply the spray to your clothing, socks, shoes, tents and backpacks.

- When returning from the outdoors, check for ticks. Be especially observant of hair, body folds, ears, underarms and the back. Check your clothes and gear for ticks and wash these items immediately.



What if I have been bitten by a tick?

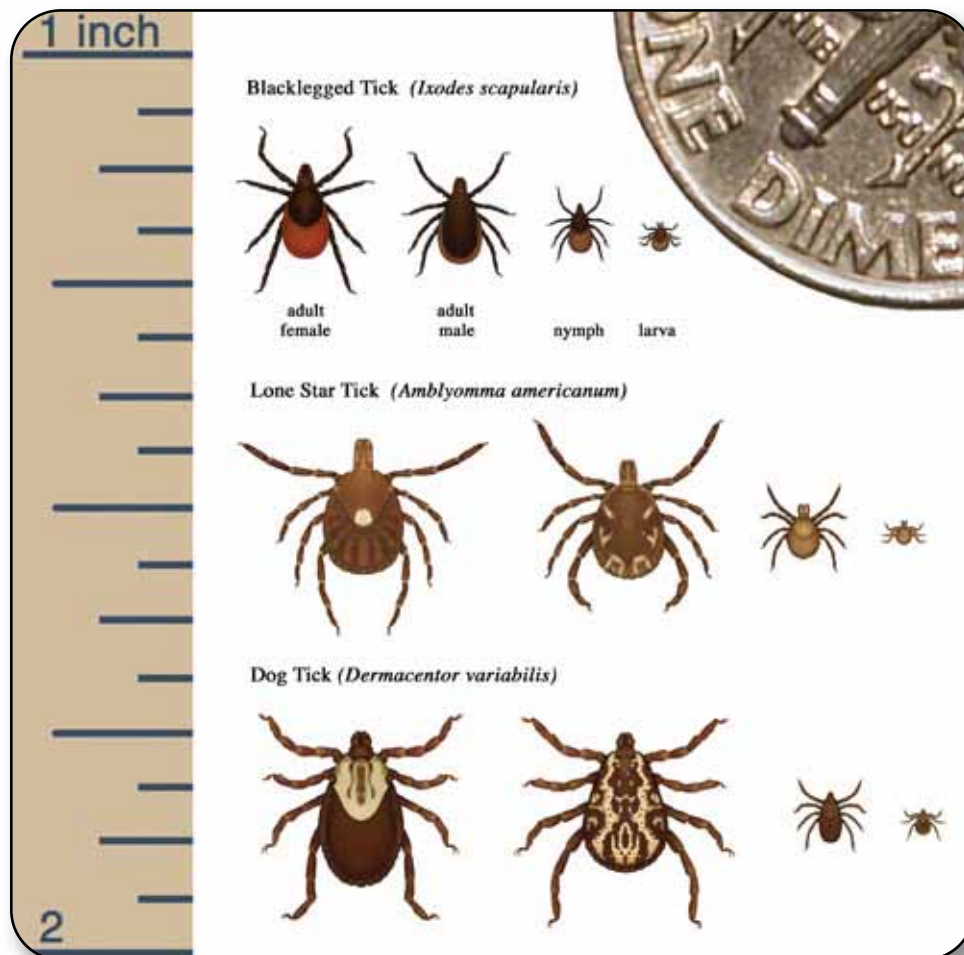
If you discover a tick, remove it immediately. The longer the tick feeds, the greater chance that it can transmit its bacteria to you. The easiest removal method is to use a pair of tweezers, grasp the tick as close to your skin as possible, and gently pull the tick off. Then, thoroughly wash your hands and the bite area with rubbing alcohol to prevent transmission to other areas of your body.

When should I call the doctor?

It is best to wait and see whether you develop any signs or symptoms. If a large red mark forms around the tick bite or if you develop fever, flu-like symptoms, rash, or more severe illness, contact your doctor right away. Your doctor can determine whether these symptoms might be caused by a tick-borne disease, and whether antibiotics will be needed.

Is there a vaccine for preventing tick-borne disease in humans?

Currently there are vaccines being tested, but there are no guarantees that they will be effective. The best option is to take precautions so that tick bites do not occur in the first place.



Home Alone: When Are Children Ready?

By Mary-Ann Kroll, MD and Linda S. Nield, MD

Whether your child is able to be left at home alone is a hard decision to make. Here are some questions to consider when determining if your child is ready to be left home alone.

