



Family Medicine Services In Savannah, GA

Children's Health

We are committed to providing all of our young patients with the highest standard of family medicine care available. Our goal is to preserve the health of your child. We specialize in the latest techniques for preventative care, as well as the treatment for acute and chronic conditions. We are dedicated to providing the most advanced and comprehensive family medicine care for children age five years and above. Below is a list of some of the family medicine services and treatments we provide to ensure your child maintains a healthy, active lifestyle:

- Earaches
- Vomiting & Diarrhea
- Cold & Flu
- Fever
- Croup
- Constipation
- Jaundice
- RSV
- Sore Throat
- ADD
- ADHD
- Autism
- Acne
- Asthma

Women's Health

Our family medicine physicians and staff are at the forefront of medical treatments, procedures, and technology for the overall health of women. Our team strives to work together to establish happiness, self-esteem, comfort, and optimal health for our female patients and to be efficient and encouraging while providing quality medical care. We understand the importance of women leading a healthy and productive life, and that is why we offer comprehensive family medicine treatments and services for the following:

- Well woman exams
- Gynecology
- Obstetrics
- Bio-identical hormone replacement
- Menopausal issues
- Family Planning
- Breast Cancer
- UTI's
- Vaginal Infections
- Osteoporosis
- Urinary Incontinence
- Anemia
- Interstitial Cystitis
- Yeast Infections
- Birth Control

Men's Health

Did you know that on average, men live six less years than women? A large contributing factor to this is the fact that men are less likely to visit their doctor for preventive care. Preventive medical exams help men to maintain good health, as well as offer your family medicine physician an opportunity to detect potential problems early and treat them before they become more serious.

Our family medicine providers are experienced in providing high-quality medical care tailored specifically for men. We understand your desire to maintain a healthy, active lifestyle and it is our goal to provide a wide selection of treatments and services to ensure that you do. Some the services and treatments available to men include:

- Heart Disease
- Premature Ejaculation
- Undescended Testicles
- Sexually Transmitted Diseases
- Impotence
- Infertility
- Erectile Dysfunction/Viagra
- Hair Loss
- Athlete's Foot/Jock Itch
- Bio-identical hormone replacement
- Testicular Cancer
- Prostate Cancer
- Peyronie's Disease
- Mental Health Conditions
- Addictions
- Circumcision
- Vasectomy

Geriatric Health

We are committed to providing comprehensive family medicine care to help the elderly stay as healthy and active as possible. Our highly trained family medicine providers strive to help each patient live longer by utilizing modern technology and advanced applications. Our family medicine providers take time to discuss testing, medication and illness with each patient. We also provide the resources necessary to educate mature adults on wellness, disease prevention, chronic illness management and rehabilitation, as well as provide treatment for the following conditions:

- Incontinence
- Dementia
- Arthritis
- Restless Legs Syndrome

- Stroke
- Cancer
- Fecal Incontinence
- Glaucoma
- Parkinson's Disease

Chronic Conditions

Recent studies show that chronic conditions now affect nearly one in two Americans. To help ease the impact a chronic condition might have on your life and to help you enjoy a higher quality of life, we offer comprehensive and expert medical care with compassion. Our family medicine providers have extensive training and provide support, treatment and management of these chronic medical conditions:

- Asthma
- Allergies
- Arthritis
- Diabetes
- High Blood Pressure
- Heart Disease
- Osteoporosis

Flu Season

What is the Flu?

The flu is a viral infection caused by the influenza virus and can be diagnosed by your family medicine physician. It affects the respiratory system and can cause mild to severe illness. Sometimes it can lead to death. Each winter, during flu season, the virus spreads around the world. While it is possible to get the flu at other times of the year, it is less likely.

There are two main kinds of influenza virus: Type A and Type B. The strains are usually different from one year to the next.

Symptoms

If you have the flu, you can infect others one day before you notice any symptoms and up to five days (sometimes more) after you become sick. This means you may be infecting others even before you know you have the virus.

Symptoms usually start abruptly. They may include some or all of the following:

- High fever and chills
- Severe muscle aches
- Severe fatigue
- Headache
- Decreased appetite or other gastrointestinal symptoms such as nausea, vomiting, and diarrhea (more common in children than adults)
- Runny nose, nasal congestion
- Sneezing
- Watery eyes, conjunctivitis
- Sore throat
- Cough (can last for two or more weeks)
- Swollen lymph nodes in the neck
- Symptoms usually last between 7 to 10 days, but you may still have a cough and feel tired.

