



Volume 4, Issue 3

FMC Newsletter

Third Quarter 2009

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WELCOME WOMEN'S HEALTH!!

Family Medical Care expanded its services to include Women's Health on July 1, 2009. Dr. Manuel Ballas, Dr. Kara O'Karma, have joined the Medical staff of Family Medical Care and in August, Dr. Cynthia Gray will join also. The new Family Medical Care women's Health Center will maintain operations at the Medical Office Building next to Weirton Medical Center. The practice is going to be relocating to Suite 401 as soon as renovations are completed. In addition to the Doctors, we have added additional staffing of 12 personnel to be working out of this office also. Women's Health patient will also have access to the Family Care Pharmacy and the discounts they provide to patient of the Community Health Center. Women's Health is offering a 3-D/4-D Ultrasound to N expectant mothers, with a free DVD of the baby. The transition is in the works and we are now anxiously awaiting the opening of the completed suite. We are pleased to welcome these Doctors and staff to the FAMILY.

Upcoming Events:

July 21st

Every Tuesday

at 4:30pm

Free Smoking

Cessation Class

August 3-August 24

Every Monday

At 4:30pm

Free Managing Your

Diabetes Class

August 9-15

National Health Center
Week

COMMUNITY HEALTH FAIR

April 16, 2009...Change, Inc and Hancock County Savings Bank held the 2nd Annual Community Health Fair in Chester, WV. There was 56 visitors to the Health Fair, which was an increase from last year. It was fun and informative. We had a total of 12 vendors represented, sharing information and doing screenings. Door prizes were given out. It was a success! Thank you goes out to Joan Dayoub for her wonderful planning and to all the other volunteers from CHANGE, Inc. and Family Medical Care. Looking forward to next year!

HEALTH EDUCATION

On April 30, 2009, Joan Dayoub Family Medical Care Health Educator, began classes on Self Management. The classes were teaching the participants how to live with Chronic Health conditions. It was a six week course that taught about exercise, healthy eating, and learning to focus on the good not the bad of the conditions you may be dealing with. It provided a lot of information for those persons who attended.

Joan will be offering two more classes, which are listed in the calendar to the left. If you would be interested in any of these classes, please give her a call and she would be happy to discuss further with you.



PLEASE REMEMBER TO
BRING UPDATED
INSURANCE
INFORMATION TO YOUR
NEXT APPOINTMENT

Keep an eye out for future events.

You help make Family Medical Care events a success!

COMMUNITY HEALTH CENTER

PNEUMONIA

by Kelli Fournier M.D.

Pneumonia is an inflammatory condition of lung tissue. Most think of cause as infectious, and most cases are, but other things like chemicals can cause this to occur. Pneumonia is still a serious world-wide illness especially in the acute, new onset, setting. Infants and elderly are highest risk for developing and having complications from, including death.

There have been many studies looking at what symptoms are most likely to predict whether one has pneumonia as opposed to a more minor respiratory infection. Most agree that this criteria is a great predictor .

1. Temperature greater than 100 degrees
2. Pulse (heart) rate greater than 100 beats per minute
3. Hearing crackles on lung exam
4. Decreased breath sounds
5. Absence of asthma or condition that could mimic above symptoms

If a person has all of above has about 90% chance that it's pneumonia. There certainly are other symptoms. Cough, shortness of breath, chest pain, sputum production are also usually involved symptoms.

If it's unclear as to diagnosis a chest x-ray is typically obtained. It will show a provider a picture of what's going on inside the lung tissue. It can be helpful to point out if there's fluid in lung-effusion, or abscess-pus pocket, that could need drained.

Treatment depends on what is felt as causative agent. Bacterial pneumonia, most commonly in adults caused by streptococcal pneumonia, is treated with antibiotic therapy. But virus, parasite and fungal pneumonias do occur and are treated separately. If oxygen saturation level is low, patients typically have to be hospitalized during initial treatment phase to provide oxygen supportive therapy.

Prevention is possible. Because non-smoker have much lower rates of pneumonia quitting smoking has a great impact on preventing pneumonia. Vaccination is also available. As I stated above Streptococcal pneumonia is most common cause of pneumonia we offer vaccination for people in high risk categories, like elderly (over age 65), anyone with chronic pulmonary diseases like emphysema and asthma, newborns, immune-compromised patient who are less likely to fight off infections, including diabetics, cancer patients, or anyone deemed high risk.

Most patients with acute bacterial pneumonia will recover in 2-4 weeks with antibiotic therapy. If you feel you're in a high risk category and not sure if you need vaccinated please talk with us so we can assess you. Remember an ounce of prevention is worth a pound of cure.

Family Medical Care
Community Health Center
3136 West Street
Weirton, WV 26062
Phone: (304) 748-2828
Fax: (304) 797-0002

Monday	7am - 6 pm
Tuesday	7 am - 6 pm
Wednesday	7 am - 6 pm
Thursday	7 am - 6 pm
Friday	7 am - 6 pm

WOMEN'S HEALTH CENTER

Family Medical Care Women's Health Center serves women of all ages, and is one of the area's premier locations for women's health care. The care is provided in a center of medical excellence with a personal and feminine approach and atmosphere. The medical staff consists of physicians with a broad range of experience and specialty interests.

