

# Primary News

spring edition 2009

## Welcome to the Spring Edition of Primary News.

Welcome to the Spring Edition of Primary News which is our practice newsletter. To start with, let's say good bye to winter. It was very eventful with the great ice storm being a dominant feature of this winter. A lot of good people pulled together to help each other, and we believe that we are a stronger community for having gone through this experience. Many little and some large deeds were performed by countless citizens throughout our area to help their neighbors, friends, relatives, and yes, even strangers. These acts were performed from their hearts, and they will be repeated should the need ever arise again. On the medical front, the stress of this winter was pressured by the economy but relieved somewhat by a relatively mild flu season.

This edition is filled with a lot of news primarily centered on the spring season and its common illnesses. We also have some new news about the practice, and the areas that we are growing to better serve you and your family. We also have some personal news about our physicians and employees. We hope you find this information informative, useful, and interesting.

### this issue



- |    |                        |    |                   |
|----|------------------------|----|-------------------|
| P1 | - Welcome              | P4 | - Triplets        |
| P2 | - Thank You            | P5 | - Office News     |
|    | - Contact Dermatitis   |    | - New Specialists |
| P3 | - Abrasions            | P6 | - Graduation      |
|    | - H1N1 Flu             |    |                   |
|    | - Endometrial Ablation |    |                   |



## HOURS

MONDAY - FRIDAY  
8am-8pm

SATURDAY  
8am-6pm

SUNDAY  
1-6pm

1000 SOUTH 12TH STREET  
MURRAY · KENTUCKY  
270.759.9200

# THANK YOU

Before beginning the medical and news aspect of Primary Care Medical Center, all of us here, staff and physicians, would like to sincerely thank you for the support, encouragement, and trust that you have given to us over the years. Primary Care Medical Center was founded in 1994, and it has continued to grow through new and innovative services, the recruitment and retention of excellent employees and physicians, and caring about the care that we provide to you and your family.



Most importantly, our growth and service offerings can be attributed to the trust and support that you have given us. There is no finer compliment that you can give a physician or practice than choosing them for your health care services. This says it all to us. We hope that you feel wanted and appreciated in our practice, and that you know we take the practice of medicine seriously. We are here to help you and your loved ones in your times of need. Again, **thank you**.

## SPRING ILLNESSES CONTACT DERMATITIS

As we venture out of our homes with the improving weather, we are sure to encounter various items in the environment that we are sensitive or allergic. The most common one is poison ivy or poison oak which a lot of people are allergic. This plant has a distinctive oily, three leaf appearance and frequently grows on and about trees and other areas. The oil or resin of the plant which you may touch or brush up against is what causes the distinctive rash. It is usually a red, linear rash that frequently forms small fluid filled blisters in one to three days after contact. The rash may continue to break over several more days giving the illusion of spreading. This illusion is actually areas that are breaking later due a lower content of the oil or resin on the skin thus causing a milder and later eruption of the rash. The main treatment for contact dermatitis is prevention by avoidance. If you do have contact with the plant, promptly wash this area with lukewarm soap and water and then wipe that area with rubbing alcohol. This may not totally prevent the breaking out, but it will greatly diminish the severity of the case. Should this not work then we can treat you with topical steroids (1% hydrocortisone crème) and oral



steroids. For more severe cases, an injection of steroids may be used. Currently, there is no vaccine for poison ivy. Over the counter treatments of topical drying agents if wet, 1% hydrocortisone crème, and oral Benadryl may be helpful for symptom relief.

# ABRASIONS & LACERATIONS

As we work outdoors on various projects and in our daily occupations, we occasionally experience various injuries including cuts and abrasions that may require medical attention. When in doubt as to whether the injury is bad enough to see a physician, it is better to seek medical advice especially within the first six hours of the injury. This is the time that it is safest to repair that injury with sutures (stitches) should they be required. Most lacerations can be treated by our *Urgent Care/Walk In Services*.

When suffering from a laceration the most important first step is to stop the bleeding. Most lacerations can be controlled with pressure applied directly to the wound with a clean cloth or linen. Rarely, except in extreme injuries, should a tourniquet be used. The next step unless there is a lot of bleeding is to clean the wound by flushing it gently with clean water. It is also important to remember your tetanus immune status. Most physicians will give a tetanus vaccine if the last vaccine was longer than 5 years.



## H1N1 Influenza Type A (formerly known as the Swine Flu)

For Information go to :: <http://www.primarycaremedcenter.com/pnews/spring09update.pdf>

## ENDOMETRIAL ABLATION END THE BURDEN OF HEAVY PERIODS

Dr. Matthew Price, OB/Gyn physician at Primary Care Medical Center is now offering a treatment called Gynecare Thermachoice endometrial ablation procedure that can help women suffering with heavy periods avoid a hysterectomy – and eliminate painful, severe periods in just minutes. The treatment, which Dr. Price can perform in his office, preserves the uterus and requires no incision. Recovery is fast and women can typically return to their normal activities the next day.

