

Road to Better Health

Twice Monthly
Health & Wellness
Newsletter Brought to you by



Located at **Pilot**

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Ask the Nurse Practitioner



Gout

Q: My toe is red, swollen and very painful. What should I do?

A: Arrange a visit with a healthcare provider. You will likely have a blood test to determine the presence of uric acid crystals in your bloodstream. This is the definitive test for gout.

Q: If I am diagnosed with gout and begin medication, will it eventually go away?

A: Gout is a chronic condition that is managed through lifestyle changes, diet and medications to avoid flare-ups.

Q: I had gout in the toe, and now my knees and elbows are beginning to hurt. Does gout travel to other joints?

A: Uric acid crystals, when they are not excreted properly by the kidneys, deposit in the coolest extremities of the body, such as the joints of the feet and hands. When joint pain occurs in joints associated with warmer body temperature, this suggests that disease progression may have occurred.

Melanoma: Signs and Prevention

By Kristy Moore, FNP – Cartersville, GA

Melanoma is the most dangerous form of skin cancer. It is a result of having damage to skin cells, most often by ultraviolet radiation from sunshine or tanning beds. Melanoma has also been linked to excessive sun exposure in the first 10-18 years of life. Unrepaired skin cells triggers mutations that may lead to the cells multiplying rapidly and forming malignant tumors.

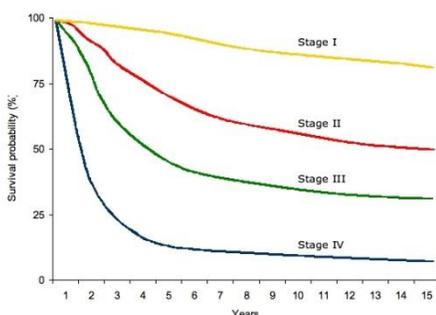
Who gets melanoma?

Anyone can get melanoma but those who have the traits consisting of fair skin, red or blond hair, blue or green eyes, sun-sensitive skin (rarely tans or burns easily), 50 plus moles, large moles, or unusual-looking moles are at higher risk. Melanoma is 24 times greater in white people, but can occur in any race or ethnicity. Melanoma among the Hispanic race is on the rise. Other possible causes include genetic factors and weakened immune systems along with men older than 50 and family history of melanoma is at higher risk. Since the introduction of tanning beds, melanoma is now the most common cancer among people 25-29 years old. Even teenagers are getting melanoma.

Melanoma may be mistaken for moles as they may resemble one another. However, melanoma can develop from moles and present in variations of skin-colored, pink, red, purple, blue or white. Typically melanomas are black or brown. Most commonly, they are noted on the skin of men's back or on women's legs, but it is important to remember that it may occur anywhere on the body, including the head and neck, the skin under the fingernails, genitals, and possibly even the soles of the feet or palms of the hands.

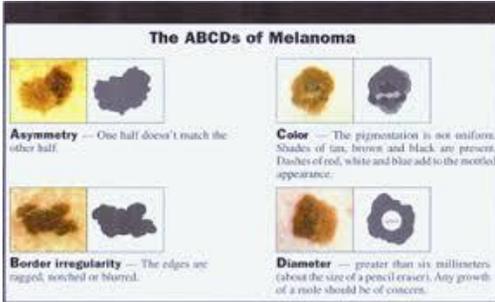
Melanoma is almost always curable if recognized and treated early. If left alone, it can spread to other parts of the body which can be very difficult to treat. At times, melanoma can be fatal. According to the American Cancer Society, estimates of new melanoma in the US each year may be around 135,000. It was also estimated that 73,870 of these cases will be invasive melanomas, with women at greater risk than men.

Melanoma Survival Rate



Melanoma: Signs and Prevention article continued on next page

Melanoma: Signs and Prevention (continued)



What are the signs of Melanoma?

- Spots suspicious for melanoma usually show one or more of the following symptoms and signs (the **ABCDs**):
- **A**symmetry,
- **B**order irregularity,
- **C**olor changes or too many colors in one mole,
- **D**iameter more than 6mm (the size of a pencil eraser).
- Some now add a fifth letter: **E** for **E**volving.

