

1ST CHOICE HEALTHCARE

Revolving around you

Winter 2015

Needing a Mammogram? You could get one FREE!



According to the CDC, breast cancer is one of the most common cancers among women. One way to lower your risk of dying with breast cancer is to have regular mammograms. Women between the ages of 50 and 74 should have a mammogram at least every two years. Women between 40-49 should talk with their doctor about when they should start getting a mammogram and how often. Don't forget to mention if you are experiencing any problems or have a family history.

1st Choice Healthcare provides FREE breast screenings, mammograms, and diagnostic services to low-income, uninsured, and underinsured qualifying women. All women are at risk for breast cancer, but regular screenings can prevent or detect these diseases early.

Talk with your nurse, provider, or a care manager to see if you qualify for a free screening and mammogram and how often you should get screened.

1st Choice Healthcare receives Quality Improvement Award

1st Choice Healthcare, Inc. is one of 66 grantees that received the Quality Improvement Award. Health Centers receiving these funds are being recognized for high levels of quality performance in one or more of the following four categories: health center quality leaders, national quality leaders, clinic quality improvers, and Electronic Health Record reporters. Receipt of these funds is a testament to how well grantees deliver comprehensive, case-managed primary care and preventive health care services.

Sign up today to have access to the Patient Portal. This provides convenient 24 hour access to your health care from the comfort and privacy of your own home or office.

Now available

Healow Mobile App
(must be signed up for the patient portal to use the app)



Visit our Website:

www.1stChoice-ar.org



Seasonal Flu

Seasonal flu is a contagious respiratory illness caused by flu viruses. Approximately **5-20%** of U.S. residents get the flu each year. Flu season typically starts in the fall and peaks in January or February. Getting the [flu vaccine](#) is your best protection against the flu. Flu-related complications include pneumonia and dehydration. Illness from seasonal flu usually lasts one to two weeks.

What is Seasonal Flu? Seasonal flu is a contagious respiratory illness caused by flu viruses. It spreads between people and can cause mild to severe illness. In some cases, the flu can lead to death. In the United States, flu season occurs in the fall and winter. Seasonal flu activity usually peaks in January or February, but it can occur as early as October and as late as May.

How does the flu spread? Most experts believe that you get the flu when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

Some groups are more likely to experience complications from the seasonal flu, including: Seniors (those age 65 and older), children (especially those younger than 2), and people with chronic health conditions. However, anyone can get the flu.

How long does the flu last and how long is it contagious? Most people who get the flu feel much better within **one or two weeks**. Most healthy adults can infect others **one day before symptoms develop** and **five to seven days after symptoms appear**. Some people, especially young children and people with weakened immune systems, might be contagious for a longer period.

Is the stomach flu considered the flu? Many people use “stomach flu” to describe illness with nausea, vomiting or diarrhea. Many different viruses, bacteria, or parasites can cause these symptoms. While the flu can sometimes cause vomiting, diarrhea, and nausea—more commonly in children than adults — these problems are rarely the main symptoms of the flu. The flu is a respiratory disease and not a stomach or intestinal disease.

Can I still get the flu even though I received the flu shot? The answer is yes. There is still a possibility you could get the flu even if you got vaccinated. The ability of flu vaccine to protect a person depends on various factors, including the age and health status of the person being vaccinated, and also the similarity or “match” between the viruses used to make the vaccine and those circulating in the community. If the viruses in the vaccine and the influenza viruses circulating in the community are closely matched, vaccine effectiveness is higher. If they are not closely matched, vaccine effectiveness can be reduced. However, it’s important to remember that even when the viruses are not closely matched, the vaccine can still protect many people and prevent flu-related complications. Such protection is possible because antibodies made in response to the vaccine can provide some protection (called cross-protection) against different but related influenza viruses.

For more information about the flu, visit <http://www.cdc.gov/flu/index.htm>.



This information was provided by: www.cdc.gov

Soothing a Sore Throat

We've all had sore throats around this time of year. Your throat feels scratchy and may hurt when you swallow. What can you do to soothe a sore throat? And when is it a sign of a more serious infection?

