

HEALTH *Connections*

— YOUR HEALTH, YOUR LIFE —

**UNHAPPY TRAILS?
ASK A PODIATRIST**

**PREPARE FOR
EMERGENCIES —
STOCK YOUR
FIRST-AID KIT**

 **RED BUD**
REGIONAL HOSPITAL

**THE GREAT
OUTDOORS:
A Safer Escape**

3 TIPS to Survive Seasonal Allergies

Changes in the seasons may leave you sneezing, itchy and congested. Keep your seasonal allergies under control and enjoy the outdoors again with these tips:



Dress for success.

Wear a hat and sunglasses when venturing outside. This keeps pollen out of your face and hair. Changing and laundering your clothes when coming back indoors also helps limit your pollen exposure.



Know the whole story.

Even on a low-pollen count day, you may still feel sick from coming in contact with a triggering allergen. Allergists provide testing that pinpoints specific allergens, such as type of pollen, to help alleviate symptoms.



Time your medication.

The American College of Allergy, Asthma & Immunology suggests starting your allergy relief medication early. Find out when it's high season for pollen in your hometown. Then, plan to take over-the-counter medications a few weeks in advance. Check with your doctor before starting or stopping medication.



Clear the Air

What's trending in allergy management topics? HEPA filters. HEPA stands for "high-efficiency particulate air," and HEPA filters are used to improve indoor air quality by removing harmful particles. The United States Environmental Protection Agency states an effective HEPA filter should remove 99.7 percent of dust, mold, pollen and other irritating particles that are 0.3 micrometers in diameter or larger.

Families looking to help loved ones with allergic respiratory diseases are investing in air purifiers with HEPA filters. While you consider whether to use a HEPA filter, know that these filtration systems have drawbacks:

- An effective filtration system can be expensive.
- HEPA filters cannot be cleaned and must be replaced annually. Replacement filters can cost up to \$200.
- HEPA units can be added to HVAC systems, or flat HEPA filters can be used in intake registers, which is a lower cost option but may impact unit efficiency.

You shouldn't rely on a HEPA filter alone. Allergens can thrive in upholstered furniture, bedding and carpets. Launder bedding and vacuum once a week. Newer vacuums offer HEPA filtration, too.

Bottom line: For best air quality, be prepared for costly replacement filters and remember to supplement with additional cleaning.



Time to See an ENT

Ear, nose and throat (ENT) doctors are experts in treating patients with a wide range of medical conditions. ENT physicians treat everything from seasonal allergies to difficulty swallowing.

Want to know if you would benefit from seeing an ENT? Consider scheduling an appointment if you have:

- allergies
- chronic sinus infection lasting longer than eight weeks
- ear infections
- a lump in your neck
- problems with snoring
- sudden hearing loss
- vertigo
- voice injuries

ENT doctors work with you to find an accurate diagnosis, manage troublesome symptoms and perform surgery if needed.



ENT Specialists Barry Rosenblum, M.D., and Kenan Sahbaz, FNP, are ready to care for you. Visit RedBudRegional.com/ENT to learn more about ENT procedures performed at Red Bud Regional Hospital.

Dr. Rosenblum is a member of the medical staff at Red Bud Regional Hospital. Kenan Sahbaz, family nurse practitioner and member of the allied health staff at Red Bud Regional Hospital, treats patients of all ages.

HANDLING BEE STINGS AND OTHER EMERGENCIES

Prepare for the worst and know when you should head to the ER.

As the weather warms, there are more opportunities to head outside. But enjoying the great outdoors presents health risks, such as bees working to collect pollen and snakes coming out from their winter burrows. Whether your outdoor plans involve long hikes or just time in the backyard, you need to know what to do if faced with an emergency bite or sting.

MOST STINGS ARE MINOR

If you're stung by a bee, remove the stinger by flicking or scraping off the stinger, rather than pinching the area. Bees leave a venom pouch which contracts for about 20 to 30 seconds. When you pinch the stinger area, it injects the venom, whereas quickly flicking or scraping off the stinger limits the amount of venom that can enter the body. An ice pack can help reduce swelling.

WHAT ABOUT ANAPHYLAXIS?

Anaphylaxis is a severe allergic reaction that can be life-threatening. In some people, this

reaction is caused by ingesting certain foods like peanuts, being exposed to latex, taking certain medications or being stung by an insect.

If you or a family member has severe allergies to foods, insects or other materials, it's important to carry an epinephrine injector at all times. If an insect sting happens, go to an emergency room immediately if you experience or witness the following symptoms of anaphylaxis:

- difficulty breathing
- dizziness
- hives
- nausea or stomach cramps
- swelling of the face, throat or tongue

SNAKE VENOM CAN KILL

Snakes really don't like to bite people, contrary to public opinion. If you see one and back away, it's unlikely to chase you. But if you are bitten, immediately go to an emergency room or call 9-1-1.

