

Spring/Summer 2018 Clinic Newsletter

Staying Healthy on Summer Vacation

For many individuals, the summer includes plans for travel. It is important to consider health and medical concerns before travelling. Here are some tips to stay safe and well while out of town:

1. If you have a chronic health problem, like diabetes, it can be difficult to find supplies while on vacation. Be sure to bring all the medication and supplies that you might need. Keep them in

their original packaging. Bring a list of all medicines and their doses

2. If you are travelling abroad, you may need special vaccines before your trip, and you may need to take medication while travelling. Call to schedule a travel consultation appointment. You may be referred to a local travel medicine clinic for exotic travel destinations or for special disease prevention medication & vaccinations.

April 23-30 is National Immunization Week. Don't forget that adults need immunizations, too! Adults should be re-immunized against tetanus at least every 10 years. Pneumonia vaccines can be given starting at age 50, and the shingles vaccine can be given after age 50. These vaccines are all available at FP Associates, so check with your insurance plan for coverage details, and then discuss vaccinations with your healthcare provider at your next annual physical exam or office visit!

3. Consider whether you will need to pack special products like bug spray or sunscreen lotion for your trip, and if you should avoid ice, water, or certain foods while at your destination.

4. While flying, stand up and stretch your legs if possible. If driving long distances, take breaks to get out of the car and walk a bit. These measures improve circulation and

prevent blood clots.

5. Jet lag can develop when flying across time zones, especially for those flying east. Symptoms typically include sleep problems, excess fatigue, trouble concentrating, and constipation. To avoid jet lag: Eat food at mealtimes in the new time zone. Exercise. Avoid bright morning light (if traveling eastwards). Stay awake until dark (if you fly west).



6. For more information, visit -
<https://www.cdc.gov/travel> or
<http://gten.travel/trhip/trhip>

Obstructive Sleep Apnea: The Basics

Do loved ones complain that you snore? Do you wake up without feeling rested? Are you routinely tired during the day? Do you awaken in the night gasping for breath? These are all symptoms of obstructive sleep apnea, and treatment is both possible and important.

Obstructive sleep apnea (OSA) is a common condition in which a person stops breathing for short periods of time during sleep because their throat closes.

Risk factors for OSA include obesity, large tonsils, large neck circumference, being male, older age, smoking, allergies, and use of sedatives (alcohol, sleeping pills, muscle relaxers, pain medications, etc.).

It is important to treat OSA, because it is linked to the development of diabetes, high blood pressure, heart disease, liver disease, and can affect

your quality of life and your relationships with loved ones.

To help prevent OSA, maintain a healthy weight, stop smoking, avoid sedatives like alcohol and sleeping pills, and try not to sleep on your back if possible.

If you think you may have OSA, schedule an office visit with your provider to discuss your concerns. Your provider may then order a "sleep test" that measures your breathing and vitals while you sleep. These are sometimes performed in a special sleep lab, but may also be completed in the comfort of your own home.

If your sleep test indicates that you have OSA, treatment usually involves a special device, known as a CPAP machine, at night while you sleep to help you breathe better. Some people with mild OSA choose to wear a special dental appliance at night. Office visits discussing your OSA treatment plan are required for insurance coverage for these devices. Surgery may be an appropriate treatment in special circumstances.

If you have symptoms of OSA, be sure to discuss them with your provider!

FP Associates, P.C. provides quality and compassionate care for your entire family.

As family physicians, we provide a wide range of medical care for patients of all ages. Physical exams, laboratory services, ECG, spirometry, and X-ray studies are done on site. Minor surgical procedures are performed in our office as well.

Monday and Wednesday evenings and Saturday morning appointments are available for urgent medical care and to accommodate your busy family schedules. Make FP Associates your medical home!

Contact Us

Office: 402-292-1072

Fax: 402-292-0742

Web: fpadoctor.com

James A. Cervantes, MD

Brock R. LaSure, MD

Carrie A. Juracek, PA-C

Erin C. Walsh, PA-C