Most sore throats are caused by viral infections such as the common cold or the flu. These throat problems are generally minor and go away on their own.



To soothe your irritated throat, keep it moist. “Ever notice that a sore throat seems worse in the morning? It’s because your throat gets so dry overnight,” says Dr. Valerie Riddle, an infectious disease expert at NIH. “Having lozenges or hard candies—or anything that stimulates saliva production—will keep your throat moist. It’s also important to drink plenty of fluids.”

For young children who might choke on hard candies or lozenges, try cold liquids and popsicles. Throat pain might also be soothed by throat sprays and over-the-counter pain relievers such as acetaminophen, ibuprofen or aspirin, but don’t give aspirin to young children.

Contact a doctor if your sore throat is severe, doesn’t feel better after a few days, or is accompanied by a high fever or swollen glands. These symptoms could be signs of a bacterial infection, such as strep throat. Taking antibiotics won’t help at all if your sore throat is caused by viruses, but they’re essential for fighting bacterial infections like strep.

Strep is the most common bacterial throat infection. Although it can occur in adults, strep throat is more common in children between ages 5 and 15. Riddle says strep can be harder to detect in younger children, because it can cause a runny nose and other symptoms that make it seem like a cold. “If your child has severe throat pain, a fever above 100.4 degrees, or swollen glands, you should get medical attention right away,” advises Riddle. Children with strep also may experience nausea, vomiting and stomach pain.

To see whether you have strep throat, the doctor will take a throat swab. If test results confirm strep, your doctor will prescribe antibiotics. After 24 hours of taking them, you should no longer be contagious. You’ll likely begin feeling better within a couple of days, but to fully recover it’s important to finish all of the medicine.

Strep is highly contagious. Treat it quickly to prevent it from spreading to others. Riddle says, “Not only can the infection be transmitted, but there are potential complications from untreated strep throat.” These include ear infections, rheumatic fever and kidney problems.

Another fairly common throat infection is tonsillitis, which occurs when you have sore, swollen tonsils. It’s caused by many of the same viruses and bacteria that cause sore throats. If you have frequent bouts of tonsillitis or strep throat, you may need surgery (called a tonsillectomy) to have your tonsils removed.

The best way to protect yourself from the germs that cause these infections is to wash your hands often. Try to steer clear of people who have colds or other contagious infections. And avoid smoking and inhaling second-hand smoke, which can irritate your throat.

1st Choice Healthcare Sites



1300 Creason Road - Corning
Phone: 870-857-3399
Fax: 870-857-3301



141 Betty Drive - Pocahontas
Phone: 870-892-9949
Fax: 870-892-0208



201 Colonial Drive - Walnut Ridge
Phone: 870-886-5507
Fax: 870-886-5632



308 Hwy 62W - Ash Flat
Phone: 870-994-2202
Fax: 870-994-2328

Mission Statement

1st Choice Healthcare is a non-profit community health center, serving the comprehensive needs of Northeast and North Central Arkansas in a professional manner with compassion and quality without regard to language, financial or cultural barriers.

Website: www.1stChoice-ar.org



Creamy Mushroom Chicken and Noodles Recipe

Ingredients

- 1 broiler/fryer chicken (3 to 4 pounds), cut up
- 3/4 pound fresh mushrooms, sliced
- 3/4 to 1 teaspoon dried tarragon
- 2 egg yolks
- 1/2 cup butter, cubed
- 1/2 cup heavy whipping cream, *divided*
- 1/2 teaspoon salt
- Hot cooked noodles

Directions

- In a skillet, cook chicken in butter over medium-low heat for 40 minutes. Transfer chicken to a 13-in. x 9-in. baking dish.
- Bake, uncovered, at 350° for 20 minutes, or until juices run clear. Meanwhile, in the same skillet, saute mushrooms for 15 minutes or until golden brown. Add 1/4 cup cream, tarragon and salt. Bring just to a boil; reduce heat to medium-low.
- In a small bowl, whisk egg yolks and remaining cream; whisk into mushroom mixture. Stir constantly until slightly thickened (do not boil). Serve chicken and cream sauce over noodles. **Yield:** 4-6 servings.