

inspire

YOUR HEALTH, YOUR LIFE

WE ARE OPEN,
SAFE AND READY
TO CARE FOR YOU

IS IT A COLD, THE FLU
OR COVID-19?

DO IT FOR THEM
**Motivation to
Quit Smoking**

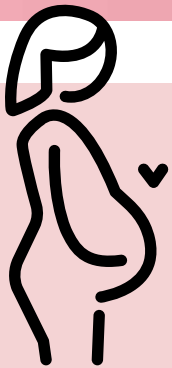


DEKALB REGIONAL
MEDICAL CENTER



COULD YOU SPY A UTI?

Anyone can get a urinary tract infection (UTI), so it's important to know the facts, including how to spot the signs.



If you're pregnant and notice signs of a urinary tract infection (UTI), seek care right away, as a UTI can cause your blood pressure to spike or lead to premature birth, according to the Office on Women's Health.

A UTI is a bacterial infection of part of the urinary tract, typically the bladder. The flow of urine keeps most bacteria that invade the urinary tract from getting far, but sometimes germs evade this defense mechanism. Here's what you need to know about UTIs:

- **A burning feeling during urination is a common symptom.** Others include an urge to urinate more frequently, bloody or foul-smelling urine, abdominal pressure, and fatigue.
- **Antibiotics are the treatment of choice.** These medications, which require a physician's prescription, can kill the bacteria that cause UTIs.
- **Risk factors abound.** In addition to being female, risk factors for a UTI include pregnancy, diabetes, kidney stones, difficulty emptying the bladder, having gone through menopause, being sexually active, and using a diaphragm or spermicide for birth control.
- **UTIs are more common in women.** Men get UTIs, but in far smaller numbers than women. At least 40 to 60 percent of women will develop a UTI at some point, according to the National Institute of Diabetes and Digestive and Kidney Diseases.
- **Women are an easier target for UTI-causing bacteria than men.** That's because bacteria have a relatively short distance to travel from a woman's anus to the entrance of the urethra, and a woman's bladder is closer than a man's to the urethral mouth.
- **You can reduce your risk.** To help prevent a UTI, you should drink eight glasses of water daily, according to the Office on Women's Health, wear loose-fitting clothes and urinate when you feel the urge.



Think you may have a UTI? Speak with your provider. Visit DeKalbAnytime.com to schedule an appointment online or find a primary care provider who can help.

TRUST THE EXPERT

Ignoring what appears to be a urinary tract infection (UTI) or trying to treat it yourself could have serious consequences. Without proper treatment, a UTI can lead to a kidney infection, which may be painful and often requires hospitalization.

Attempting to treat a UTI by drinking cranberry

juice or taking over-the-counter medications won't work. Cranberry juice and other products are not effective treatments for a UTI, according to the National Institute of Diabetes and Digestive and Kidney Diseases.

UTIs are caused by bacteria, which require treatment with prescription antibiotics to

eliminate. That's why it's important to see your primary care provider (PCP) if you suspect a UTI. He or she can confirm whether an infection is present and prescribe the medication you need to help you get better. Your PCP can also provide tips on preventing future infections, as having a UTI increases your risk of a second infection.

Oh, the Places You Can Go for Care

Gone are the days when the doctor's office was your only option for care.



READY IN AN INSTANT

Medical emergencies are, by definition, unexpected. It helps to be prepared so you don't have to make difficult decisions during a crisis. Have the following information saved in your phone or stored in a wallet and display it in an easily accessible place at home, such as on your refrigerator.

- a list of all your medical conditions
- a list of medications and supplements you currently take, with the dose and frequency
- names and contact information for your primary care provider and any specialists who treat you
- your emergency contact's name and phone number

In addition, be sure your spouse or another trusted adult knows the location of any legal documents, such as a living will or healthcare proxy form, in the event you cannot make decisions for yourself.

Today, you have more choices than ever for how to access medical care — and you don't even have to visit a doctor's office to get it. Consider your options and determine how best to access the care you need, when you need it.

SEE YOUR PCP

Your primary care provider (PCP) can develop a long-term relationship with you and get to know your specific health needs and risks. He or she is a trusted resource for preventive care, such as annual wellness visits. Your PCP also treats injuries and acute illnesses, performs some screenings and can refer you to mental health services, if needed.



CONNECT THROUGH TELEHEALTH

Video visits offer you face time with a provider — often without a wait — when you need immediate care for an illness, such as a cold, sinus infection, sore throat or earache. Telehealth providers can also evaluate skin and eye conditions and, in some cases, provide counseling.



If an illness or injury could lead to death or permanent disability, consider it an emergency. Call 911 or seek care in the Emergency Room.




IN AN EMERGENCY

Potentially life-threatening symptoms, such as chest pain, difficulty breathing and the sudden inability to talk, see, walk or move, warrant emergency care. Either call 911 or visit the Emergency Room (ER). The ER is also a better place to seek care for severe burns, broken bones and other serious injuries.