Do not try to trap the snake, tourniquet the limb or suck the venom out, like you see in the movies. Keep the bite below the heart, if feasible, until medical help arrives. And watch out for your pets, too — their smaller size makes snake bites more dangerous.



When does an allergic reaction merit a trip to the ER? Generally, if two or more body systems (skin, digestive, respiratory or cardiovascular system) are affected, call 9-1-1 or go to the ER. An example? A slight throat tightness (respiratory system) **with** a rapid heartbeat (cardiovascular system). Check average ER Wait Times at RedBudRegional.com.



Mallory
Butler, FNP

MAKE A FIRST-AID KIT

Mallory Butler, Family Nurse Practitioner at Red Bud Health Clinic's Express Care walk-in clinic, recommends making your own first aid kit for minor illness or injury that doesn't require emergency services. Get a plastic storage box or sturdy waterproof bag and add the following:

- acetaminophen or ibuprofen
- adhesive tape
- adhesive bandages in different sizes
- antibiotic ointment
- antiseptic or alcohol wipes
- elastic wrap bandage
- emergency blanket
- flashlight and extra batteries
- hydrocortisone cream
- instant cold pack
- nonlatex gloves
- safety pins
- scissors
- splint
- sterile gauze pads
- thermometer
- tweezers

If a family member has a known medical condition, add any medications that could be needed in an emergency. Keep a first-aid kit in each car and another one in your house.

When illness is too minor for the ER but too complicated for home, visit Red Bud Health Clinic's Express Care walk-in clinic. Learn more about these services by viewing the video at RedBudHealthClinic.com.

Happy (Safe) Camping!

HOW TO GET HELP



Brett
Hutcherson, D.O.

Brett Hutcherson, D.O., outdoor enthusiast and Family Medicine physician at Red Bud Health Clinic, knows there can be limited resources when hiking or camping. Here are his tips for communication when you're outdoors.

- **Use a cellphone — but don't rely on it.** Sure, you can make a quick call for help, but cellphones don't always have reception, and you might run out of battery. If you can find cell service, call 9-1-1 and give the operator your location to the best of your ability and describe your emergency. Keeping your phone in airplane mode while hiking or camping will help preserve battery life last as long as possible.
- **Contact the park ranger.** Put the park ranger's number in your phone before setting out. He or she may be your quickest resource for emergency medical assistance while other medical staff are on their way.
- **Try a satellite communicator.** These devices are an extra expense but handy if you plan to be in the backcountry where cell service is unreliable. They use satellite signal and can send an SOS if you need it.

Meet Dr. Hutcherson through his video profile at [RedBudHealthClinic.com](https://www.redbudhealthclinic.com).

Dr. Hutcherson is a member of the medical staff at Red Bud Regional Hospital.

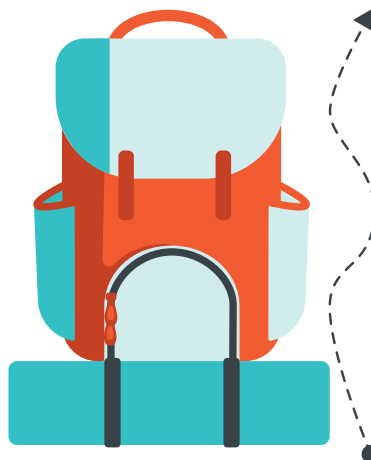


Keep these safety tips in mind before embarking on your next adventure.

Camping is a long-standing favorite American pastime, but its popularity has skyrocketed during the pandemic. State parks have seen record numbers of visitors flocking to nature for a much-needed change of scenery. If you're planning a camping trip, follow these preparation steps on your next getaway.

HIT THE TRAILS

Safety is key while enjoying an afternoon hike around the park. Choose to hike with a buddy or a small group of people. Not only does this give you companionship on your hike, but there's added safety in numbers. Before you head out on your trek, let a trusted third party know where you will be hiking and when you will return. This person can call for help in case of an emergency or if you haven't returned by an appointed time. You should also check the weather and set out only if conditions are safe. Bring a flashlight and basic safety essentials, such as a whistle, first-aid kit, analog compass and fire starter.





