

Road to Better Health

Twice Monthly
Health & Wellness
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Located at **Pilot**

June 15, 2015

Ask the Nurse Practitioner



Inflammation

Q: Is inflammation always a cause for concern?

A: It is important to identify the cause of inflammation, such as excessive exercise leading to an injury. Some inflammation is necessary in the healing process. If a condition does not improve within a few days, see your healthcare provider.

Q: Does cigarette smoking lead to inflammation?

A: Tobacco smoke (including second-hand smoke) leads to inflammation of all tissues from the mouth and nose to the lungs. This can lead to chronic conditions such as chronic airway diseases and cancer.

Q: Will weight loss help reduce inflammation and related diseases?

A: Weight loss has been shown to reduce inflammatory-related conditions, including cardiovascular diseases.

UrgentCareTravel

Great American Truck Show

August 27-30, 2015

Booth #23167



FIT FOR THE ROAD
Health & Wellness Pavilion

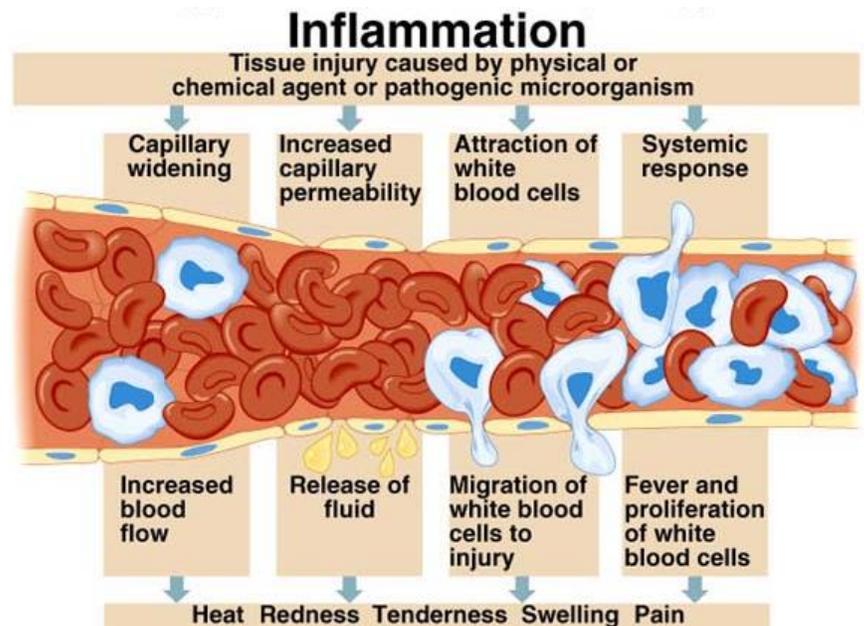
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Inflammation: Acute and Chronic

By Patricia Smith, FNP – Knoxville, TN

The word “inflammation” comes from the Latin “*inflammo*”, meaning “*I set alight, I ignite*”. Inflammation is a protective process involving host cells, blood vessels and proteins. The goals of inflammation are to eliminate the initial cause of cell injury, remove necrotic (dead) cells and tissue, and to initiate the process of repair. However, inflammation can also be a harmful process because components of the process that are capable of destroying microbes can also injure bystander normal tissue.



When inflammation occurs, chemicals from the body’s white blood cells are released in the blood or affected tissues to protect the body from foreign substances. This release of chemicals increases the blood flow to the area of injury or infection, and may result in redness and warmth. Some of the chemicals cause a leak in fluid into the tissues, resulting in swelling. This protective process may stimulate nerves and cause pain. Inflammation does not mean infection, even when an infection causes inflammation. Infection is caused by a bacterium, virus, or fungus, while inflammation is the body’s response to it.

Inflammation: Acute and Chronic continued on next page

Inflammation: Acute and Chronic (continued)

The classic signs of inflammation include pain, heat, redness, swelling and loss of function. Inflammation can be classified as either acute or chronic. Acute inflammation is the initial response of the body to harmful stimuli, and is achieved by the increased movement of plasma and leucocytes from the blood into the injured tissues. Prolonged inflammation, known as chronic inflammation, leads to a progressive shift in the type of cells at the site of inflammation and is characterized by simultaneous destruction and healing of the tissue.

