



CLINIC CORNER

NEWSLETTER

Summer 2023

Summer reminders

At Lindsay Medical Clinic, we are here to serve you! Please call us before you come in. This allows us to complete paperwork and verify your insurance. It also gives us time to see you with no extra waiting. Even though we are not classified as an urgent care facility, we typically have same-day appointments to accommodate your needs.

With summer coming to a close and school starting soon, we want to remind parents that we offer sports physicals for those participating in sports during the school year. These start at \$30. Insurance is not accepted for sports physicals — we accept cash, check or card only. Please call us to get your child on the schedule. This \$30 offer expires on Sept. 4.

Back to school means many things — new backpacks, new subjects to learn and new germs. Frequent illness is a common part of childhood. It's perfectly normal for your child to come down with respiratory or stomach bugs six to eight times yearly. The most important thing you can do to help limit your child's exposure to germs is to teach them how to wash their hands properly. Handwashing or using hand sanitizer is particularly important after using the restroom. It may also be helpful to teach your child to sneeze and cough into their elbow instead of their hands, which are more likely to spread germs. To help limit the spread of illnesses such as influenza and COVID-19, ensure all eligible family members are vaccinated against these illnesses. The peak season for flu is October through February, so getting those vaccines in September or October is recommended. We have flu shots available in the clinic. Call for same-day appointments!

Good luck to all the area sports teams this year — especially the Bulldogs. We look forward to caring for you and your children this year.

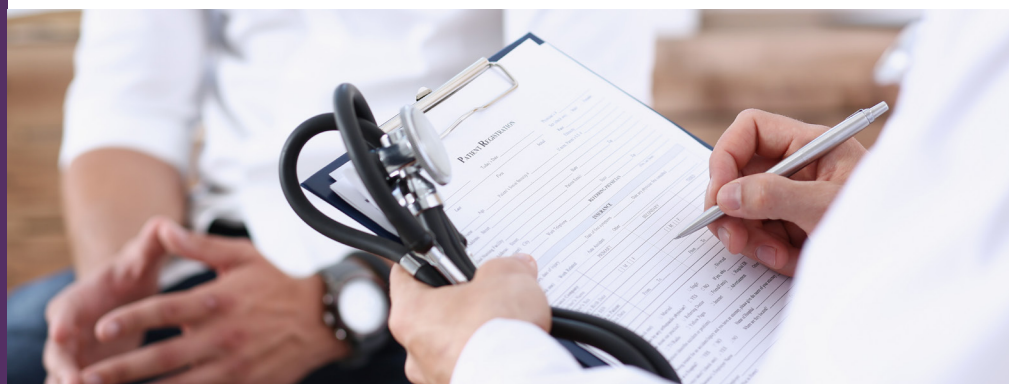
Importance of preventive health

Preventive health care is what you do before you get sick to stay healthy. So why should you go to the doctor when you are healthy? The simple answer is that preventive care can help you stay healthier and, as a result, lower your health care costs. What is considered preventive care? Examples include:

- Your annual checkup: In addition to a physical exam, your yearly checkup can also include important general health screenings for high blood pressure, cholesterol and other conditions.
- Cancer screenings: Most people do not experience cancer symptoms when diseases are in their earliest, most treatable stages. That is why screenings are recommended at certain times and intervals throughout your life. For example, it is recommended that both men and women begin colorectal cancer screenings at age 45.
- Pap tests and mammograms.
- Prostate-specific antigen (PSA) tests to screen for prostate cancer might be recommended for men.
- Childhood immunizations: Immunizations for children include hepatitis A and B, chickenpox, measles and MMR (mumps and rubella).
- Adult immunizations include Tdap (tetanus, diphtheria and pertussis) boosters and immunizations against pneumococcal conjugate and shingles.
- Your yearly flu shot: Flu shots can help reduce your risk of getting the flu by up to 60%. And if you do happen to get the flu, having the flu vaccine can significantly reduce the chances of serious flu symptoms that could lead to hospitalization.

A ton of preventive care services are included in what you already pay for your health insurance. The law requires most health plans to cover eligible preventive services at 100%. We would love to see you for these preventive services.

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Watch out for lice

From our provider – Vilma Rodriguez-Cline, MD

Head lice are found on the scalp. They are easiest to see at the nape of the neck and over the ears. They spread from person to person through close contact and when you share belongings such as hairbrushes.

Unless treated properly, lice can become a recurring problem. Common signs and symptoms include:

- Intense itching on the scalp.
- A tickling feeling from movement of hair.
- The presence of lice on your scalp, body or clothing. Adult lice may be about the size of a sesame seed or slightly larger.
- Lice eggs (nits) on hair shafts. Nits may be difficult to see because they are very tiny. They can be mistaken for dandruff, but unlike dandruff, they cannot be easily brushed out of hair.
- Sores on the scalp, neck and shoulders. Scratching can lead to small red bumps that can sometimes become infected with bacteria.

Treat lice with over-the-counter lice treatment, which includes Permethrin 1% shampoo. Do not share any grooming products. See your health care provider if you do not see a resolution of lice infestation.

UPCOMING WALK WITH A DOC:

Tuesday, July 11

Vilma Rodriguez-Cline, MD
Noon-1 p.m.
Lindsay Medical Clinic
“How Stress Can Affect Your Health”

Wednesday, Aug. 2

Michelle Sell, MD
Noon-1 p.m.
Humphrey Medical Clinic
“Cancer: How to Protect Yourself”



Importance of preventive health


(continued)

From our provider – Bella Hemmer, PA-C

Preventive wellness physicals are not only for children and older people, but also for healthy young adults. After your initial physical with us, I generally recommend health maintenance visits every 1-3 years for adult patients 49 years and younger without chronic conditions or new symptoms, and annually for adults 50 or older.

Quality health care for individuals includes two important things – the right treatment for current illness and the right preventive care plan to attempt to slow or prevent declining health. The goal is to improve the individual's overall health.

Based on your age, sex and other risk factors, we use the current screening recommendations from the U.S. Preventive Services Task Force (USPSTF) website. Please call the clinic to establish yourself as my patient at Lindsay Medical Clinic. I would love to care for your overall health and well-being.

 **COLUMBUS**
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Call us for an appointment today!

402-428-2000