ADVICE

Addl Testing – U GC/Chlamy
We sent a test for gonorrhea and Chlamydia. If you are concerned about sexually transmitted diseases, you should also see your primary care doctor or the county Health Department for testing for other potential diseases, including syphilis, hepatitis, and HIV.

Angioedema
Angioedema may be caused by drugs known as ACE (angiotensin converting enzyme) inhibitors (ACE inhibitors). It may also be caused by ARBs (angiotensin receptor blockers). Even if you've been on one of these medicines for years, you may suddenly get angioedema.

If you get angioedema while on one of these medications, you must immediately STOP TAKING this medication. And you must NEVER take one of these medications again.

Examples of these medications include:
ACE inhibitors:
captopril (trade name Capoten)
zofenopril
enalapril (Vasotec/Renitec)
ramipril (Altace/Prilace/Ramace/Ramiwin/Triatec/Tritace)
quinapril (Accupril)
perindopril (Coversyl/Aceon/Perindo)
lisinopril (Listril/Lopril/Novatec/Prinivil/Zestril)
benazepril (Lotensin)
imidapril (Tanatril)
zofenopril (Zofecard)
Trandolapril (Mavik/Odrik/Gopten)
fosinopril (Fositen/Monopril)

ARBs:
losartan (Cozaar)
candesartan (Atacand)
valsartan (Diovan)
irbesartan (Avapro)
telmisartan (Micardis)
eprosartan (Teveten)
olmesartan (Benicar/Olmetec)
azilsartan (Edarbi)
Bell’s Palsy
Get artificial tears drops and use them throughout the day as needed for eye irritation.
Get artificial tears ointment and use at nighttime; tape eye as shown just at nighttime.
(Artificial tears drops and ointment are available without a prescription, though you may have to ask the pharmacist for them.)

Brachial Plexopathy
You seem to have an irritation of the brachial plexus, a grouping of nerves. I will prescribe some nerve-stabilizing medications, and recommend you see a neurologist.

Dehydration
When you are dehydrated, especially from sweating, vomiting or diarrhea, water is not enough to get you rehydrated. You also need more salt in your diet. Gatorade provides some salt. Simply eating salty foods, or adding salt to your foods, will help. The salt helps hold the water inside you.

If you are on a low-salt diet and you are dehydrated, it's OK to increase your dietary salt for a few days until you're not dehydrated.

If you're taking a "water pill" (diuretic such as Lasix=furosemide, or HTCZ=hydrochlorothiazide) it's probably a good idea to stop it until your dehydration is better.

Dysmenorrhea
For dysmenorrhea (painful menstrual periods) the scientific evidence suggests that the following are helpful ways to prevent them:
Take thiamine 100 mg daily.
Take fish oil 2 g daily.

NSAIDS (non-steroidal anti-inflammatory drugs) such as ibuprofen (Motrin, Advil, Nuprin, generics) and naproxen (Aleve, generics) in over-the-counter doses help when the pain is bad.

There are many other “cures” that have proposed, but either there is no scientific evidence for them, or scientific studies have shown them useless.

Foot Problems
A lot of foot problems can be traced to the socks, shoes and insoles you wear.

Cotton socks keep moisture next to you skin, and mat down under your heel and the ball of your foot, eliminating their padding. Wool socks don’t have these problems. Get wool socks. SmartWool socks are expensive but worth it. Wool is better than cotton both in all seasons including summer. To prevent blisters best, wear them inside out. You can get SmartWool socks online, or from the REI stores at Settler’s Ridge and at Southside Works.

Most shoe insoles, even in hiking boots and most running shoes aren’t that good. SmartFeet insoles are expensive but worth it, and available at REI. The blue ones are pretty much the same size as most standard insoles.
If you’re getting a new pair of shoes, try them on with thick SmartWool socks and the Copper SmartFeet insoles. The copper version is a bit thicker than the blue, but provides more padding. They also break in and form to fit your feet.

**Heating Pad**

Apply a heating pad to the area for 15-20 minutes four times a day. The kind that you zap in the microwave works well, and costs about $20 at most drugstores.

**Insomnia**

For trouble sleeping:
- no caffeine at or after dinner
- no chocolate after lunch
- eat some aged cheese with dinner

You also may want to try some melatonin if the above doesn't work.

