

Editorial

EVIDENCE BASED MEDICINE

After your family, the most important thing in your life is your health!

Welcome to our second edition of *URCare Health TIPS!*

We are filled with good news, and happy to announce them.

We have been approved as preferred providers of **Medicare, Solis**, and are also in the process of incorporating the **Clare Medical** network. Also, **Aruba Airlines** has joined **URCare Health Center** as partner.

We are happy to welcome **Irina Baittiner**, who arrives to **URCare Health Center** as Marketing Assistant upon graduating from **The Catholic University of America** in Washington, D.C.

In this issue, we bring you more information vital to your well-being, including **EBM**, benchmarking tips, dehydration and other topics.

Thank you for your readership and support.

Please follow us on social media.

Yours truly,

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SEPTEMBER

2018

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Benchmarking Tips for Health

The Cost of Primary Care

- A complete visit to the doctor's (45 minutes) costs an average of **\$234**, according to Debt.org
- An **MRI** costs an average of **\$1,119**, in the US, according to **IFHP**

Did you know that...?

- Nearly **150 million** Americans are living with a chronic condition; around **100 million** have more than one; and nearly **30 million** are living with five conditions or more.
- Using new and advanced insights, we can catch these conditions in early stages and detect medication misuse.

Source: <https://twitter.com/Cigna/status/1029825605167210497?s=03>

Opioid Crisis

The **National Institute for Drug Abuse** reports that **115** people die every day in the US from opioid overdose.



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"Evidence Based Medicine (EBM): New Approaches and Challenges"

Evidence based medicine (EBM) is the conscientious, explicit, judicious and reasonable use of modern, best evidence in making decisions about the care of individual patients. EBM integrates clinical experience and patient values with the best available research information. It is a movement which aims to increase the use of high quality clinical research in clinical decision making. EBM requires new skills of the clinician, including efficient literature-searching, and the application of formal rules of evidence in evaluating the clinical literature.

The practice of evidence-based medicine is a process of lifelong, self-directed, problem-based learning in which caring for one's own patients creates the need for clinically important information about diagnosis, prognosis, therapy and other clinical and health care issues. It is not "cookbook" with recipes, but its good application brings cost-effective and better health care.

The key difference between evidence-based medicine and traditional medicine is not that EBM considers the evidence while the latter does not. Both take evidence into account; however, EBM demands better evidence than has traditionally been used. One of the greatest achievements of evidence-based medicine has been the development of systematic reviews and meta-analyses, methods by which researchers identify multiple studies on a topic, separate the best ones and then critically analyze them to come up with a summary of the best available evidence.

The EBM-oriented clinicians of tomorrow have three tasks: a) to use evidence summaries in clinical practice; b) to help develop and update selected systematic reviews or evidence-based guidelines in their area of expertise; and c) to enrol patients in studies of treatment, diagnosis and prognosis on which medical practice is based.

Source: Masic, I., Miokovic, M., & Muhamedagic, B. (2008). *Acta Informatica Medica*, 16(4), 219–225. **National Institutes of Health.** <http://doi.org/10.5455/aim.2008.16.219-225>

The Jersey Finger

No, it is not an insult!

The **Jersey Finger** is a tendon injury that is common in athletics, and can result in permanent loss of flexion of the end of the finger if not surgically repaired (see picture at the bottom, and X-Ray below).

The Jersey Finger is most common on the ring finger. It requires USS/MRI to assess the degree of tendon retraction. When treated through the Emergency Room, it implies analgesia and splintage, elevating the limb in a high-arm sling. The patient is then referred to a Hand Surgeon.



Burns (2018), retrieved from <https://lifeinthefastlane.com/trauma-library/hand/jersey-finger/>



Patient Satisfaction Poll

UR Care August 2018

- PSP Index: 98.3%
- Would recommend us: 98.3%



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Dehydration

From The Mayo Clinic

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated.

Anyone may become dehydrated, but the condition is especially dangerous for young children and older adults, especially these hot summer days. Its symptoms are:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

The most common cause of dehydration in young children is severe diarrhea and vomiting. Older adults nat-

urally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration.

This means that even minor illnesses, such as infections affecting the lungs or bladder, can result in dehydration in older adults.

Dehydration also can occur in any age group if you don't drink enough water during hot weather — especially if you are exercising vigorously.

You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment.

Retrieved from <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

More adolescents up to date on HPV vaccine

The number of adolescents who are up to date on HPV (**Human Papillavirus**) vaccination – meaning they started and completed the HPV vaccine series – increased five percentage points from 2016 to 2017, according to results from a national survey published by the **Center for Disease Control** in Atlanta.

Don't take any risks. Get your child fully immunized.

Retrieved from <https://www.cdc.gov/media/releases/2018/p0823-HPV-vaccination.html>

From the CDC

Babies with Zika-related Health Problems Continue to Need Attention

In the U.S. Zika Pregnancy had a laboratory result showing possible or confirmed virus infection between 2016 and 2018. Careful monitoring and evaluation is essential to ensure early detection of possible disabilities and referral to early intervention services.

“Zika virus infection during pregnancy can cause serious health problems in babies, such as birth defects and vision problems,” said CDC Director Robert Redfield, M.D.

Retrieved from <https://www.cdc.gov/media/releases/2018/p0807-Zika-related-health-problems.html>



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