Family Medical Care Women's Health provides a variety of services and programs for its patients, both on site and through partnerships with area providers, including:

- Urogynecology
- 3-D & 4-D Ultrasounds
- DEXA Scan Bone Density Testing
- Adolescent Menstrual Disorders
- Breast & Cervical Cancer Screening Program
- Care of young Girls & Adolescents
- Cancer Screenings
- Child Care
- Colposcopy
- Complete Breast Care
- Contraceptive Counseling
- Endocrine Disorders
- Endometriosis
- Family Care Pharmacy
- Family Planning
- Gynecology
- HIV Testing
- Hospitalization Follow-up
- Health Education
- Infertility
- Social Service Referrals
- Surgical Therapy
- Laser surgery
- Thermal Ablation
- Conservative Surgery
- Advanced Laparoscopy
- Sterilization Procedures
- Menopause
- Hormonal Therapy
- Alternative Therapy
- Prolapse
- Ultrasounds
- Urinary Incontinence
- Family Care Pharmacy
- Transportation
- Diagnostic Laboratory
- Minor Outpatient Surgery
- Outreach
- Prenatal Care and Childbirth
- Right From The Start Program

Family Medical Care
 Women's Health Center
 651 Colliers Way, Suite 401
 Weirton, WV 26062
 Phone: (304) 723-2192
 Fax: (304) 723-2195

Monday 8 am - 4 pm
Tuesday 8 am - 4 pm
Wednesday 8 am - 4 pm
Thursday 8 am - 4 pm
Friday 8 am - 4 pm

Family Care Pharmacy

Family Care Pharmacy

Monday-Friday

8:30 AM-6:30 PM

(304) 748-4200

Congratulations!!

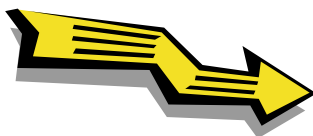
Kay Fisher is now a Pharmacy Technician. She traveled to Morgantown, WV to take her exam and passed. Stop by the Pharmacy and congratulate her.



STRESS AND YOU?

by Marcy Crago, Family Medical Care Social Worker

Stress has become a part of the American household. Stress seems almost embedded in the family name for some Americans. With the economy on the rocks and more family's moving away to more profitable jobs, it seems the American Family is in crisis. Google reports 28,400 references for the term "stress Management." Physician and hospital visits are also on the rise for symptoms related to stress. What is the definition of this "Stress?" According to the Merriam- Webster Dictionary (2004), Stress is defined as "pressure or strain; a force that tends to distort the body." There are actually two types of stress: Eustress and Distress. We all know about Distress-"suffering of mind and body." What about Eustress? This can be likened to positive stress: Weddings, Graduations, and other momentous occasions. Both actually can produce the same effect on the body. Stress, in its infancy, so to speak was programmed into the body to allow us to react in a life threatening situation. The body's way of preparing for Trauma. The brain dumps chemical into the blood stream, causing an increase in lipids and adrenaline hormones- especially cortisol-so that the body can get the energy that it needs to sustain itself. For example, if you were in an automobile accident and you broke your leg, you may go into shock and the brain would re-route the blood flow to the damaged limb, thus temporarily shutting down the digestive systems, raising blood pressure, shutting down the immune system, and adjusting respirations, etc. Also, the brain acts quickly to suppress the front of the brain in areas that are known for short-term memory, concentration, inhibition and rational thought, while stamping the emotionally laden event into long-term memory. So, as you can see the stress response is meant to be short-term, not what seems now to be a chronic part of our lives. What does stress do to the human body over time? How can you know when the mundane everyday stressors have boiled over into an epidemiological problem? What often results are constant head-aches, belly-aches, gastro-intestinal problems, body aches (maybe resulting from constant tension); sleep problems-problems falling asleep due to over-whelming racing thoughts, to-do lists undone, finances, etc., or waking in the night with the same sort of thoughts. Oh, but this is only the beginning, next comes system break-downs like heart attacks, more serious gastro-intestinal issues and some even believe that there is a link between cancer and stress. We definitely know that people heal faster with less stress in their lives. So, what is the answer? There are millions of self-help books, quizzes and antidotes out there. They range from natural medicine to unknown limits. Sometimes, the answer can be simple. If you had only one day, 24 hours to live, what would you list as the top 5 priorities in your life. This can be the first step. Clear the cob-webs away and get focused. Over-commitment and Type A personalities are at the top of those destined toward an early grave. Where are you on the list of priorities? You should be in the top few, or, have you fallen off of the bottom? Perhaps if you took better care of yourself, of your own skin, the rest might seem to flow better. Maybe we should model ourselves after children. They never take life too seriously, they make time for play, and they eat well and sleep like the angels. Every day is a new adventure. When is the last time you played with Bubbles?



"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 prides itself on being comprehensive health care facilities 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 is made possible in part through funding from the West Virginia Bureau of Public Health Primary Care Division, Community Service Block Grant, Private Foundations, ARRA Funding 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 non-governmental sources (76% or \$2,419,700).