



this issue

Flu Shots **P.1**Urinary Tract Infections **P.2**Be in the Know – Students **P.3**Benchmark
Services:

- Abdominal Pain
- Abscess
- Allergies
- Asthma
- Athlete's Foot
- Back Pain
- Insect Bite(s)
- Blood pressure checks
- Cold & Flu
- Cold Sore
- Congestion
- Coughing & upper respiratory infections
- Dehydration
- Diarrhea
- Disclocation
- Ear Infection
- Fever
- Fracture(s)
- Pediatrics
- Sinus Infection
- Sore Throat
- Sprain/Strain
- STD Testing
- Vomiting

And many more!

Don't Forget Your Flu Shot

Flu season is upon us and at Benchmark Urgent & Family Care we want to stress the importance of being vaccinated.

The flu is a respiratory illness caused by influenza viruses. There are two main types of influenza viruses – Type A and Type B.

Illness of influenza can range from mild to very severe depending on several factors: strain, age and the patient's overall health.

Symptoms of the flu tend to emerge suddenly and include fever, chills, coughing, sore throat, achiness, headaches and fatigue.

Transmission is usually through infected respiratory droplets in the air; via coughing and sneezing.

During the flu season washing your hands or covering your mouth when you cough or sneeze is very important when considering how the illness is spread to others.

Your Benchmark team is here to help you navigate through flu season.

First and foremost we suggest you receive the flu vaccination. This ensures that you are guarded against this seasons flu.

Benchmark Urgent & Family Care will start administering the flu vaccination in September of 2018.

You can always walk-in or schedule an appointment to receive the vaccination.

It is recommended that children, adolescents and adults receive the influenza vaccine each year after six months of age.

We hope to see you in September for your flu shot!



Asthma Symptoms

- Wheezing
- Loud or whistling noise when you breathe
- Coughing
- Tightness in the chest
- Shortness of breath
- Trouble sleeping due to coughing or breathing difficulty
- Tiring quickly during exercise
- Symptoms are worse at night

Triggers

- Cigarette smoke
- Air pollution
- Allergens: pollen, mold, dust mites
- Pet hair, skin or saliva
- Illness: colds, flu or pneumonia
- Exercise
- Dry, cold air



Urinary Tract Infections

Benchmark Urgent & Family Care offers urinary tract infection diagnosis and treatment.

What is a urinary tract infection or UTI?

A urinary tract infection is generally caused by bacteria but can also result from certain viruses and fungi.

Most symptoms include a burning sensation during urination and a frequent urge to urinate.

Antibiotics are the first line of treatment. The type of antibiotic, its dosage and duration depend on the type of organism and severity of infection.

Here at Benchmark Urgent & Family care we run a urinalysis dipstick screen in the office.

It takes 2-3 minutes to have your results! It's that fast!

The dipstick checks for leukocytes and nitrites and the presence of either of these usually indicates an infection of the urinary system.

Leukocytes are a colorless cell that circulate in the blood and bodily fluids and is involved in counteracting foreign substances and disease.

Nitrites are a form of nitrogen.

Having nitrites in your urine could mean you have an infection. More commonly a bacterial infection is present.

Benchmark Urgent & Family Care will request that you perform a clean catch urine sample. This is when you clean the genital area prior to collecting the urine. This ensures that the sample isn't contaminated with bacteria and cells from nearby skin.

In order to do this you will begin to urinate, first allowing some of the urine to fall into the toilet. Then you will be asked to collect about two ounces of urine in the collection cup provided to you. You should avoid touching the

inside of the container. You can then finish urinating into the toilet.

There are several steps that our clinicians and staff take to analyze your urine:

- We visually inspect the urine to look for cloudiness. Red or brown colored urine usually means there is an infection.
- Secondly, we dip a test strip into the urine to check for factors like pH levels, the presence of protein and white blood cells or nitrites.

A positive test for nitrites in the urine is called nitrituria. If you test positive our clinicians are prepared to prescribe the best course of antibiotics for you.

Proper treatment with antibiotics should resolve your symptoms within a day or two.



Be In the Know - Students

We want to provide some tips on how to deal with some common college age health problems.

Staying on top of your academics means making time for your personal health as well.

Respiratory infections are quite common. Colds, flu, mononucleosis and strep throat can result from the cycle of partying, all-night studying and insufficient nutrition.

Be sure to wash your hands properly, eat a healthy diet, exercise and get plenty of sleep. Visit us if you are experiencing these symptoms and most definitely if a fever is involved.

Another item of concern is accidental injury. Make sure you warm up before exercise, intramurals or any other physical activity. This is crucial step to preventing sprains and strains.

Surprisingly enough running to class can have it's pitfalls

including trips and slips.

Lastly, food poisoning is a common treatment provided at Benchmark Urgent & Family Care. Remember to stay away from foods that have been left unrefrigerated for more than two hours as bacteria can grow rapidly at temperatures between 40 degrees F and 140 degrees F. If you have severe belly pain, vomiting or diarrhea please visit as soon as possible so we can get you taken care of quickly!

We wish you a safe and happy new school year!

This Month's Q&A Urgent Care Tips

Q: Can an urgent care prescribe medication?

A: Urgent care facilities are able to prescribe medications from antibiotics to pain medications and more. Regardless of whether or not you see a nurse practitioner or medical doctor.

It's important to know that not all urgent care facilities offer the same services and medications. Due to this you may find that some medications will not be prescribed

at some facilities. In general, if an urgent care facility will not prescribe a medication, it's typically because it's a narcotic or long-term medication that requires a primary care physician to oversee their care.

At Benchmark Urgent & Family Care our clinicians are on a rotational schedule and you are provided the best care possible with regard to your health and safety.

We are open Monday through Friday 10am to 8pm and on Sunday's 9am to 2pm.

Insurance Terms

Medical insurance can be a challenge to navigate and at Benchmark Urgent & Family Care we are dedicated to helping you understand healthcare coverage.

Some common terms are a great place to start :

Copay

A copay is a fixed amount for a covered service, paid by the patient to the provider each time a medical service is provided.

Deductible

This is the amount you pay for covered services before your insurance plan starts to pay. For example, a \$500 deductible, you pay the first \$500 before insurance starts to make payment.

Coinsurance

The percentage of costs of a covered health care service you pay after your deductible. For example: Let's say an office visit is \$100 and your coinsurance is 20%. You pay 20% of 100, so \$20 and insurance pay's \$80.

Out-of-Pocket Maximum

The most you have to pay for covered services in a plan year until insurance starts to pay at 100%.