Learn about measures we've taken to help safeguard the health of all patients during this extraordinary time. Visit [DeKalbRegional.com/ER](https://www.dekalbregional.com/ER) to see how we are OPEN, SAFE and READY to care for you in an emergency.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.



The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

QUIT

For the Greater Good

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

READY TO QUIT YET?

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



RESOURCES TO QUIT SMOKING

- The American Lung Association's Freedom From Smoking program has been around for decades and helped over 1 million people quit tobacco use. Classes and support groups are available online and across the country, along with a telephone hotline.
- The National Cancer Institute has two free smartphone apps, QuitGuide and quitSTART, that can help you assess your tobacco use habits and provide needed distractions to counter cravings.
- There are numerous other apps, some free and some paid, that can help you track how much or how little you are smoking, if you aren't quitting cold turkey. Some apps even tally up the amount of money you're saving with every tobacco product you don't use.
- Your state health department has trained counselors available. Call 1-800-QUIT-NOW.

HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Need support to quit smoking or want to know more about prescription options? Make an appointment with a primary care provider at DeKalbAnytime.com.

Making the Most OF Telehealth

You now have a choice of in-person or telehealth visits at most clinics. Learn what you can do to have a smooth, successful video visit with your provider.

Many physician offices and clinics now offer telehealth in addition to in-person appointments for wellness exams and sick visits. Video visits give patients access to care from the comfort of home while practicing social distancing.

If you are new to telehealth, the following dos and don'ts can help you navigate this new world:

- **Do** follow your physician office's pre-visit instructions. After scheduling your appointment, you may receive instructions for preparing for the visit, such as how to download a video conferencing app or take certain vital signs. Be sure to follow these directions carefully.
- **Don't** go into the appointment without important information. This includes your medical history, a medication list, notes about symptoms you've experienced, a list of questions you'd like to ask your primary care provider (PCP) and vital signs you've taken at home, such as blood pressure and weight.
- **Do** pick a quiet spot and check your tech. Find a place in your home where you won't be disturbed during your appointment and be sure your internet connection is working. If you'll be using a laptop, tablet or smartphone, charge it before the appointment.
- **Don't** let a video visit change your behavior. You and your PCP won't be in the same room, but don't let that intimidate you. Talk with him or her as you normally would — be open and ask questions. Make sure you understand your treatment plan and the next steps to take before ending the call.

YOUR SHOTS AT PREVENTION

As you age, one of the most important things you can do for your health is to stay up to date with recommended vaccines. Getting vaccinated helps keep you safe from serious diseases, protects people who can't get vaccinated through herd immunity and sets a good example for your children.

According to the Centers for Disease Control and Prevention, adults need these vaccines:

- annual flu vaccine
- HPV vaccine before age 27, which protects against human papillomaviruses that can cause cancer
- one-time Tdap vaccine, which protects against tetanus, diphtheria and pertussis, followed by a Td (tetanus and diphtheria) booster every 10 years
- pneumococcal vaccine at age 65 or older
- shingles vaccine at age 50 or older

You may need additional vaccines or require certain vaccines earlier than other people based on your medical history. Be sure to discuss vaccines with your primary care provider at your annual physical exam to ensure you're on schedule.

