



**FAMILY
MEDICAL
CARE**

Community Health Center

Volume 3, Issue 2

FMC Newsletter

Second Quarter 2008

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Health Fair Planned For Chester

CHANGE, Inc. has partnered with Hancock County Savings Bank to sponsor a Community Health Fair in Chester, WV. The Health Fair will take place on Thursday, April 24, 2008 from 9:00 AM to 1:00 PM at the Chester VFW Post 6450 located at 417 Carolina Avenue.

including blood pressure checks, Tdap vaccines, diabetic foot checks, blood glucose testing, pulse oximetry, spinal screenings, and health, service and elder education. Blood Screenings will also be available for just \$25.00 (cash only). The screenings require a 12 hour fast and will include tests such as hematocrit and hemoglobin, PSA (prostate), TSH (thyroid), cholesterol, and triglycerides.

Giveaways and door prizes will be given out throughout the day, as well as important information from over a dozen health and service organizations that serve Hancock County and the surrounding areas.

For more information about the upcoming health fair, please call Family Medical Care's Health Educator Joan Dayoub at 304-797-7733.

The Health Fair is free and open to the public, and will provide a number of health screenings and valuable information,

Upcoming Events:

Community Health Fair
April 24, 2008
9:00-1:00 PM

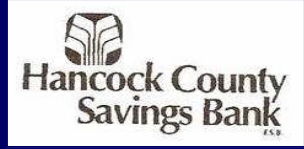
Adolescent Female Health -Trinity Women's Health Dinner Series
June 2, 2008
6:00 - 8:00 PM
Call 740.283.7241
for information

Community Health Fair

**APRIL 24, 2008
9:00 - 1:00 PM**

**CHESTER VFW
417 Carolina Ave.**

Sponsored By:



- ◆ Blood Screenings (\$25 cash) (12 Hour Fast Required)
- ◆ Blood Pressure Checks
- ◆ Tdap Vaccine
- ◆ Diabetic Foot Checks
- ◆ Blood Glucose Testing
- ◆ Spinal Screenings
- ◆ Pulse Oximetry
- ◆ Elder Education
- ◆ Information on a number of health topics and programs

PLEASE REMEMBER TO BRING UPDATED INSURANCE INFORMATION TO YOUR NEXT APPOINTMENT

Common Foot Problems

By Kelli L. Fournier M.D.

While I'm certainly no podiatrist, and looking at feet aren't the best part of my job, I frequently see patients with complaints regarding pain or growths on the feet. I think we'd all agree if our feet hurt, it's going to be a bad day because it's hard to ignore when we're standing on them all of the time. I'd like to review some of the common medical conditions of the feet and some measures to prevent and treat them.

Many painful conditions of the feet occur from poor-fitting and too high-heeled shoes. A bunion is a painful bony outgrowth at the base of the big toe. It takes surgery to correct, but wider shoes to accommodate the protruding bone is also acceptable. Corns and calluses on the side and bottoms of mid-feet occur as well with improper fitting shoes rubbing against the skin. Treatment is to soften the roughened skin with lotions, and gently exfoliate the area. Padding the feet and or shoes to prevent rubbing is also necessary.

Ingrown nails occur from too tight of shoes or improper nail clipping.



Common Foot Problems

- Bunions
- Corns & Calluses
- Ingrown Nails
- Plantar Warts
- Plantar Fasciitis

What occurs is the nail edge curls down and skin grows over causing soreness and frequently infection. When mild just warm, soapy water soaks of the toe and placing cotton under nail edge should cure, but more severe cases require partial or complete nail removal in the office. To avoid this trim nails straight across and minimize time in narrow shoes.

Plantar warts occur when a virus causes a growth on the bottom of the foot that looks like a callous. To avoid, wear shoes in public places and bleach your shower regularly. Treatment involves medication with either salicylic acid or liquid nitrogen to destroy the wart. Many of these are available over the counter.

The most common cause of heel pain is plantar fasciitis. It's an inflammatory condition of the tissues at the back of the foot typically caused by too recent

weight gain or increased time on feet. The key to this diagnosis is pain when first standing up out of bed in the morning. Treatment involves calf and foot stretches, rest, anti-inflammatory, heel inserts, medication like ibuprofen, and in severe cases corticosteroid injection. This typically takes a few weeks to months to heal.

We are especially concerned about growth and sores on the feet in people with poor circulation or neurological conditions, like diabetes, where there is reduction in sensation of pain in feet, because non-healing sores can lead to major infections and even amputations. If you fall into this category, be diligent about proper foot care. This involves daily cleaning and thorough drying of feet and between toes, inspection of feet for sores, cuts and calluses, and regular checkups with physician or podiatrist.

I hope this is a helpful overview of some of the most common foot concerns that I deal with in the office. Most are preventable and easily treated. Remember to be good to your feet and they will carry you far.