AVOID INJURIES

Nothing puts a damper on outdoor fun quite like an injury or feeling sick. Here's how to avoid and treat common camping ailments:

AVOID

TREAT

BURNS	CUTS AND SCRAPES	DEHYDRATION
<ul style="list-style-type: none">• cooking over a campfire with long, loose sleeves• building a fire when forest fire danger is high• getting closer than 3 feet to a burning fire• using gasoline, kerosene or other accelerants to start a fire	<ul style="list-style-type: none">• leaving knives and sharp objects out• using a pocket knife recklessly to cut sticks or other objects• walking without watching for uneven terrain, fallen trees, branches or loose rocks	<ul style="list-style-type: none">• drinking caffeine and alcohol when it's very hot outside• exercising in the hottest part of the day• waiting until you are thirsty to drink water
<p>If your clothes catch fire, follow the "stop, drop and roll" protocol. Soothe minor burns with cool, clean water, and cover them with a dry bandage. If a burn is large, severe and the affected person appears to be in shock, seek emergency medical attention.</p>	<p>Wash any dirt off your hands with soap and water before treating a wound. Stop bleeding by holding gauze to the wound and gently applying pressure for a few minutes. Clean any debris out of the cut with water. Apply an antibiotic ointment to prevent infection. Get emergency help if the wound is large and deep or is severely bleeding. Call your doctor if the cut was caused by a rusty object or still has debris stuck inside.</p>	<p>Mild dehydration will make you feel very thirsty, tired or dizzy. If this happens, simply replenish your fluids quickly. If dehydration is severe, you may need to seek medical attention. Signs of severe dehydration include confusion, fainting, rapid heartbeat and shock.</p>

The American Burn Association states embers cause 70 percent of campfire burns.

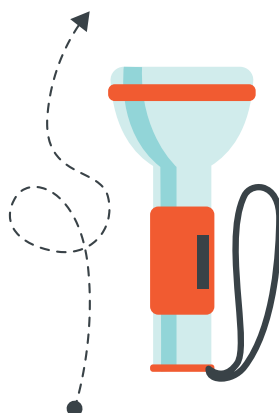


PITCH IT SAFELY

Ready to set up your site? As you settle in, don't forget to:

- **Build campfires at least 15 feet away.** Make sure an open fire is a good distance from your tent and other flammable objects.
- **Critter-proof your site.** Keep your area clean and free of trash. Never leave food, coolers, garbage or kitchen utensils out in the open, where they might attract bears and other creatures.
- **Inspect for hazards.** Check for any ant mounds, patches of poison ivy, shards of glass or flooding zones.
- **Plan an early setup.** Pitching a tent and scouring for firewood in the dark is inefficient and could be unsafe. Plan to arrive at your site with plenty of daylight to set up camp.

Telehealth visits allow you to see your provider from anywhere you have an internet connection. Want to talk with a provider from your hike or in your backyard? Visit [RedBudAnytime.com](https://www.redbudanytime.com) and see who offers TeleHealth services.



DINNER IS SERVED

When cooking in the outdoors, take care to avoid food poisoning, which can cause nausea, an upset stomach, vomiting, diarrhea, fever and potentially long-term side effects.

Keep foods out of the danger zone — the temperature range between 40 and 140 degrees Fahrenheit that gives bacteria prime opportunity to grow. To prevent this, don't leave perishable foods unrefrigerated for more than two hours—one hour if the temperature is over 90 F. Keep perishable foods safely packed in a cooler with enough ice to maintain 40 F or below. Also, bring along a meat thermometer to make sure meat you cook has reached a safe internal temperature. Before handling foods, don't forget to wash your hands with soap and water — hand sanitizer is ineffective for visibly dirty hands, according to the Centers for Disease Control and Prevention. While a sink may not be readily available, staying clean helps prevent spreading bacteria during your outdoor picnic or barbecue.



ISOLATION:

Tips From the Stars

Practice strategies astronauts use in space to ease loneliness caused by social distancing.



For more than a year of the COVID-19 pandemic, staying apart from each other has been good for our collective health. However, this new normal has shone a light on people's need for connection for health and well-being. While nothing can replace the regular human contact of your friends and family, several astronauts have offered advice on surviving extended periods of isolation, as they have done in space.

In a column in *The New York Times*, astronaut Scott Kelly, who spent an entire year in space, recommended keeping a regular schedule, getting outside as much as possible and finding solace in reading and hobbies. Astronaut Cady Coleman also told colleagues at Arizona State University that a routine is imperative, as is regular exercise.

The Human Factors and Behavioral Performance Element of NASA's Human Research Program also released a list of seven tips to maintain your psychological health. Helpfully given the acronym C-O-N-N-E-C-T, the recommendations are based on years of research helping astronauts learn to cope with stress and difficult situations.

- **Community.** Find ways to support your greater community in a positive way while staying home.
- **Openness.** Stay flexible and willing to adapt to changing situations.
- **Networking.** Keep in touch with your family and friends over the phone, via email or through video chats.
- **Needs.** Exercise, eat healthily and get plenty of sleep.
- **Expeditionary Mindset.** Like on a mission, keep your house and your body clean, and try to respect others' differing viewpoints.
- **Countermeasures.** Regulate your emotions with meditation, journaling or crafts.
- **Training and Preparation.** Use the downtime to learn new skills or improve the ones you have.