**Mitral Valve Prolapse**

Listening to your heart I hear something that sounds like Mitral Valve Prolapse. This is not serious, but you should see your doctor and arrange for an echocardiogram to check your heart valves.

**Neuropraxia**

You have neuropraxia, which is basically a bruise of a nerve. Take the medication as prescribed.

If not better in a week, it is very important that you followup with your primary doctor or a neurologist or pain specialist. You may be developing something called Reflex Sympathetic Dystrophy (also known as Complex Regional Pain Syndrome Type II).

**Pertussis**

There is a possibility you have pertussis (whooping cough). We are treating you with an antibiotic for this. We are giving you pertussis instructions just in case.

**Repeat CXR**

Your chest xray is not entirely normal. To make sure this is not a problem such as lung cancer or tuberculosis, it is important that you see a primary care physician and arrange for a repeat chest xray or a CT scan. We do not provide such follow-up services at MedExpress. If you would like information on local primary care physicians, please let us know.

**Rest**

Try to get plenty of rest while recovering from your illness.

**Superficial Phlebitis**

Take an 81 mg aspirin tablet daily.
Avoid ibuprofen (Advil, Nuprin, Motrin) or naproxen (Aleve).
It is OK to take Tylenol (acetaminophen).
Walk frequently, and avoid standing.
Elevate the leg when possible.
If you get swelling in the calf, or in the ankle, or pain in the calf or the back of the knee, or chest pain or shortness of breath, go to the ED right away.

Tick Bite Handout
Read Dr. Conover's Ticks handout, and follow the instructions there.
You can also find it online at
http://conovers.org/ftp
Scroll down to Ticks.pdf.

Tick Bite
If you are concerned about Lyme Disease after a possible tick bite, observe for 2-3 weeks for the following:
- A red rash that is more than 2 inches in diameter.
- Fever, headache or stiff neck.
If you get either of these, contact your family doctor, call us back here at MedExpress, or return to MedExpress.

AGAINST MEDICAL ADVICE

EMS Refusal
Your condition may be life threatening. Therefore, we recommend that you go to the Emergency Department by ambulance. If you choose not to go by ambulance, you may be placing your health and your life at increased risk.

ER Refusal
You have been advised to go to the Emergency Department immediately for further evaluation to rule out serious and potentially life-threatening medical problems. You have indicated an unwillingness to follow this advice. It is possible that your decision to forego the evaluation in the Emergency Department may result in permanent disability or death.

Test refusal
You have been advised to undergo further testing to evaluate your condition, but you have declined some or all of the testing. Your decision to decline these tests may delay discovery of conditions which could result in permanent disability or death.

Insect Repellents
Consumer Reports says the best insect repellents, both for mosquitoes and for ticks, are Repel and Sawyer Premium Picaridin.
DERMATOLOGY

Abscess No Repack
Continue warm soaks until the abscess hole seems to be healed.

Aloe
For burns and frostbite, there is evidence that Aloe vera extract speeds healing. There are many over-the-counter creams with Aloe at any drugstore. Pick one and use it on a regular basis, several times a day if possible, until better.

Athlete's Foot: Lamisil + Soaks
You may use the over-the-counter cream terbinafine (e.g., Lamisil-AT), which is highly effective.
Another treatment that dates back thousands of years is vinegar-water soaks. Mix one part vinegar (or lemon juice if you wish like the smell better) and nine parts water, and soak your feet a few times a week.

Aveeno bath
May use Aveeno mixed in bath water as directed for irritated or itchy skin.

Bactroban after Cleaning
Clean with soap and water three times a day, then apply the Bactroban (mupirocin) ointment.

Bactroban to dry dressings
Apply a thin film of the Bactroban (mupirocin) ointment to the area, then apply dry gauze to the area. Remove and replace the ointment and gauze twice a day. Soak with water if needed to remove.
Once the dead tissue is removed, you should see pinpoints of bleeding in pink flesh each time you take off the dressing. Do NOT use nonstick gauze pads! We want the gauze to stick and help clean off dead tissue.
Once you are getting no more dead tissue off with the gauze, you may switch to nonstick gauze pads (e.g., Telfa pads).

Falk Derm FU
Call the Falk dermatology clinic at 412-647-4200 to make an appointment.