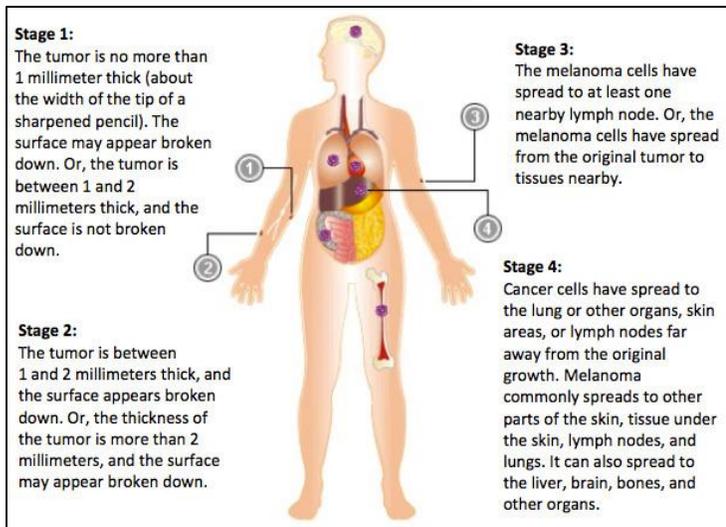
Following these simple guidelines can help prevent melanoma:

- Seek the shade; especially between 10 AM and 4 PM
- Do not burn
- Avoid tanning beds
- Cover up with clothing, including a wide brimmed hat and UV-blocking sunglasses
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. Increase SPF to 30 or higher for extended outdoor activity
- Apply 1 ounce of sunscreen to entire body 30 minutes before going outside, and apply every 2 hours or immediately after swimming or excessive sweating.
- Keep newborn children out of the sun. Sunscreens should be used on babies older than 6 months of age.
- Examine your skin head-to-toe every month.
- Seek a professional skin exam at least yearly, especially if there is a family history of skin cancer

If you have any concern regarding a skin lesion, seek the professional advice of your nearest urgent care travel provider or dermatologist. Visit any urgent care travel clinic for your skin check today.

Additional resources:

- <http://www.cancer.gov/cancertopics/types/melanoma>
- <https://www.aad.org/dermatology-a-to-z/diseases-and-treatments/m---p/melanoma>
- http://kidshealth.org/teen/diseases_conditions/cancer/melanoma.html
- <http://www.skincheck.org/>
- <http://www.cdc.gov/cancer/skin/statistics/>



MELANOMA SKIN CANCER

What is Melanoma?

There are many forms of skin cancer, with the two most common being basal cell carcinoma and squamous cell carcinoma. One of the most dangerous types of skin cancer, however, is melanoma, which may begin as a mole that alters in appearance or could originate on normal skin. More than 90 percent of melanomas are caused by mutations in the DNA of skin cells called melanocytes (which produce the pigment melanin). Melanomas originating on the skin are called cutaneous melanomas. Less commonly, melanoma can also appear in other locations, such as the eyes or sinuses.

Did You Know?

There are approximately **75,000** new cases of melanoma diagnosed in the United States each year.

Did You Know?

There are approximately **9,000** melanoma related deaths in the United States each year.

Did You Know?

The median age of diagnosis is 59 years, but people of all ages can develop melanoma.

RISK FACTORS for Melanoma Skin Cancer

Factors that increase the risk for developing cutaneous melanoma include the following:

- Family history of melanoma
- Personal history of melanoma
- Multiple atypical moles or dysplastic nevi
- Sun exposure
- Fair skin

Understanding and Managing Gout

By Patricia Smith, FNP – Knoxville, TN

Gout is a disorder that manifests as acute pain, swelling, warmth and redness in an affected joint or joints. Once nicknamed “the disease of kings” due to the association with alcohol, seafood and organ meats, it is no longer associated with wealth and power. It is estimated that approximately 8.3 million people in the United States are diagnosed with gout, approximately six times more than rheumatoid arthritis. The diagnosis of gout is positive when serum uric acid level is 6.8 mg/dL.