“Heavy periods month after month can negatively impact a woman’s quality of life,” said Dr. Price. “Many women think that hysterectomy is their only option to treat the problem, but endometrial ablation has proven to be a safe and effective way to reduce the burden of heavy periods.”

Gynecare Thermachoice is a method of endometrial ablation for premenopausal women who have completed childbearing. It can be performed in Dr. Price’s office using a local anesthetic. During the treatment, a balloon catheter is inserted into the uterus and inflated with a small amount of sterile fluid that is heated for eight minutes to break down the uterine lining. When the treatment cycle is completed, all fluid is withdrawn from the balloon and the catheter is removed, leaving nothing inside the uterus. The procedure has been available for over 10 years in the US and has been used to treat over 400,000 women worldwide.

“I’m very comfortable performing the treatment in my office as well as in the outpatient setting,” said Dr. Price. “I find that my patients appreciate the

convenience of completing the procedure while in the office. Eliminating a lengthy recovery period reduces patient’s stress and allows them to return to their routine much quicker than other therapies.”

In most women, the treatment will reduce menstrual bleeding to a moderate or light, manageable flow. Some women may experience spotting, while many women stop bleeding altogether. Clinical data also shows 95 percent of patients reported normal bleeding or less after 5 years and 93 percent were satisfied with their treatment.

Dr. Price is a specialist in obstetrics, gynecology, and women’s health at 1000 S. 12th Street inside Primary Care Medical Center. Dr. Price is welcoming new patients at 759-9200.

# PRIMARY CARE WELCOMES...

## TRIPLETS

What a wonderful way to start the new year; Triplets, 2 girls and 1 boy!! We were airlifted to Vanderbilt Medical Center where our triplets were born on 1-1-2009 at 9:44 (Bevan), 9:45 (Kai), and 9:47 (Neely). Each baby had their own team of docs in the OR. Bevan weighed 3lb 14oz, Kai 2lb 14oz, and Neely 3lb 10oz.

Now we are proud to be one of the newest additions to Dr. Joyce Hughes' pediatric group at Primary Care Medical Center. Thank you, Dr. Joyce, for caring for our babies!! We are very blessed that they are all doing so well.

*Jeremy and Courtney Flowers*



## GRAVES AND MARSHALL COUNTY

For our patients and readers of *Primary News*, we want to wish you a happy and enjoyable spring. Many new patients from the surrounding counties have recently begun to receive their health care from us. We thank you for your trust. Our Family Practitioners, Internists and Pediatricians have admitting privileges at the Jackson Purchase Medical Center and the Marshall County Hospital. Should you or your family wish to be cared for at your local hospital or the hospital in Murray, we can honor your wishes. If you present to any of these hospitals' emergency rooms, please tell them that your doctor is one of the physicians at Primary Care Medical Center.



# NEW SPECIALISTS

Since the last newsletter, we have three new specialists in our Specialty Care section. They are Kurt Spindler, MD and Gene Hannah, MD. They are both faculty members at Vanderbilt University in Orthopedics and Sports Medicine. Anita Torak, MD is a Gastroenterologist who sees patients in our office on Wednesdays. Should you require endoscopy, colon, esophagus, or stomach, she can perform these procedures at either the Jackson Purchase Medical Center or the Murray-Calloway County Hospital. She has privileges at both hospitals.



# NEW OBSTETRICIAN AND GYNECOLOGIST

We are excited to announce that Corey Forester, M.D. will be joining Matt Price, M.D. this July in the practice of Ob-Gyn at Primary Care Medical Center. Dr. Forester is a native of Mayfield, Ky. He is married to Elizabeth Forester, M.D. who is finishing her training this June in Psychiatry at the University of Kentucky. Corey's dad, Tom, works at the Murray-Calloway County Hospital as a respiratory therapist and his mother is the administrative assistant at the Fulton hospital. Dr. Corey Forester received his bachelor's degree from Murray State University with honors in 2001 and from the University Of Kentucky School Of Medicine in 2005 with honors. He is completing his Obstetrics and Gynecology residency at the University of Kentucky this June. While at Murray State and UK, Corey received numerous scholarships and honors. We are excited that the Drs. Forester will be joining us.



# OFFICE NEWS

A lot has been happening with the office and the addition of new physicians, services, and new employees. The staff is presently working on the Relay for Life team, and they are also working with the local American Heart Association for their annual event. We just recently sponsored the Murray in Motion.