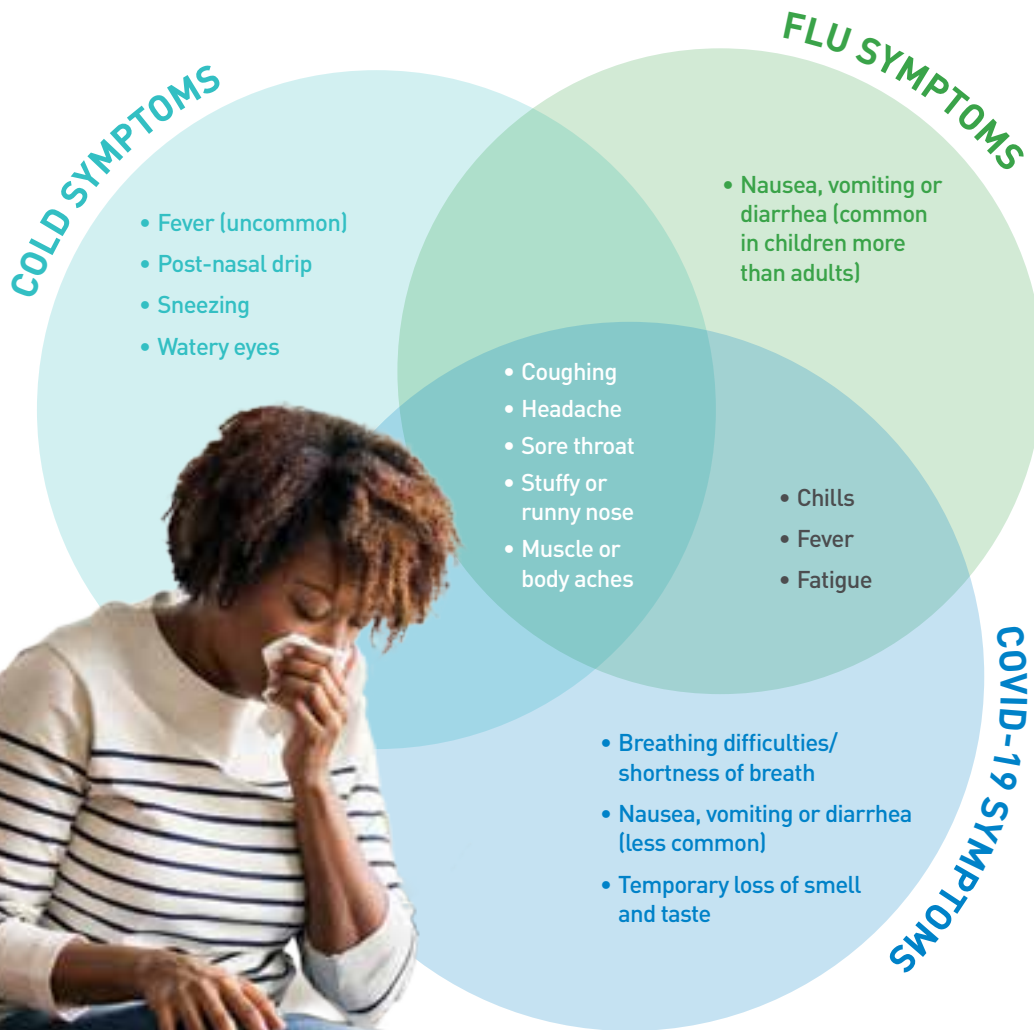


Telehealth services are available online. Visit DeKalbAnytime.com to schedule a telehealth visit.

COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

COLD VS. FLU VS. COVID-19 SYMPTOMS*



HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

| S | M | T | W | T | F | S |
|---------------------|---|---|---|---|---|---|
| Cold: 2–3 days | | | | | | |
| Flu: 1–4 days | | | | | | |
| COVID-19: 2–14 days | | | | | | |
| | | | | | | |

WHEN AM I CONTAGIOUS?

COLD:
From 1–7 days after symptoms

FLU:
From 1 day before to 7 days after symptoms; most contagious 3–4 days after

COVID-19:
From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**

Learn about measures we've taken to help safeguard the health of all patients during this extraordinary time. Visit DeKalbRegional.com/ER to see how we are OPEN, SAFE and READY to care for you in an emergency.

HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

DeKalb Regional Medical Center
200 Medical Center Drive
P.O. Box 680778
Fort Payne, AL 35968

PRSRT STD
U.S. POSTAGE
PAID
LYNCHBURG, VA
PERMIT NO. 500

WANT TO READ MORE?

Visit DeKalbRegional.com/signup to receive other health and wellness articles and register for our eNewsletter.

DeKalb Regional Medical Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our homepage at DeKalbRegional.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (256) 845-3150.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (256) 845-3150.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (256) 845-3150.

VOLUME 12 • ISSUE 3 | **Want More?** Visit DeKalbRegional.com/signup to sign up for our eNewsletter! | DeKalbRegional.com

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

INTRODUCING **SIMPLE + PRICE**

HEALTHCARE PRICING MADE EASY.

Healthcare pricing can be confusing. We heard your concerns and created a new option for you. To simplify things, we now offer a pre-pay pricing plan called **SIMPLE+PRICE**. No insurance involved. No confusion. No surprises. Just an up-front price for some of the most common imaging and lab tests offered. Simple.

So if you need an X-Ray, Ultrasound, CT, MRI or lab test, just call us and get a **SIMPLE+PRICE** quote. This single price, paid up front, includes hospital and Radiologist reading charges.

You can pay over the phone or in person by stopping by the hospital's Central Scheduling/Registration Office during regular business hours. If your procedure takes place after hours or on the weekend, our registration department can process the payment. We accept credit cards, cash and some personal checks. When you take advantage of **SIMPLE+PRICE**, you'll get a receipt for your payment in full prior to the procedure or test. It's as simple as that.

**CALL 256-997-2844 for
a SIMPLE+PRICE Quote.**



SIMPLE + PRICE MENU:

- + Chest X-Ray
as Low as **\$75**
- + Mammogram
as Low as **\$145**
- + Head CT Scan
as Low as **\$250**
- + Lower Back MRI Scan
as Low as **\$450**
- + Many other services.
Call and ask.

***SIMPLE+PRICE** may not be used in conjunction with insurance. It also does not include further testing that may be ordered by your physician. All payments must be made prior to testing or procedure.