Gout manifests clinically as crystal deposits in joints and soft tissues. The body produces uric acid which is balanced by uric acid elimination. Crystal deposit formation is influenced by:

- Dehydration
- Lower body temperature (peripheral distribution of gout in the extremities, such as the big toe)
- pH (lower or higher acid balance in the body, which may occur in disease states)

Common Co-Morbid Conditions Associated With Gout

- Hypertension
- Obesity
- Metabolic Syndrome (abdominal obesity, elevated fasting plasma glucose, elevated blood pressure, high serum triglycerides, and low high- density cholesterol levels, three out of five of these conditions)

Medications That Can Induce Gout

- Thiazide and Loop Diuretics (HCTZ and Lasix, respectively)
- Niacin

Demographics and Lifestyle Factors

- Advanced Age
- Men and Postmenopausal women
- Obesity
- Diet rich in meat and seafood
- Alcohol consumption

Gout is a chronic condition that is managed by pharmacologic therapy and lifestyle modifications. The American College of Rheumatology recommends pharmacologic therapy for a gout flare within 24 hours. To reduce the risk of gout flares, urate-lowering therapy should be continued to maintain serum uric acid levels.



UrgentCareTravel Programs and Services

UrgentCareTravel’s affordable **GOLD Healthcare Membership program** includes unlimited FREE visits (in-clinic services) at UrgentCareTravel locations. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel’s **GOLD Healthcare Membership program** is a cost-effective option to address the healthcare needs of drivers, local businesses and communities. To enroll or get more information about the **Gold Healthcare Membership Program**, please contact a UCT clinic or send an e-mail to services@urgentcaretravel.com.

UrgentCareTravel’s **Referral Network** lets you earn extra cash whenever you refer drivers, co-workers and friends to any UrgentCareTravel clinic. When a patient at the clinic provides your name and mobile phone number, you earn cash based on the service they receive. To find out more about the UrgentCareTravel **Referral Network**, visit an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com. To join the UrgentCareTravel **Referral Network**, please provide your name, mobile phone number, e-mail address and mailing address.

The Wellness Corner: Go Meatless More Often

There is a rising tide of long overdue change occurring in the American diet. As more and more studies reveal the health benefits of a plant-based diet, growing numbers of consumers are searching for “meatless” options.



As Karen Page, author of “The Vegetarian Flavor Bible” states, “once we hit 54% of Americans now looking to reduce or completely eliminate meat from their diet, that’s not fringe anymore...that’s mainstream and chefs are changing in response to the customers.” Chefs, grocers, and even fast food providers are responding with more options for substituting plant based proteins into your diet. Look for a growing variety of offerings in whole grains (quinoa, oatmeal), beans and lentils (including tofu) and nuts and seeds.

And though it may be a while before you find these plant based proteins predominant on the menus of fast food outlets, you may be able to request “meatless” versions of standard menu items by substituting beans or tofu in place of the meat.

Taco Bell’s website states “since everything at Taco Bell is made to order it’s easy to customize many items to fit your lifestyle”. And as more and more customers request these tweaks look to find more “meatless” options becoming standard menu items. Subway is currently test piloting three new “meatless” subs which may be rolled out to different locations. For a more complete guide to “meatless” fast food offerings see <http://www.peta.org/living/food/chain-restaurants/>.



The choice to go “meatless” doesn’t necessarily dictate that one go “vegan” ...a label given to those refraining from consumption of ALL animal products for moral reasons. So if you ask for a “meatless” item and you are told that the item is not “vegan”, do not be deterred. You will be substituting the majority of animal protein for plant protein.

And once again....be kind to yourself....go meatless more often!

About UrgentCareTravel

UrgentCareTravel (UCT), in partnership with Pilot Flying J, addresses one of the trucking industry’s biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UCT clinics offer Occupational Medical services (DOT/non-DOT physicals, workers comp, sleep apnea screening, urine/hair drug screens, etc.) and Primary/Urgent Care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men’s & Women’s wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

UCT – Knoxville (865) 329-9492
7200 Strawberry Plains Pike
Knoxville, TN 37914
Pilot Store #219 I-40, Exit 398

UCT – Oklahoma City (405) 789-0212
406 South Morgan Road
Oklahoma City, OK 73128
Pilot Store #460 I-40, Exit 140

UCT – Cartersville (770) 386-0707
970 Cassville-White Road NE
Cartersville, GA 30120
Pilot Store #067 I-75, Exit 296