Emily Hill, Dr. Butler's nurse, married Scott Hill on January 1, 2009, and they are expecting a baby in October. Tonya Thweatt, Accounts Receivable department, had a grandbaby, Addyson, born in January 2009. Suzanne Miller, a nurse in the Cardiology department, had her

baby, Eli, born in March 2009. Ali Shaw, a weekend and night receptionist just married in April. Ashley Henson, a weekend and night receptionist is getting married in May. Our staff, which we are very proud of, have been busy both with activity in and out of the office. We respect their lives at home, and we encourage them to be very active in the community.

We thank for your support and encouragement now and through the years. We will continue to find new and better ways to deliver you and your family care. Have a happy Spring and enjoy life.

# GRADUATION AND WITH A LITTLE HELP FROM OUR FRIENDS



Sydney Smith

As spring has finally decided to make it's long overdue appearance, many warm thoughts come to mind. I can't help but smile when I think of sunshine, chirping birds, blooming flowers and another wonderful group of high school seniors ready to graduate and set out on the various journeys of what they call life. Like any parent of a senior, my husband, Johnny and I have a great realm of emotions...pride in their accomplishments, sadness, yet joy in the fact that they are growing up, excitement thinking of the possibilities of their futures and envy of their dreams.

As I have been a float nurse at Primary Care for 10 years, my daughter, Sydney, a senior at Murray High, has grown up with our Primary Care family. She has gone to school with Grant, Shelby, and Patrick since kindergarten so they too, are like extended family. Through times of some tears and much laughter, Sydney has grown into a beautiful, smart young woman. What happens to those years from diapers, to braces to diplomas? Sydney will be attending Murray State on a NCAA Division 1 soccer scholarship with plans to pursue Architectural Engineering. As graduation nears, take time to look back on all those memories and be thankful that we have been a wonderful piece in their jig-saw puzzle of a life.

Congratulations Seniors, we are proud of all of you and your accomplishments! Look out world here they come, ready or not!

LaDonna Smith



Grant Adams

2009 has been an exciting year for the Adams family already. We weathered the ice storm at home with our generator and numerous house guests! It was an experience that we will never forget – living without electricity for 11 days can really put into perspective what the real necessities are in life. We were relieved when our power came back on and thankful for all the crews who worked so diligently to make that happen.

Our family is excited to be celebrating the high school graduation of our youngest son, Grant. Grant is 18 years old and will be attending Murray State University

this fall, majoring in Pre-Med. We are thankful that God has blessed our family with a wonderful community and church that helped us raise such an outstanding young man. Grant is a joy to be around and we are very proud of him and all his efforts. We are confident in his abilities and look forward to watching his future unfold.

We are enjoying all the activities that Spring brings us. Working on the farm, planting a garden, tending to inevitable repairs and most, getting back on our horses!

Michael Adams, MD



Patrick Hughes

With the coming of spring and then summer, it gives us all a chance to have some rewarding family time, as well as outdoor fun. Our family this year will be celebrating our 3rd son's graduation from Murray High. It is hard to believe he will be 18 next week and ready to graduate next month. Being a parent has been the most difficult, challenging, but also rewarding job we have ever had.

Patrick was born here in Murray after we were in practice a few years. He has grown up so quickly from the sweet little boy to the caring young man. As his parents, we have been so blessed by him.

He has brought us great joy and happiness and given us so many beautiful memories. Now, so you don't get an unrealistic opinion, we have had our times where we have needed to step in with discipline; but for the most part it has been great and we are filled with love and pride in him.

As working parents, we are so blessed with the help we have had with our children, from Janet, our housekeeper who's like a grandmother to them, to wonderful caring teachers from preschool through high school. In addition we are grateful to our church that has helped to give them a faith foundation that we hope will carry them throughout their life. And we can't forget all our friends and family who have always been there for us whenever we needed them. There have been so many nights over the years where we have had to call people in the middle of the night to help us when we have had emergencies. There have been times where our friends at the hospital such as nurses or girls at our office that have helped us when we brought our boys to them during emergencies.

As I have said, Patrick is our 3rd son and so we have gone through this with our older 2 boys. But with each boy's graduation my heart is filled with sadness for the time that has gone by and with happy anticipation for their future. I know many of you will have children, grandchildren, nieces, or nephews, graduating from high school or college and will also, be filled with joy, pride, happiness, and a measure of sadness. May you enjoy each moment with them and make beautiful memories to keep for your lifetime.

Congratulations to Patrick! We love you!  
Mom and Dad  
Joyce Hughes, MD and Robert Hughes, MD