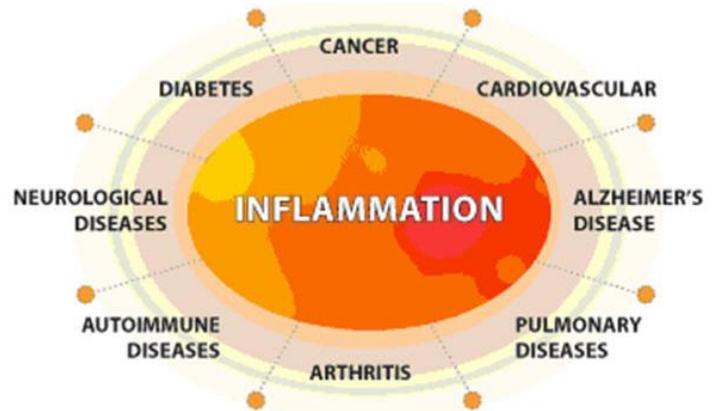


Acute Inflammation: rapid onset, and quickly becomes severe. Signs and symptoms may be present for a few days or a few weeks. The following conditions can cause acute inflammation:

- Acute bronchitis
- Infected ingrown toenail
- Sore throat from a cold or flu
- A scratch or cut on the skin
- Exercise (especially intense training)
- Acute appendicitis
- Acute dermatitis
- Acute tonsillitis
- Acute infective meningitis
- Acute sinusitis
- A blow (trauma)

Chronic Inflammation: long-term inflammation, which can last for several months and years. The following conditions can cause chronic inflammation:

- Asthma
- Chronic peptic ulcer
- Tuberculosis
- Rheumatoid arthritis
- Chronic periodontitis
- Ulcerative colitis and Crohn's disease
- Chronic sinusitis
- Chronic active hepatitis
- Many more



The immediate reaction to inflammation is to try to bring it down. Keep in mind that inflammation is nature's way of trying to heal the body, so be sure that treatments to slow this process are absolutely necessary.

Lifestyle Factors

Animal and human studies have found that various forms of physical activity decrease both acute and chronic inflammation, as measured in C-reactive protein levels and certain pro-inflammatory cytokines. Regular physical activity is important in reducing one's risk for obesity and chronic diseases associated with inflammation.

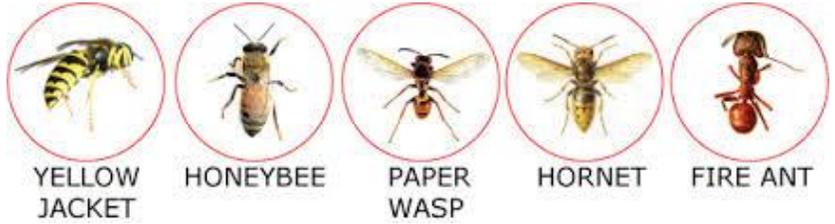
Role of Nutrition

Increasing body weight is positively associated with inflammation. Reducing inflammation through weight loss could be associated with reduced risk for cardiovascular disease and other obesity-associated chronic diseases.

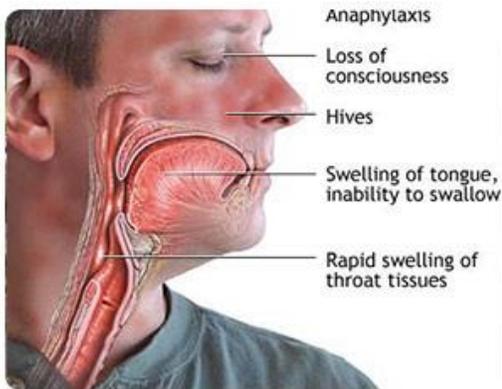
Insect Sting Allergies

By Jeff Owen, FNP – Oklahoma City, OK

Itching and swelling from insect stings can cause allergic reactions in some people. While most stinging insects do not cause an allergic reaction, honeybees, yellow jackets, hornets, wasps, and fire ants commonly cause allergic reactions in the United States. These reactions can be life-threatening and require immediate medical treatment. For people that are allergic to insect stings, allergy injection therapy can help reduce reactions in the future.



