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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
- Dislocation
- Ear Infection
- Fever
- Fracture(s)
- Pediatrics
- Sinus Infection
- Sore Throat
- Sprain/Strain
- STD Testing
- Vomiting

And many more!

Back to School - Physicals

FOOTBALL, BASKETBALL, SOCCER, TENNIS... the list goes on and on and Benchmark Urgent & Family Care is ready to get your kids certified to participate in Fall Sports!

We offer convenient, walk-in sports physicals Monday through Friday 10am to 8pm and Sunday 9am to 2pm.

Your child's sports physical is very important for a few reasons. A sports physical will help determine whether it's safe for your child to participate in a certain sport. It's best to schedule one before a new season begins.

The sports physical is very similar to an annual wellness physical. It can be done by any of our practitioners and is made up of two parts: medical history and physical exam.

The first thing the practitioner will assess is medical history. This part of the exam includes questions about serious illnesses among family members, previous hospitalizations or surgeries, allergies, past injuries (including concussions, sprains or bone fractures), if the patient has

ever lost consciousness, felt dizzy, had chest pain, or trouble breathing during exercise. Also a list of medications, if any, will be reviewed.

The physical exam will record height and weight, a blood pressure check, vision check and of course an examination of heart, lungs, abdomen, ears, nose and throat. Lastly, we will want to take a look at posture, joints, strength and flexibility.

What to bring:

- A parent or guardian
- Parent or guardian's ID
- Sports physical form
- YOUR SMILING FACE!

What to expect when you leave:

- A consultation with one of our practitioners
- Form in hand when you leave



Benchmark
Urgent & Family Care

Symptoms of Dehydration

- Thirst
- Dizziness
- Confusion
- Fatigue
- Less-frequent Urination
- Dry mouth or skin
- Increased heart rate

Tips to Stay Hydrated

- Drink at least 64 ounces of water per day
- Avoid alcohol
- Minimize the caffeine and sugary beverages
- Whether you are thirsty or not, drink water before, during and after exercise



Gearing Up for Flu Season!

The Centers for Disease Control (CDC) have provided a list of new things to be aware of for the 2018 flu season

Benchmark Urgent & Family Care offers the flu vaccine. We are a walk-in clinic or you may reserve an appointment slot online on our website.

Per the CDC guidelines the recommendation is to NOT use the nasal spray flu vaccine for 2018. The injectable flue shot will be available at Benchmark Urgent & Family Care starting in September 2018.

Additionally, flu vaccines have been updated to better match circulating viruses.

Did you know?

Pregnant women may receive any licensed, recommended, and age appropriate flu vaccine.

Options for this seasons flu include standard dose flu shots. These shots are typically injected into the muscle.

The elder community can look forward to a high-dose shot.

Benchmark Urgent & Family Care offers the flu vaccine for for \$25 if paid in cash at the time of service.

It's best to get vaccinated before flu season begins or before flu begins to spread around our communities.

However, the CDC does recommend flu vaccination as long as flu viruses are circulating since vaccination later can still be beneficial during most seasons.

It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

CDC estimates the total number of flu-associated hospitalizations in the U.S. at about 9% of the U.S. population which works out to an estimated 140,000-710,000 hospitalizations per year.

Preventative Actions to Take:

- Yearly Flu Vaccine for everyone 6 months of age or older.
- Staying away from sick people.
- Wash your hands thoroughly to reduce the spread of germs.
- If you are sick stay home!
- Encourage your loved ones to get vaccinated.
- Benchmark Urgent & Family Care also provides antiviral prescriptions such as Tamiflu to combat any patient exhibiting symptoms within 48 hours.
- Children that are too young to receive the vaccination should be safeguarded by everyone surrounding the child being vaccinated.

How much vaccine will Benchmark Urgent & Family Care Carry?

Enough for your entire family. Please visit us soon!



Cyclospora Outbreak 2018

The cyclospora outbreak of 2018 has been linked to fresh express salad mix sold exclusively at McDonald's Restaurants.

Benchmark Urgent & Family Care have clinics in Texas, California and Louisiana.

Fortunately, the outbreak has been seen in the the following states only:

- South Dakota
- Minnesota
- Nebraska
- Iowa
- Illinois

- Missouri
- Wisconsin
- Michigan
- Indiana
- Kentucky
- Tennessee
- Ohio
- Virginia
- Connecticut
- Florida

If you have been traveling for work or pleasure and were exposed some symptoms to keep an eye out for are:

- Frequent & water diarrhea

- Bouts of diarrhea alternating with bouts of constipation
- Loss of appetite and weight loss
- Bloating, flatulence and burping
- Stomach cramps
- Muscle aches
- Fever
- Fatigue
- General feeling of unwellness

Please contact us if you suspect you have been exposed.

Sore Throat Tips

Benchmark Urgent & Family Care sees this complaint quite often.

We most definitely do not want you to be in any pain that lasts longer than a few days.

The most important time to seek care is if you are experiencing a fever over 101 degrees.

If a rash appears or you are having difficulty sleeping please see us as soon as you can.

Benchmark Urgent & Family Care offers convenient hours of care:

Monday through Friday
10am to 8pm

We are a walk-in clinic or you can always reserve your appointment time on our website. This allows you skip the line and be seen much faster.

We also offer flexible payment options including a medical discount program. Our rates are very affordable. We are in-network with most major insurance carriers.

This Month's Q&A Urgent Care Tips

Q: What's the difference between an urgent care and the emergency room?

A: Urgent care specializes in minor emergencies. We are designed to promptly treat minor medical conditions before they become life-threatening. Life-threatening emergencies should always be directed to the ER.

We also offer shorter wait times. Our patients are generally seen for conditions that do not require a full medical history.

Additionally, ER visits for non-life-threatening services may cost more. Overuse of the ER is one of the main reasons for higher costs and rate increases for insurance premiums.

ER Visits are necessary when a patient is suffering from a life-or-limb threatening medical condition.

Things like: heart attacks, signs of stroke, severe shortness of breath, poisoning, major life-or-limb injuries, or coughing up or vomiting blood.