Falk Derm prn
If you need to see a dermatologist, call the Falk Dermatology Clinic in Oakland at 412-647-4200 for an appointment. You can usually get an appointment there in a week or two.

Frostbite Superficial
Superficial frostbite does not damage the lower layers of skin. However, the upper layers of the skin may turn red and, in a few days to a week or so, may peel off. Usually there is new, healthy skin underneath.

Follow this treatment regime:

1. Take ibuprofen (Motrin, Advil, Nuprin) at bigger-than-usual doses: 800 mg twice a day with food for 7 days.
2. Find a good hand cream with aloe vera in it, and use this on the frostbite several times a day.
3. If there are blisters that burst, clean them with plain (not antibacterial) soap and water twice a day, and apply a thin film of Bacitracin ointment. Bacitracin is available without a prescription at any pharmacy.

If the frostbite is not healing as expected, call 412-232-8225 to make an appointment to see one of the burn surgeons at UPMC Mercy hospital, or 412-578-5120 for a burn surgeon at West Penn Hospital.

Fungal Kerion

You have a fungal kerion.

This is a reaction to a fungal infection. The fungal infection is called tinea capitis. (This is basically athlete’s foot of the scalp).

You will need to take medicine for a couple of months to get it to go away.

Follow up with your primary doctor in the next couple of weeks to see how the treatment is working. We do not follow patients at MedExpress for ongoing care for kerions. If you need a new primary care physician, please ask us for a list.

Hydrocortisone Cream

You may use hydrocortisone 1% Cream to affected area 2 or 3 times a day as needed.

Do NOT use for more than 2 weeks.

If your rash lasts for more than 2 weeks, you should be re-checked by your primary care physician.

Hypoallergenic

Switch all soaps, laundry detergents, perfumes, make-up, and fabric softeners to dye-free and hypoallergenic brands. Products like Dove unscented and Ivory soaps, Dreft laundry detergent are examples of hypoallergenic products.

Immunization Reaction

This does not look like cellulitis, more likely a local delayed hypersensitivity reaction to the immunizations. It's good to use ice on the area.

Benadryl by mouth only as needed for itching, and a steroid cream on the skin in the area.

Mild soap and cream

Use only Dove, Tone or Caress soap to wash your skin.

Onycholysis

Paronychia

Poison Ivy
RMSF Doxy PRN
RMSF/Lyme Possible

Dr. Conover’s handout on ticks and Lyme Disease is available at
http://www.conovers.org/ftp/
it’s
Ticks.pdf

Scabies
Scratching
Seborrhea
Shingles Vaccine

Shingles VACCINE!

Silvadene +Gauze
Sunburn
Tinea
Urticaria
Vinegar Baths
Vinegar soaks
Warm Water Soaks
Warts
Wet to Dry Dressings

**Back Stretching Daily Forever**
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**Piriformis**
You likely have Piriformis Syndrome, spasm of a muscle in the buttocks that can compress the sciatic nerve and cause pain down the leg.
Stretch as follows.
Sit in a chair.
Cross the bad leg over the good leg.
Place both hand on the knee of the bad leg.
Push the knee of the bad leg to the other side - away from the leg that hurts.
Keep pushing the knee that way for a long time - 15-30 minutes. Repeat this at least four times a day.

If you are taking an oral antibiotic, you don’t need to also take eye drops. Your tears will be continuous antibiotic eyedrops.

**Ank Spr Aircast – Mild**

**SPRAIN: ANKLE**

You have an ankle sprain which is a tearing of the ligaments that hold the joint together. Sprains take from 3-6 weeks to heal depending on how severe the injury is.

**HOME CARE:**

1) As long as you have swelling, keep your leg elevated when sitting or lying down. This is very important.

2) For the first 2 days: Make an ice pack (ice cubes in a plastic bag, wrapped in a towel) and apply over the injured area for 20 minutes every 1-2 hour~ the first day. You should continue with ice packs 3-4 times a day for the first two days. Continue the use of ice packs for relief of pain and swelling as needed.

3) Wear the aircast (ankle brace) that we gave you. Wear this whenever bearing weight, for about 3 weeks. With this in place and adjusted properly (use the Velcro at the bottom to fit to your particular size foot), you can engage in any activity, including running or sports, without fear of reinjury. Let pain be your guide.