Individuals who are not allergic to insect stings may experience itching and swelling at the site of the sting. However, symptoms from an allergic reaction can affect the whole body and be life-threatening. Symptoms can include itching, hives, tingling, nausea, vomiting, and skin flushing. The symptoms and degree of allergic reaction to insect stings varies widely from person to person.



Severe allergic reactions (anaphylaxis) can cause difficulty breathing / swallowing, stomach cramps, and swelling of the tongue and throat. Life-threatening anaphylactic shock can rapidly develop. Anaphylactic shock causes a sudden drop in blood pressure, and an individual may lose consciousness. Death can occur if a person stops breathing or if the heart stops beating. Again, call 911 if you or a person near you develops a serious reaction to an insect sting.

Minor stings can be treated with over-the-counter medications. If a stinger is in the skin, carefully remove it without squeezing the stinger. Squeezing the stinger can release more venom into the site. If you have a history of significant allergic responses to insect stings, discuss this with your

UrgentCareTravel Provider. You may need a prescription for a self-injectable epinephrine medication (Epi-Pen, ANA-Kit). You should seek emergency medical treatment even with the use of the self-injectable medication. Call 911 if you or a person near you develops a severe reaction to an insect sting.

If you are allergic to insect venom, you should be evaluated by an allergist. After performing a skin test, your allergist will let you know if you are a candidate for allergy immunotherapy shots. These shots help reduce the body's allergic response to insect venom. After receiving venom immunotherapy shots for three to five years, the risk of a severe allergic reaction to stinging insects is significantly minimized.

It is important to avoid areas where stinging insects are located, especially if you are allergic to insect venom. If you have epinephrine medication, always carry it with you and teach those around you how to administer the injection if you are not able to self-inject.

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: Summer Veggies – Add Thrill With Your Grill

Ah summertime....that wonderful time of year when backyard grilling begins to fill the air, and your plate, with tantalizing aromas and flavor. But just because you are cutting back on meat doesn't mean you must refrain from enjoying the sights, sounds, tastes and smells of this beloved backyard bonanza!

Grilling vegetables is a fantastic way to add new excitement and unique flavor profiles to your "typical" vegetable offerings. Caramelizing flames and a touch of smoke will leave your grilled vegetables tasting as they never have before! And leftover grilled veggies make a terrific addition to cold leafy salads, pastas or grains or thrown into sauces

The key to happy veggie grilling is to recognize the shape, size, and texture of each...and how best to grill each vegetable. Use a high temperature grill spray or alternatively, marinate (see below for recipe) or gently brush veggies with olive oil to keep them from sticking to your grill. Keep a close eye on your grill temperature to prevent scorching of veggies.

Delicate Vegetables: Cherry Tomatoes, Small Chiles and tomatillos are best when they are skewered and hung above the heat...between two foil wrapped bricks. Turn occasionally to add chargrilled flavor until skins are gently blistered.

Sturdy, Leafy Heads: Romaine Hearts, Kale, Radicchio, Cabbage can be halved or quartered lengthwise while keeping the leaves attached and laid directly on the grill.



Skinny Vegetables: Asparagus, Okra, Green beans, Green Onions can be skewered side by side with two skewers (like railroad tracks) and laid on the grill.

Small, Round Vegetables: Mushrooms, Brussels Sprouts, Pearl Onions, Baby Potatoes, Radishes can be skewered single file and laid on the grill.

Large Vegetables: Summer squash, Zucchini, Cauliflower, Broccoli, Bell Peppers, Portabella Mushrooms Cut into big flat pieces for easy turning on the grill.

Corn on the Cob: Grill directly on grates after removing silk, recovering with husks, and soaking in water for 10 minutes. Turn every 5 minutes for 15-20 minutes.

Simple Vegetable Marinade: Combine 2/3 cup olive oil, 1/3 cup balsamic vinegar, ¼ cup minced onion, 1 tablespoon chopped fresh basil, 1 teaspoon minced garlic, ½ teaspoon kosher salt, ¼ teaspoon ground black pepper. Marinate vegetables for 3-4 hours and then brush onto veggies as they grill.



5 Additional Marinades for Grilling Vegetables: <http://www.care2.com/greenliving/5-marinades-for-grilled-vegetables.html>

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

Knoxville, TN

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406 South Morgan Road
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(405) 789-0212

Cartersville, GA

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699 State Route 203
East St. Louis, IL 62201
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