

FMC Newsletter

Third Quarter 2008

Inside this issue:

Clavicle Fractures	2
Gingerbread Corner To Close	2
SFSP Off To A Great Start	3
September is Prostate Cancer Awareness Month	3

Upcoming Events:

**National Health
Center Week**
August 10-16, 2008

**Trinity Women's Health
Dinner Series**

September 9, 2008
6:00 PM - 8:00 PM
St. Florian Hall
Call 740-283-7241
for reservations.

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

How To Protect Yourself From Sun Damage

The sun's rays, called ultraviolet A and ultraviolet B rays (UVA and UVB), damage your skin, and can lead to eye damage, early wrinkles, skin cancer, and other skin problems. Being in the sun often, even if you don't burn, can lead to damage.

The Safe-sun guidelines, were developed to help protect your skin and eyes and reduce your risk of skin cancer. They include:

1. Avoid the sun. Sunlight damages your skin, and is at its strongest between 10-4pm. Burns and tans are signs your skin has been damaged. The more damage, the more likely you are to get early wrinkles, skin cancer and other skin problems.

2. Put on Sunscreen. Use a sun screen or



**Safe-Sun
Guidelines**

1. Avoid the Sun.
2. Put on Sunscreen.
3. Wear a hat, protective clothing, and sunglasses.
4. Don't try to get a tan.

block with a sun protection factor (SPF) of at least 15, even on cloudy days. You should put the sun screen on 30 minutes before you go out, use a lot, rub it in well, and put it everywhere the sun's rays may touch you, even on your ears and neck. Men should also put it on any bald areas on their head. Reapply every hour if you're sweating or swimming.

3. Wear a wide-brimmed hat, protective clothing and sunglasses. If you have to be out, cover up. A wide-brimmed

hat (at least 6-inches) will help protect your face, neck and ears from the sun.

Wear sunglasses to protect your eyes from long-term exposure, which can contribute to disorders, such as age-related macular degeneration and cataracts. Make sure your sunglasses block 99-100% of UVA and UVB rays, and don't be deceived by color or cost; the ability to block UV light is not dependent on the darkness of the lens or the price tag.

Wear protective clothing, such as long-sleeved shirts and long pants made of tightly woven fabric. If the clothes fit loosely, you will feel cooler.

4. Don't try to get a tan. Tanning booths use UV rays, and though they may claim

(Continued on Page 4)

Clavicle Fractures



By Kelli L. Fournier
M.D.

Up to 10% of all fractures that occur is the fracture,

break, of the clavicle, colloquially known as the collar bone. It is most common in young men and in general heals well without much medical intervention.

I was thinking about the upcoming sports season and decided this would be an appropriate topic to review because most fractures of the clavicle occur in males while playing football. In football players they are commonly pushed into the ground without the benefit of their hands to catch them and land on this small bone which can unfortunately snap. This is the typical scenario for the fracture, falling forward onto shoulder with arm down at side.

As opposed to falling onto and outstretched arm, this injury is more likely to cause fractures of the ulna and radius, which are the lower arm bones.

You see the clavicle is a thin bone located in front of the shoulder and upper chest. The bone lies quite forward and has very little overlying padding to protect it. The job of the clavicle is to help connect the arm to the central part of our body's skeleton, protect the underlying nerves and assist in motion and stability of the arm.

Most collar bone fractures occur in the middle of the bone. These actually have the highest heal rates without requiring surgery to fix, as opposed to breaks more at the ends of the bone.

When your collar bone is broken you typically feel like just holding the arm close to the

body, often by using your opposite arm to support it. There is typically pain and bruising over the break site. An x-ray confirms the diagnosis. Treatment typically consists of wearing a sling and reduction of physical activity. Six weeks is the average healing time and return to full activities for most people.

Because the body heals the fracture by causing a callous to form between the broken bone pieces as they heal, the patient will be left with a firm lump on their collar bone, but it poses no medical concern or loss of motion, merely a cosmetic lump.

I hope everyone has a safe summer and that we'll be injury free. If you suspect a fracture of clavicle or any bone, remember to seek medical attention for proper diagnosis and treatment.

Gingerbread Corner To Close - Makes Room For FMC

After five years in operation, the Gingerbread Corner will be closing its doors on July 31.