**Follow-up PT**

Call your doctor to arrange for physical therapy evaluation for possible nerve damage (proprioceptive loss) resulting in a "weak" ankle. Often you can deal with the doctor’s front office secretary to arrange this.

**Dermatology**

**Folliculitis**

Folliculitis from hot tubs or swimming pools is usually a superficial infection with the bacteria Pseudomonas or Aeromonas. The main treatment is to soak the affected areas in vinegar for 15 minutes 3-4 times a day. If the infection gets deeper into the skin (cellulitis) an oral antibiotic may be needed; however, oral antibiotics don't help superficial folliculitis.

**Kanavel’s Signs**

Kanavel's signs are clinical sign found in patients with infection of a flexor tendon sheath in the hand (flexor tenosynovitis), a serious condition which can cause rapid loss of function of the affected finger.

There are four signs:

1. the affected finger is held in slight flexion. (Bent slightly.)
2. there is fusiform swelling over the affected tendon. (On the palmar side of the finger, not the back. Fusiform means "elongated and tapering at both ends; spindle-shaped.")
3. there is tenderness over the affected tendon. (On the palmar side of the finger.)
4. there is pain on passive extension of the affected finger. (It hurts too much to straighten the finger, even if you grab the sides of the finger with the tinges of your other hand, and try to stretch it out straight.)

The more of these signs you develop, the more likely you will have serious permanent problems with the finger, or even maybe have to have it amputated.
If you are concerned that you are developing a worse flexor tendon infection, go to the nearest Emergency Department.

The sign is named after Allen B. Kanavel.

Nasacort
Steroid nasal spray is available by prescription, as a generic and under several brand names. It is also available without a prescription under the tradenames Nasacort (triamcinolone), Flonase (fluticasone) and Rhinocort (Budesonide), all of which work similarly well. The cost is about $15-20/bottle at most pharmacies.

Steroid – Sinuses
Use the steroid nasal spray, twice a day for 3 days and then daily after that. Squirt it up your nose, then lie flat on your back, with your head hanging off the bed, so the spray gets to the top of the nose where the sinus orifices drain out into the nose. If you are using this with Afrin (oxymetazoline) decongestant spray, use the Afrin FIRST, wait for 10 minutes (it just take a few minutes to work), and THEN use the steroid spray. The steroid spray takes several hours to take effect.

Pepcid
Famotidine (e.g., Pepcid) is known as an H2 blocker: it blocks receptors in the stomach that cause the secretion of acid. Thus it is good for ulcers or acid reflux. It is also good for hives, angioedema and some other allergic reactions. For hives, angioedema and certain allergic reactions, you should take 20 mg four times a day until better; this is more than recommended on the package but may be needed to control these allergic reactions.

Pes anserinus bursitis
Pes anserine bursitis is an inflammation of tendons and a fluid filled sac (a bursa) in the lower medial (side towards the middle) anterior (front) knee.

Treatment is:
- strengthening of the quadriceps (leg lifts while on your back)
- strengthening of the ABductors (leg lifts while lying on the opposite side)
- strengthening of the ADductors (leg lifts while lying on the same side) and I hamstring stretches (lie on your back in a doorway, put your leg up and your heel against the side of the doorway, and pull yourself partly through the doorway to stretch the back of your leg).

Pramoxine
Do NOT use Benadryl (diphenhydramine) or lidocaine or benzocaine on your skin for itching! Using these on your skin tends to cause blistering allergic reactions like poison ivy. Instead, look for products that have pramoxine in them Examples include Gold Bond Anti-Itch, ItchX, Caladryl Clear and some Aveeno products. Pramoxine is a good numbing medicine, and has only caused one (1) reported allergic reaction, ever. Rite Aid also sells a generic anti-itch cream (“first aid medicated anti-itch cream”) that contains both pramoxine and menthol. Menthol is a good numbing medicine, and doesn't cause allergic reactions.
If you need to see an orthopedic surgeon, call to make an appointment to see Dr. Jory Richman or one of his partners at Mercy Hospital.

Mercy Orthopedic Associates
1350 Locust St # 220
(Mercy Health Center)
Pittsburgh, PA
(412) 232-5800

OTC Medications
Delsym

Use a sustained-release dextromethorphan cough medication at twice the dose recommended by the manufacturer. There are currently two such brands: Delsym and Robitussin 12. Get whichever is cheaper.