Diagnosis

Over-the-counter (OTC) cough and cold products should not be used to treat infants or children less than two years of age. Rare but serious side effects have been reported. They include convulsions, rapid heart rates, decreased levels of consciousness, and even death. Serious side effects have also been reported in children aged 2-11 years. Research is ongoing about the safety of OTC products for this age group.

Flu diagnosis is usually based on symptoms. Your doctor will ask about your symptoms and medical history. In some cases, your doctor may take samples from your nose or throat to confirm the diagnosis.

Treatment

Most people with the flu do not need antiviral medicine. Your doctor will decide. You may need it if you are in a high-risk group or if you have a severe illness (such as breathing problems).

Antiviral medicines may help relieve symptoms and shorten the time you are sick. They must be taken within 48 hours of the first symptoms. Antiviral medicines include:

- Zanamivir (Relenza) — Although highly effective against currently circulating influenza, this medicine may worsen asthma or chronic obstructive pulmonary disease (COPD).
- Oseltamivir (Tamiflu) — Highly effective against currently circulating influenza.
- Amantadine (Symmetrel) — Not reliably effective against influenza Type A.
- Rimantadine (Flumadine) — Not reliably effective against influenza Type A.

Please note: Oseltamivir and perhaps Zanamivir may increase the risk of confusion shortly after they are taken, especially in children. Children should be closely monitored for signs of unusual behavior.

Rest and Fluids

It is important to get plenty of rest when your body is fighting the flu. Also, drink a lot of liquids including water, juice, and caffeine-free tea.

Over-the-Counter (OTC) Pain Relievers

These medications are used to control fever and to treat aches and pains. Adults can use acetaminophen and ibuprofen.

Over-the-Counter (OTC) Pain Cough Medicines

These include decongestants, expectorants, anti-histamines, cough suppressants, and cough drops.

Prevention — Ways to Avoid Getting the Flu

The best way to prevent the flu is to be vaccinated. The Centers for Disease Control and Prevention (CDC) recommends that anyone aged six months and older should get a flu vaccine. You must be vaccinated each year since the virus changes every season. Vaccinations can be provided by your family medicine provider.

Two forms of the vaccine are available: flu shots (injection) and a nasal spray. You should get vaccinated as soon as the vaccine becomes available. The nasal spray is

currently approved for healthy people aged 2 to 49 years old. It takes about two weeks for the vaccination to protect you against the flu. Pregnant women and anyone with asthma should not receive the nasal vaccine. They should have a flu shot instead.

- Wash your hands often, especially when you come in contact with someone who is sick. Wash your hands for 15-20 seconds with soap and water. Rubbing alcohol-based cleaners on your hands is also helpful.
- Avoid close contact with people who have respiratory infections. The flu can spread starting one day before and ending up to one week after symptoms appear. If you have to be in close contact with a sick person, wear a facemask or a disposable respirator.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw away the tissue after you use it. Coughing or sneezing into your elbow or upper sleeve is also helpful.
- Do not spit.
- Do not share drinks or personal items.
- Do not bite your nails or put your hands near your eyes, mouth or nose.
- Keep surfaces clean by wiping them with a household disinfectant.
- Sometimes it is beneficial to take antiviral medications to prevent the flu. Talk with your doctor about taking antiviral medications if you are exposed to the flu and if you are at high risk for complications of the flu, or you are a healthcare worker, public health worker or first responder.

If you have the flu and live with someone who is at risk for complications (e.g., elderly, babies, someone with cancer), that person may need to take antiviral medications to prevent getting the flu from you. Remember that these medications are not a substitute for getting vaccinated.

Vaccination is still the best way to prevent the flu.

Those Who SHOULD NOT Be Vaccinated

Influenza vaccine is not approved for use in children younger than six months. Their caregivers should be vaccinated instead. People who are sick with fever should wait until their symptoms pass to get vaccinated. Some people should not be vaccinated before talking to their doctor. This includes:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who have developed Guillian-Barré syndrome (GBS) within six weeks of getting an influenza vaccine previously.

This information is provided to supplement the care provided by your family medicine physician. It is neither intended nor implied to be a substitute for professional medical advice. CALL YOUR FAMILY MEDICINE PROVIDER IMMEDIATELY IF YOU THINK YOU MAY HAVE A MEDICAL EMERGENCY. Always seek the advice of your family medicine physician or other qualified health provider prior to starting any new treatment or with any questions you may have regarding a medical condition.

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