



CLINIC CORNER

# NEWSLETTER

Spring 2024



## Welcome Ashtyn Kapels to Humphrey Medical Clinic!

Ashtyn Kapels, a licensed practical nurse (LPN), joined Humphrey Medical Clinic this spring to offer exceptional care to patients throughout the community. She currently lives with her family outside Creston. Ashtyn is married to her husband, Chase, and they have three kids — Otto, Piper and Jett. She has been with Columbus Community Hospital for more than five years. Previously, she worked in the hospital's Columbus Otolaryngology Clinic. She is a wonderful addition to our team, and we are so excited for you to meet her!

Our Humphrey and Lindsay Medical Clinics welcome all patients to be seen at either location for all your health care needs. On days our Humphrey location does not have a provider on-site, ask about our telemedicine options, or feel free to contact Lindsay Medical Clinic!

## Both clinics resuming normal hours

Lindsay Medical Clinic is back to providing care five days a week! For smooth appointment scheduling, **please call us before you come in.** This allows us to prepare paperwork, verify insurance and ensure we have adequate time to see you. We also offer same-day appointments to accommodate your needs. Thank you all for being flexible with our care team while a provider was on maternity leave. We appreciated your willingness to travel to our Humphrey Medical Clinic during this temporary leave, and are excited to be back to normal operating hours.

You can start scheduling your child's sports physical and wellness appointments now! This year, we are partnering with East Central District Health Department (ECDHD) to provide vaccines recommended for well-child visits of all ages. When you call to make an appointment, our nurse will try to schedule you on the same day as when we have the vaccine clinic, or we will schedule a well-child visit and vaccinations as your schedule allows. The ECDHD vaccine clinic is only available from 8:30 a.m. to noon on the following Tuesdays: July 16 and Oct. 8. Please call us to schedule an appointment for any recommended vaccinations you or your child may be needing.

Our clinics now offer a new same-day prescription delivery. We can have prescriptions delivered the same day or the next day to Humphrey Medical Clinic and Lindsay Medical Clinic. Call us and ask about this service, or mention it at your next appointment. As always, thank you for allowing us to be a part of your health care journey.





# Seasonal allergies

It's allergy season again! If you are one of the unfortunate individuals who suffers from seasonal allergies, now is a good time to check with your provider about which over-the-counter medications they recommend you start consistently taking over the next couple of weeks.

### Symptoms of environmental allergies can include:

- Stuffy nose, runny nose, or sneezing.
- Dry cough.
- Itchy or red eyes.
- Asthma attacks.
- Sore or itchy throat or ears.
- Waking up at night or trouble sleeping, which can lead to feeling tired or having trouble concentrating during the day.

### Cold symptoms NOT present with allergies:

- Fever.
- Body aches.

### People with environmental allergies might use one or more of the following treatments to help reduce their symptoms:

- **Nose rinses** – Rinsing with salt water cleans the inside of the nose and gets rid of pollen. Different devices can be used to rinse the nose.
- **Steroid nose sprays** – Doctors often recommend these sprays first because they are the best treatment for stuffy nose. Many of these sprays are available without a prescription. Steroid nose sprays work best if you use them every day, and it can take a few days for them to work fully. Steroid nose sprays are more effective than

other allergy medicines for stuffy nose and post-nasal drip. (Post-nasal drip happens when mucus runs down the back of your throat.)

- **Antihistamines** – These medicines help stop itching, sneezing and runny nose symptoms. However, they don't treat stuffy nose as efficiently as steroid nose sprays.
- **Antihistamine eye drops** – These medicines are available without a prescription. They can help with eyes that feel itchy or gritty.
- **Decongestants** – These medicines can reduce stuffy nose symptoms. People with certain health problems, such as high blood pressure, should not take decongestants. People should not use decongestant nose sprays for more than three days in a row, as this can make symptoms worse.
- **Allergy shots** – Some people with environmental allergies choose to get allergy shots. These shots are given every week or month by an allergy doctor. They contain tiny amounts of allergens, such as pollen. Many people find that this treatment reduces their symptoms, but it can take months to be effective.
- **Allergy pills (*under the tongue*)** – For some types of pollen allergies, there are pills that work much like allergy shots. These pills are prescribed by a doctor, made to dissolve under the tongue and taken every day for several months of the year.

Talk with your doctor or nurse about the benefits of different treatment options. They will discuss how often and the best time of day to take certain medications. The right treatment for you will depend on your symptoms and other health problems.

### Lindsay Medical Clinic hours

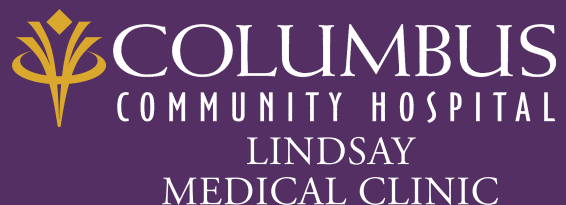
402-428-2000

Monday .....8 a.m.-4:30 p.m. Vilma Rodriguez-Cline, MD  
 Tuesday .....8 a.m.-4:30 p.m. Vilma Rodriguez-Cline, MD  
 Wednesday .....8 a.m.-4:30 p.m. Isabella Hemmer, PA-C  
 Thursday .....8 a.m.-4:30 p.m. Provider hours: 12:30 p.m.-4:30 p.m.  
 Isabella Hemmer, PA-C  
 Friday .....8 a.m.-4:30 p.m. Isabella Hemmer, PA-C

### Humphrey Medical Clinic hours

402-923-0412

Monday .....8 a.m.-3 p.m. Provider hours: 8 a.m.-2 p.m.  
 Isabella Hemmer, PA-C  
 Tuesday .....8 a.m.-noon No provider on-site  
 Wednesday .....8 a.m.-noon Michelle Sell, MD, & Kip Anderson, MD:  
 alternating every Wednesday  
 Thursday .....8 a.m.-1 p.m. Provider hours: 8 a.m.-noon  
 Isabella Hemmer, PA-C  
 Friday .....8 a.m.-noon No provider on-site



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columbushosp.org

**Call us for an appointment today!**

**402-428-2000**