Hancock County Health Department Announces Immunization Clinic Dates

The Hancock County Health Department has announced it will hold several Immunization Clinics throughout the Spring/Summer months of 2008 at multiple locations in Hancock County.

Ages 2 months—18 years

Health Department Site

Every Wednesday, 9:00-11:00am (August-Sept. 9-11am & 1-3pm)

Ages 2 months to Grade K

Millsop Community Center

April 9, May 14, June 11, July 9
1:00—3:00pm

American Legion, Chester

April 16, May 21, June 18, July 16
1:00-3:00pm

Economic Stimulus Package Payments- What You Need To Know



In May, the United States Department of Treasury will begin sending economic stimulus payments to qualifying households. To receive a payment, taxpayers must have a valid Social Security number, at least \$3,000 of qualifying income and file a 2007 federal tax return. If you meet the three criteria, the IRS will automatically send the payment to your address, without any further action on your part.

The IRS is sending notices in March to everyone who filed a tax return last year and a special package to current recipients of Social Security and veterans' benefits who didn't file a return last year. Millions of retirees, disabled veterans and low-wage workers who usually are exempt

from filing a tax return must do so this year in order to receive a stimulus payment. The IRS will use the information on your 2007 tax return to determine eligibility and calculate the amount of the stimulus payment.

In most cases, payments will range from \$300-\$600 for individuals and \$600-\$1,200 for joint filers (payment amounts begin to phase-out at incomes of \$75,000 or \$150,000 for joint filers). Parents and anyone else eligible for a stimulus payment will also receive an additional \$300 for each qualifying child younger than 17 (subject to income phase-outs).

Qualifying income includes Social Security benefits, certain Railroad Retirement benefits and benefits to disabled veterans or

survivors, and the stimulus payments will not affect your eligibility for federal benefits.

The IRS has created an online calculator (located at www.irs.gov/app/esp/) that will allow you to get a quick estimate of your payment amount.

BEWARE - The IRS has issued a warning regarding scam artists that are calling taxpayers about the Stimulus Payments.

If someone claiming to be from the IRS calls or e-mails you about the payments and asks you for a Social Security, bank account or credit card number, it's a scam. The scammers are trying to get your personal and financial information so they can empty your bank account, run up charges on your credit card and more.

Asthma Awareness Month

Asthma affects approximately 20 million people of all ages and races, but despite being widespread, public awareness of common asthma triggers and ways to manage asthma is limited.

Asthma is a serious lung disease that can cause death, and is the leading cause of long-term illness in children. During asthma attacks, airways narrow, making it difficult to breathe. Symptoms include wheezing, shortness of

breath and coughing.

Asthma may be triggered by allergens and irritants that are common in homes, and the Ohio Valley. Pay attention to the local weather forecast when they announce common allergen counts, and stay indoors during Ozone Action Days.

CLEAR YOUR HOME OF ASTHMA TRIGGERS

- Secondhand Smoke

Asthma can be triggered by the smoke from the burning end of a cigarette, pipe, or cigar, and the smoke breathed out by a smoker.

Choose not to smoke in your home or car to clear triggers.

- Dust Mites

Dust mites are too small to be seen but are found in every home. Dust mites live in mattresses, pillows, carpets, fabric-covered furniture, bedcovers, clothes and

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stuffed toys. Wash items often in hot water, keep toys off beds, cover mattresses and pillows in dust-proof covers.

- **Pets**

Pet's skin flakes, urine and saliva can be asthma triggers. You may need to avoid owning pets, or keep pets out of the bedroom and away from fabric-covered furniture, carpets and stuffed toys.

- **Molds**

Molds grow on damp materials. The key to mold control is moisture control. Wash mold off hard surfaces and dry completely,

replace absorbents materials with mold, fix leaky plumbing, keep drip pans in air conditioners, refrigerators and dehumidifiers clean and dry, use exhaust fans or open windows when showering, cooking or using the dishwasher, vent clothes dryers outside, and maintain low indoor humidity (between 30-50% relative humidity).

- **Pests**

Droppings or body parts of pests such as cockroaches or rodents can be asthma triggers. To avoid them, do not leave food or garbage out, store food in airtight containers, clean all food crumbs or liquids immediately,

use poison baits, boric acid or traps instead of pesticide sprays if possible.

- **House Dust**

House dust may contain asthma triggers. Remove dust often with a damp cloth, and vacuum carpet and fabric-covered furniture to reduce dust build-up. Allergic people should leave the area being vacuumed, or wear a mask when cleaning.

Not all of the asthma triggers listed affect every person with asthma, and additional triggers do exist. See your health care provider for more information.

Family Medical Care Community Health Center



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"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, (28% or 558,333 from HRSA and 1% or 20,250 from CSBG) and State dollars, (6% or 128,197). An additional 65% of the total program costs (or 1,405,471.00 is financed by nongovernmental sources.