Due in part to the declining economy, the store did not meet the expectations of its original purpose as a fundraising avenue for CHANGE, Inc. After much consideration, the Board of Directors decided to close the doors, and refocus on the

growing need for health care in the Ohio Valley. Inventory, furniture and fixtures will be sold to make room for a brand new medical office.

CHANGE, Inc. is in the process of recruiting a new provider and nurse practitioner to help meet the need of uninsured residents living in the Ohio Valley. The store will be remolded to house

five exam rooms, two offices, and a waiting room for the new provider, and will allow FMC to see a greater number of patients.

CHANGE, Inc. would like to thank the customers of the Gingerbread Corner for your support throughout the years.

Summer Food Service Program Off To A Great Start



Kicking off on June 9, at three locations in Hancock and Brooke Counties, the Summer Food Service Program (SFSP) will again offer free nutritious lunches during the summer months for youth under 18 years of age.

The Summer Food Service

Program opened a new site at the Weirton Christian Center and returned to the Follansbee Park and the Betty Carr Recreation Center in Wellsburg.

The sites will be open from 11:00 to 1:00 pm, June 9 to August 15, 2008, and serve free, nutritional lunches to

youth under age 18.

Last year the sites throughout Hancock and Brooke Counties feed 559 children over 5,650 meals during the three months of summer.

For more information on the Summer Food Service Program, please call 304.797.7733.

September is Prostate Cancer Awareness Month



How common is Prostate Cancer?

Prostate cancer is the most common non-skin cancer in America, affecting 1 in 6 men.

In 2008, more than 186,000 men will be diagnosed with prostate cancer, and more than 28,000 men will die from the disease. One new case occurs every 2.5 minutes and a man dies from prostate cancer every 19 minutes.

How does prostate cancer compare with other cancers?

A non-smoking man is more likely to develop prostate cancer than he is to develop colon, bladder, melanoma, lymphoma and kidney cancers combined. In fact, a man is 35% more likely to be diagnosed with prostate cancer than a woman is to be diagnosed with breast

cancer.

Who Is at Risk?

The chance of getting prostate cancer goes up as a man gets older. Although only 1 in 10,000 under age 40 will be diagnosed, the rate shoots up to 1 in 39 for ages 40 to 59, and 1 in 14 for ages 60 to 69. More than 65% of all prostate cancers are diagnosed in men over 65.

For reasons that are still unknown, African American men are 56% more likely than white men to develop prostate cancer and nearly 2.5 times as likely one to die from it.

Having one or more close relatives with prostate cancer also increases a man's risk of developing this disease, as does eating a diet high in animal fat.

The Best Defense: Early Detection

Prostate cancer can usually be found in its early stages by having a prostate-specific antigen (PSA) blood test and a digital rectal exam (DRE). Talk to your doctor about what's right for you.

Your doctor should offer you the PSA blood test and DRE every year starting when you are 50. Talk about the benefits and limitations of testing with your doctor so that you can make an informed decision about testing. If you are at high risk for prostate cancer (if you are African American or have a father or brother who had prostate cancer at a young age), you should begin having these tests at age 45.

Talk to your doctor about testing and your risk for prostate cancer.

(Continued from page 1)

they use "harmless" rays, both UVA and UVB rays cause skin damage. While UVA rays take longer to damage the skin, they go deeper in the skin than UVB rays.

5. Use the ABCDE Rule to look for signs of skin cancer.

When you look at moles on your skin, look for the following:

A for asymmetry: A mole that, when divided, does not look the same on both sides.

B for border: A mole with edges that are blurry or jagged.

C for color: Changes in the color of a mole, including darkening, spread of color, loss of color, or the appearance of multiple colors such as blue, red, white, pink, purple or gray.

D for diameter: A mole larger than 1/4 inch in diameter (about the size of a pencil eraser)

E for elevation: A mole that is raised above the skin and has a rough surface.

If you notice a mole that has changed, or if you have a new mole that doesn't look like your other moles, visit your doctor. Skin cancer can be treated successfully if it's treated early.

Family Medical Care Community Health Center



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Weirton, WV 26062
Phone: 304-748-2828
Billing: 304-797-1210
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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, (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.