

FMC Newsletter

First Quarter 2009

Inside this issue:

Fibromyalgia	2
FMC & FCP Announce New Hours	2
National Cervical Cancer Awareness	3
CHANGE, Inc. Offers Four New Programs in 2009	4

Upcoming Events:

Freedom From Smoking

Tuesdays from
5:30 PM –7:30 PM
Starting January 6, 2009
CHANGE, Inc. Third Floor

St. Paddy's Fest

March 13, 2009
6:00–11:00 PM
Mountaineer Casino,
Racetrack and Resort

**PLEASE REMEMBER TO
BRING UPDATED
INSURANCE
INFORMATION TO YOUR
NEXT APPOINTMENT**

Rizvi Joins Family Medical Care



In January 2009, CHANGE, Inc. will welcome Hil Rizvi, MD, MS to Family Medical Care Community Health Center.

Dr. Rizvi is relocating from Frostburg, Maryland with his wife and two children.

Dr. Rizvi attended the Boonshoft School of Medicine at Wright State University, and did his residency in Internal Medicine at Allegheny General Hospital in Pittsburgh, Pennsylvania and St. Elizabeth Hospital in Youngstown, Ohio.

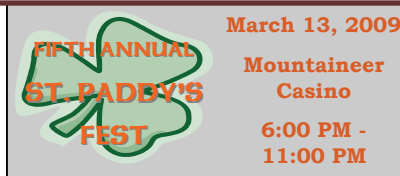
Licensed by the National Board of

Medical Examiners in West Virginia, Pennsylvania, and Ohio, Dr. Rizvi has devoted the past twelve years to emergency medicine and trauma, including Public-Indian Health Service in South Dakota, and will bring years of experience to Family Medical Care.

CHANGE, Inc. to hold Annual Fundraiser

CHANGE, Inc. would like to thank everyone who has supported our Annual Fundraiser throughout the past years, and helped us make this event so exciting, lasting and successful.

With the recent turns in the economy, the funds raised through our agency's annual fundraiser, St. Paddy's Fest, have become even more important, so we ask everyone to join us in making this year are most successful yet.



CHANGE, Inc.'s Fifth Annual St. Paddy's Fest will be held on Friday, March 13, 2009 from 6:00-11:00 pm at Mountaineer Casino, Racetrack and Resort.

The night will include a large dinner and dessert buffet, entertainment by the MacDonal Pipe Band and Legend, and

great prizes.

Sponsorships and tickets, which include your meal, beer, and entertainment, remain \$30.00, and will officially go on sale Friday, January 2nd, 2009. Tickets can be obtained at the front desk, or by mailing a check to CHANGE, Inc.'s main office. Sponsorship information is also available from CHANGE, Inc.

Fibromyalgia

By Kelli L. Fournier M.D.

I thought I'd write this month about a condition that is increasingly more common, but yet little is known as to the cause. Fibromyalgia is a chronic pain condition where muscles and soft tissues/joints hurt most days. There is no known single cause, but what we do know is that a chronic lack of nourishing sleep seems to be involved. Many times it seems to start after illnesses, like a virus.

Fibromyalgia affects 3-6 million people, and most of them are women. Its incidence also increases with age. People typically have associated fatigue, but can have a myriad of other coexisting findings, like irritable bowels and depression.

There is no test for Fibromyalgia, it's more a diagnosis of exclusion where pain lasts for over 3 months and there are at least 11 of 18 tender points over the body without other explanation of the

pain.

While there is no "cure" most patients can manage their pain with regular sleep, at least eight hours a night, exercise, and over the counter pain relievers. Anti-depressant medications have been helpful in many patients, possibly because there is a neurotransmitter imbalance in these patients. There are two drugs approved on the market that have been shown to help with fibromyalgia pain, Lyrica and Cymbalta.

There really is nothing one can do to prevent it, with the possible exception of ensuring good sleep habits. There is no hereditary factors associated at this point either, although anecdotally we see this at times. Most patients are encouraged to first see their family doctor if they have symptoms of chronic pain to be evaluated. In some instances we refer to Rheumatologists, specialist of bone and muscle diseases, to

help establish the diagnosis.

In general it is not recommended to be on long term narcotic medication for fibromyalgia. Once we can establish a good sleep and exercise routine most people can manage their daily pain and have less flare ups.

Sadly for years many patients were told that this was not a true disorder and given psychiatric labels when it is well established that this is a true medical disorder. Hopefully in the future a cause and cure will be found. In the meantime if you have a loved one with this condition it is imperative to be supportive and positive, and acknowledge their pain as real, despite fact that x-rays look completely normal.

For more information regarding Fibromyalgia, visit the National Fibromyalgia Association website at www.fmaware.org.

FMC and Family Care Pharmacy Announce New Hours

To meet the growing patient base and need for quality health care in the Ohio Valley, and in response to suggestions provided by patients on the annual satisfaction survey, CHANGE, Inc.'s Board of Directors has voted to extend Family Medical Care and Family Care Pharmacy's hours of

operation starting in the new year.

The new hours will allow patients to see a provider or pick up their medications after work, and allow for more patients to be seen each day, thereby decreasing the wait time for appointments.

