



CLINIC CORNER

NEWSLETTER

Summer 2024

When is your child too sick to go to school?



Talk to your child's doctor or health care provider if you are unsure whether they should stay home from school.

As a general rule, your child should not go to school if they have:

- A fever over 100.4 F – Your child can return to school after they've been fever-free for 24 hours without fever-reducing medications such as Tylenol and ibuprofen.
- Signs they are weak and tired – This is common with the flu.
- Diarrhea – This includes having loose poop (stool) that isn't caused by a change in diet.
- Throwing up (vomiting) – This is a concern if it happens more than two times in a 24-hour period.
- Coughing that disrupts normal activity.
- Wheezing or get short of breath.
- Pain from earache, headache, sore throat, or recent injury.
- Yellow or green drainage from the eye(s).
- A new rash – Not all rashes mean your child must stay home from school. Check with their doctor or health care provider.
- Any contagious illness – a contagious illness is one that can be spread by close contact with a person or object. Your child must stay home from school if they have a contagious illness. They may be contagious before showing any signs of illness.
 - Some contagious diseases include:
 1. COVID-19
 2. Chickenpox
 3. The stomach flu
 4. Pinkeye (conjunctivitis)
 5. Strep throat

Time for checkups and vaccinations

We are here to serve you! For smooth appointment scheduling, we would greatly appreciate a phone call before you come in. This allows us to get paperwork completed and insurance verified, and to make sure we have time available to see you so there is no extra waiting. Even though we are not classified as an urgent care facility, we typically have same-day appointments available to accommodate your needs.

Fall is the perfect time to get your family members in for their flu shots. The peak season for flu is October-February, so experts recommend you get those vaccines starting in September. We have flu shots available in the clinic – call for same-day appointments! We also are able to get the RSV vaccine in the clinic. This vaccine will be available for those 60 years and older who are at increased risk for severe symptoms or complications of RSV. Please call us or stop by to discuss the RSV vaccine and see if it's right for you.

With summer coming to a close and school starting soon, we want to remind parents that we offer sports physicals starting at \$30 for those participating in sports during the school year. 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. 2.

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.

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





Skin cancer screening

What is a skin cancer screening?

Cancer screening involves checking for signs of cancer before you have any symptoms. A skin cancer screening includes looking at all of your skin to check for signs of skin cancer. Signs of skin cancer can be seen with just your eyes.

Skin cancer is very common, and screening can help find it when it's easier to treat. Your health care provider can do a skin cancer screening, and you can also check your skin yourself. To do a skin cancer screening, you or your provider check your skin for moles, birthmarks or other areas that have an unusual color, size, shape or texture. If an area of skin doesn't look normal, you may need tests to find out if it's cancer.

The most common types of skin cancer are basal cell and squamous cell cancers. These cancers rarely spread to other parts of the body, and treatment usually cures them.

Melanoma is a less common type of skin cancer, but it's more serious. That's because it's more likely to spread to nearby tissues and other parts of your body. It can be harder to cure and may be fatal. Melanoma is easier to cure if it's found when growing only in the top layer of skin. And it's less likely to be fatal when treated early.

Why do I need a skin cancer screening?

Some medical experts recommend checking your own skin regularly starting at age 18. That's because skin cancer is very common, and people of all skin colors can get it.

A skin cancer screening with your provider or a dermatologist (a doctor who specializes in skin disorders) may be important if you:

- Find a suspicious area of skin during a self-exam.
- Have had skin cancer in the past. In this case, it's usually recommended to have a regular yearly skin cancer screening with your provider or a dermatologist.
- Have a higher-than-normal risk for getting skin cancer:
 - Your risk for **all types of skin cancer** is higher if you have:
 - Had frequent exposure to natural sunlight or artificial sunlight, such as tanning beds.
 - Pale skin that burns and freckles easily.
 - Skin that tans a little or not at all.
 - Blond or red hair.
 - Light-colored eyes, including blue or green.
 - Your risk for **basal cell or squamous cell cancer** is higher if you have had:
 - Actinic keratosis, patches of thick, scaly skin.
 - Radiation therapy for cancer.
 - A weakened immune system.
 - Exposure to arsenic.
 - Your risk for **melanoma** is higher if you:
 - Had many blistering sunburns, especially as a child or teenager.
 - Have a personal and/or family health history of melanoma.
 - Have a family health history of unusual moles, such as Gorlin syndrome or xeroderma pigmentosum.
 - Have several large or many small moles.

Ask your provider how often to perform a self-exam, and whether you need to have regular skin cancer screenings from a provider, too.

What happens during a skin cancer screening?

During a **self-exam** to screen for skin cancer, you'll check your skin to look for:

- Changes in the size, shape or color of an existing mole or spot.
- Moles or other skin spots that ooze, bleed or become scaly or crusty.
- Moles that are painful to the touch.
- Sores that haven't healed within two weeks.
- Shiny pink, red, pearly white or translucent bumps.
- The "ABCDE's" of melanoma, which stands for:
 - **Asymmetry:** Does the mole or spot have an irregular shape with two parts that look very different?
 - **Border:** Is the border of the mole ragged or irregular?
 - **Color:** Is the color uneven?
 - **Diameter:** Is the mole or spot bigger than the size of a pea or a pencil eraser?
 - **Evolving:** Has the mole or spot changed during the past few weeks or months?

Reference: medlineplus.gov/lab-tests/skin-cancer-screening/

Lindsay Medical Clinic hours

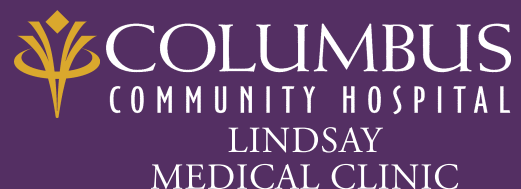
402-428-2000

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.-2 p.m. Michelle Sell, MD, & Kip Anderson, MD:
alternating every Wednesday
Thursday 8 a.m.-3 p.m. Provider hours: 8 a.m.-noon
Isabella Hemmer, PA-C
Friday Closed



110 Pine St. • Lindsay, NE 68644 • columbushosp.org

Call us for an appointment today!

402-428-2000