Of course, astronauts sign up for their isolation and train for it for years — it's not exactly the same as a pandemic. But staying connected while social distancing will help us all come out the other side okay, even without a cool spacesuit.



Christy Brinkmann, Licensed Clinical Social Worker

WARNING SIGNS OF MENTAL ILLNESS

It's normal to feel sad about missing your pre-pandemic life and activities. But if you're feeling down all the time, you could

be struggling with depression. Here are some other symptoms to look out for:

- changes in eating habits
- changes in sleeping habits
- excessive worrying
- extreme mood changes
- feeling excessively sad
- lack of interest in sex
- loss of focus
- overuse of substances, such as alcohol or drugs
- prolonged irritability
- thinking the world would be better without you in it

If you're experiencing one or more of these symptoms, you owe it to yourself and those you love to talk to a professional. Christy Brinkmann is a licensed clinical social worker at Red Bud Health Clinic. She meets one-on-one or in family sessions to listen to your concerns and to help identify the reasons behind it.



Get to know Christy Brinkmann, LCSW, through her video profile or learn about anxiety's effect on health at RedBudHealthClinic.com.



Q



A

Jacob Blakeman, DPM,
Podiatrist

Running can be good for your health from head to toe, but the potential for injuries is always present. We asked Jacob Blakeman, DPM, Podiatrist at Red Bud Regional Hospital, about running's benefits and most common injuries.

Q.

DO THE BENEFITS OF RUNNING OUTWEIGH THE RISKS?

A. Ask your primary care provider (PCP) whether running is safe for you. If you have an underlying health condition, such as osteoporosis, a lower impact activity may be a better option. Bone and soft-tissue injuries are a concern for all runners, so be sure to take steps to prevent them (see "Safety on the Run").

If running is right for you, the benefits can outweigh the risks. A study in the *Journal of the American College of Cardiology* found that running for as few as 5 minutes per day can reduce your risk of death from all causes. Running can also prevent obesity, and it may protect your joints from osteoarthritis, according to a study in the *Journal of the American Academy of Orthopaedic Surgeons*.

Q.

WHAT INJURIES ARE COMMON IN RUNNERS?

A. Runners are prone to stress fractures, which are small cracks in bones that can occur with overuse. Another common condition in runners is Achilles tendinitis, which is when the Achilles tendon is overstressed and becomes stiff or painful. Too much pressure on your feet can cause plantar fasciitis, which is inflammation of a ligament that runs the length of your foot.

Q.

HOW DO PODIATRIC SURGEONS TREAT PLANTAR FASCIITIS?

A. Most cases of plantar fasciitis get better with conservative treatment, such as resting, icing the foot regularly, stretching the plantar fascia ligament and taking over-the-counter pain relievers. Some patients may need cortisone injections or shoe inserts. Surgery may be an option if conservative treatments don't work.

Q.

WHAT IS THE SPECTRUM OF TREATMENTS FOR FOOT PAIN?

A. At first, try taking a break from running. Keep your foot elevated, ice it and take a nonprescription pain reliever. If you're still feeling pain after several days, consult your PCP, who may refer you to a podiatric surgeon. Treatment options may include physical therapy to help with pain and mobility. Surgery to repair damage may be appropriate if nonsurgical options haven't worked.

SAFETY ON THE RUN

To help prevent injuries while running, you can:

- Choose well-fitting running shoes with plenty of shock absorption.
- Drink 10–15 ounces of fluid at least 10 minutes before running and every 20–30 minutes during your run, the American Academy of Orthopaedic Surgeons (AAOS) recommends.
- Follow a warm-up and cool-down routine.
- Replace your running shoes at least yearly if you run up to 10 miles per week, according to the AAOS.
- Run on a flat, somewhat flexible surface, if possible.



Considering taking up running? Dr. Blakeman can help you figure out how to start safely, especially if you have foot or ankle concerns. Call (618) 282-5402 to schedule an appointment.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment. Dr. Blakeman is a member of the medical staff at Red Bud Regional Hospital.

Red Bud Regional Hospital
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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 282-3831.

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year relative survival rate. Talk with your doctor about whether it's time for your colonoscopy.



Trust your colonoscopy to a board-certified gastroenterologist with 20+ years of service. To learn about Charmaine Edwards, M.D., and colonoscopy services, visit RedBudRegional.com and search for “colonoscopy.”

Dr. Edwards is a member of the medical staff at Red Bud Regional Hospital.