NEW HOURS

Family Medical Care
Monday-Friday 8:00 AM-6:00 PM

Family Care Pharmacy
Monday-Friday 8:30 AM-6:30 PM

Billing Office
Monday-Friday 9:00 AM-5:00 PM

National Cervical Cancer Awareness Month



How Can I Prevent Cervical Cancer?

Cervical cancer is one of the most preventable types of cancer. Here is why:

- You can mostly control the risk factors.
- The Pap test is a highly effective screening test.
- There's an approved vaccine to prevent some of the most common types of the human papillomavirus (HPV).
- A test for HPV provides an added tool to screen for early signs of infection when treatment options are most effective.

To protect yourself, learn about the risk factors, then take action to avoid the ones you can. Make sure you regularly see your doctor for a Pap test and pelvic exam. Since the 1940's, the Pap test has reduced cervical cancer rates in the US by more than 70%, and is the single most effective cancer screen in the history of medicine.

While you're at your doctor's office, ask about the HPV vaccine and test. Remember, however, even if you receive the vaccine, you still need to receive routine Pap tests. At this time, the vaccine only protects against 70-80% of the potential cervical cancer cases.

How do I know if I have cervical cancer?

In early stages, cervical cancer usually has no signs/symptoms. Symptoms usually do not show up until the cancer becomes invasive and grows into nearby tissue. The most common symptoms at this stage are:

- Unusual discharge
- Blood spots or light bleeding when not having your period
- Bleeding after menopause
- Bleeding or pain during sex

Additional symptoms may include:

- Anemia because of abnormal vaginal bleeding.
- Ongoing pelvic, leg, or back pain.
- Urinary problems because of blockage of a kidney or ureter.
- Bleeding from the rectum or bladder.
- Weight loss.

If you have any of these symptoms, speak to your provider right away. Don't ignore symptoms. Ignoring the symptoms can give the cancer time to grow into a more advanced stage and lower your chance for effective treatment.

How do I know if I have HPV?

Most women and men do not know if they are infected with

HPV, because there are usually no symptoms. Anyone who has ever had genital contact with another person, not just sexual intercourse, can get HPV, and pass it on to their partners without even realizing it. The only way to know if you have an HPV infection is to directly test for the virus. The test can be performed at the same time as a Pap test, but is usually not recommended for women under 30.

How Does Your Doctor Know You Have Cervical Cancer?

Many women don't have symptoms of cervical cancer. Sometimes your doctor may first see signs of cancer during a pelvic exam or a Pap test. The Pap test is simple, fast, relatively painless, and can be done in your provider's office.

FMC uses the newer liquid-based pap test in which the doctor mixes a special liquid with the cells. This helps to preserve the cells for testing so that they can be seen and checked in the lab. Studies show that the newer test is more successful in finding precancerous cells.

REMEMBER TO ASK IF YOU ARE ELIGIBLE FOR FREE SCREENINGS THROUGH THE BREAST & CERVICAL CANCER SCREENING PROGRAM.

CHANGE, Inc. Offers Four New Programs in 2009

CHANGE, Inc. will introduce four new programs in 2009 aimed at helping families maintain self-sufficiency.

MEDIA PROGRAM

The Mario T. Pipinos Neighborhood Center, in conjunction with the Weirton Christian Center, will house the Media Program, a youth program aimed at educating youth aged 15-18 on design media basics they can use to further their education or obtain employment in the growing design media field.

AFTER SCHOOL MEAL PROGRAM

The After School Meal Program provides free, hot, nutritious meals to children under the age of 18 during the school year, at after-school sites that provide educational, life-skill and homework assistance activities.

MICRO-LOAN PROGRAM

The Micro-Loan Program provides business loans to assist individuals with new business start-ups, supplemental financing for expansions

and/or equipment, and repeat borrowers in good standing.

CASE MANAGEMENT PROGRAM

The Case Management Program provides intensive assistance to customers by addressing key issues and providing supportive services to overcome barriers to self-sufficiency.

Case Managers provide one-on-one assistance to customers to create short and long term goals to address their barriers to self-sufficiency, and assist in providing services to help overcome identified barriers.

Family Medical Care Community Health Center



3136 West Street
Weirton, WV 26062
Phone: 304-748-2828
Billing: 304-797-1210
Fax: 304-797-0002
Pharmacy: 304-748-4200

"Family Medical Care is committed to providing primary medical healthcare, and receiving all individuals with dignity and respect within a caring environment."

We're on the web!
www.familymc.org

Family Medical Care Community Health Center prides itself on being a comprehensive health care facility with staff committed to providing the best possible care with the utmost respect and compassion for each of its patients.

Although our founding principals focus on meeting the tremendous demand for medical care among the uninsured and low-income of the Tri-State Area, our services are available to the entire community, regardless of age, income level, insurance status or residence.

Family Medical Care Community Health Center is made possible in part through funding from the West Virginia Bureau of Public Health Primary Care Division, Community Service Block Grant, Private Foundations, and is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources, and the Health Resources and Service Administration. This program is financed with Federal dollars, (18% or 576,308 from HRSA), a grant from WVDHHR (6% or \$173,200), and nongovernmental sources (76% or \$2,419,700).