- What are the local laws concerning unsupervised children? Is it legal to leave my child home alone?
- Does the way in which my child has responded and problem-solved in past stressful or emergency situations show evidence of sufficient maturity to be left alone?
- What activities do I want my child to participate in while left alone? What undesired activities might my child become involved in? (Recall that escalation of risky behavior may occur without adult supervision.)
- Is my child comfortable staying home alone? (It is important to listen to any fears he or she might have.)
- Do I feel comfortable leaving my child home alone?
- Have I clearly spelled out the rules of the house and does my child understand them? House rules might address such topics as whether the child is allowed to have friends over (and if so, how many? same-sex only?), under what circumstances (if any) he is allowed to answer the door, which activities are off-limits, and whether he is expected to complete homework and/or chores before you arrive home.
- Does the child know how to contact his parents, other responsible adults, and emergency personnel? It is imperative that a child be able to reach a responsible adult if necessary.
- Does the child know what to do in case of an accident, fire, or intruder?
 - Has the child successfully completed a "trial run" of being home alone? It's a good



idea to conduct a trial run that entails leaving the child home alone for a short time, during which he would be able to experience what being alone feels like—and also have an opportunity to practice self-care measures such as meal preparation and homework completion.

These points were also made by the KY McCracken Co. Intake/Investigations Dept. as the things to consider when deciding if your child is ready to be home alone:

1. The age of the child (chronological and developmental)
2. Length of time the child is unsupervised
3. Maturity of the child
4. Availability of other adults/resources to the child
5. Whether or not the child is in a caretaker role
6. Safety hazards present in the home or neighborhood

What's Happening At Primary Care Medical Center



Congratulations! Brian and Monica Adams are proud parents of **Whitley Marie Adams** born May 6. She weighed 5 lbs 13oz

Welcome Home Dr. Emily Gupton!

Primary Care Medical Center welcomes the arrival of Emily Gupton and her family in August 2010. Dr. Emily Gupton, a Family Medicine Physician, is excited to be returning to Murray to practice medicine. Dr. Gupton grew up in Murray, graduated from CCHS, then MSU with a BS degree in biology prior to attending medical school at Nova Southeastern University College of Osteopathic Medicine where she earned MPH and DO degrees. She completed her internship and residency training at the University of Louisville in the department of Family Medicine. Dr. Gupton is married to Andrew Gupton, also of Murray, and they have a daughter, Mirielle. Spending time outdoors, at the lake, LBL and on the farm are hobbies of Dr. Gupton's.

Helping His Kids Holiday Cookbook Sales Going On NOW!



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!



Get Daily Medical Tips

Find us on **Facebook** at www.facebook.com/primarycaremedcenter



Follow us on **Twitter** at www.twitter.com/PrimaryCareMed

Freedom Fest 5k Run Winners!

Congratulations and thank you to all of our runners this year! The Overall Male Winner was James Bowens with a time of 16:55. The Overall Female Winner was Kellee McCann with a time of 20:02



Hydration: Crucial for Performance

By Leora Bock, RD, Dietician, Cleveland Clinic Sports Health

Maintaining optimal hydration is not only extremely important for peak performance, but also for health and safety. Dehydration is very dangerous and preventing it is one of the simplest and most effective things an athlete can do.

Recognizing and Preventing Dehydration

If an athlete loses too much fluid in sweat without replacing that loss, he or she may become dehydrated. During one hour of exercise, it is not uncommon to lose 1 quart of fluid due to sweat. An athlete participating in intense sports such as distance running, cycling or strenuous hiking can lose up to 3 quarts of fluid, especially in hot, humid weather.

Dehydration can diminish energy and impair performance. Even as little as a 2-percent loss (3 pounds in a 150-pound athlete) of body weight through sweat can decrease performance by 10 to 20 percent.

Signs and symptoms of dehydration are dry mouth, headache, fatigue, muscle cramps, dizziness, nausea, vomiting and an inability to drink fluids.

Guidelines for Fluid Consumption

Athletes usually don't drink enough fluid, thus it is very important to make an extra effort to keep adequately hydrated. By the time you feel thirsty, you are already dehydrated. The following is a guide for how much fluid to consume:

Before Event

- Drink plenty of fluids throughout the day.
- Two to three hours before the start of your event or training, drink two to three large glasses (16 ounces) of fluids.
- Five to 10 minutes before the event, drink another 4 to 8 ounces of fluid.

During Event

- Drink 8 to 10 ounces of fluid every 15 to 20 minutes of strenuous exercise.

After Event

- Drink to replace sweat.
- Weigh yourself before and after the event; for each pound lost, drink 16 ounces of fluid.

Water vs. Sports Drinks

Plain water is a good fluid to use and will quench thirst and increase urine output. However, water alone may result in not enough fluid being consumed.

Research has shown that the more enjoyable the flavor of the fluid, the more a person will consume. If a beverage is chilled and flavored, drinking can be more than doubled, compared with drinking plain, unchilled water.

For events lasting longer than an hour, it is recommended to consume a sports drink containing carbohydrates (not greater than 8 percent) and electrolytes. The benefits of sports drinks are that they taste good, are absorbed quickly, provide fuel (replenishing glycogen) restore electrolytes (potassium and sodium) and help decrease fatigue.

Fluids to Avoid

To maintain good hydration, there also are certain fluids you should avoid before and during exercise. This includes caffeinated drinks such as coffee, tea and soda. Caffeine acts as a diuretic and can decrease urine output and lead to dehydration.

Avoid alcoholic beverages, as they also will increase dehydration. Do not take salt tablets. Using a sports drink to replenish sodium stores is a better choice.