

The Tolland Buzz



Importance of Primary Care Visits

What is a Primary Care Provider?

Your Primary Care Provider (PCP) is your medical “home.” It’s the person you visit for most medical needs, including wellness visits and routine screenings, non-emergency illnesses like earaches and sore throats, and the person you speak to about your health questions and concerns. Your PCP will also be the person who would refer you to a specialist if needed. Going to your health care provider should not only happen when you are sick or not feeling well. It is important to see this person for a well visit also. The well visit is a scheduled appointment with your health care provider when you are not sick and should be the centerpiece of your wellness year.

Do I need a PCP?

There are many reasons why it is important to have a PCP. A study in [International Journal of Health Services](#) showed better health outcomes and fewer deaths from cancer, heart disease, and stroke, were found in places that had more primary care providers per capita. Another study from the [same journal](#) found that larger supplies of PCPS is associated with longer-life, and fewer premature deaths.

What is a Well Visit?

The well visit is a good chance for you to create a relationship with your health care provider. If you only see your provider when you are sick, they often do not get the chance to have a conversa-

tion with you about your overall health, as they are focused on what brought you into the office that day. At the well visit, the provider will be able to speak to you about your current health and medical history, age/risk appropriate health screenings, immunization, and health counseling. This is important as one study [from the CDC](#) show that 75% of middle-aged adults are not up-to-date on all the recommended preventative services. The well visit may provide the opportunity for the healthcare provider to detect an issue early by performing [age-appropriate screenings](#). This little bit of time invested in the well visit can save you a lot of time & money in the future if a health problem becomes more serious.

If you are a member of the Be Well Rewards program, please be reminded that the well visit/physical is now a [mandatory](#) requirement to earn a payout.

There are many types of PCP’s:

General practice/Family doctors treat illnesses and help educate patients. Their specialties include: preventive medicine, adolescent medicine.

Internal medicine doctors prevent, identify and treat heart, lung, neurological and other conditions. Their specialties include: adolescent medicine, pediatrics and geriatric medicine.

Obstetricians and gynecologists provide reproductive care for women.

Pediatricians treat children ages 18 and younger. Their specialties include: adolescent medicine, pediatrics.

Nurse practitioners treat acute and chronic conditions for patients of all ages. Their specialties include: certified nurse practitioners, family practice, obstetrics and gynecology and pediatrics.

Physician assistants help diagnose and treat illness and injuries. They’re trained across all specialties.

Remember the well visit isn’t if you need care right away. It can take a while to get a scheduled well visit appointment, as PCP’s will prioritize the sick visits first.

June is Men’s Health Month.

Wellness visits are important for everyone! However, men are less likely to get wellness visits than women. Encourage your male family members and friends to make an appointment today!

If you are part of the Be Well Rewards Program, don’t forget to take the [BE WELL SURVEY](#) by the end of June.

HAPPENINGS AROUND TOWN

- [Low-Cost Rabies Vaccination Clinic](#), Sat., June 3, 10am - noon. at the Tolland Fire Department's Training Center/Station 240, located at 191 Merrow Road, cost is \$10.00 (cash only) per vaccine.
- [Addiction Awareness Event with Wiffleball Marathon](#) to support for Today I Matter, Inc., Sat. June 10, 10am- 5pm, Brookside Park, Ellington.
- [E.O. Smith High School Crew Team Hosting 5K Run/Walk](#) - Sat., June 10, 10am start at E. O. Smith High School.
- [13th Annual Connecticut Open House Day](#) at the Ballard Institute and Museum of Puppetry, and other Museums. Sat., June 10, 1-3pm, free tours.
- [Summer Solstice Trail Run](#) (5.5M or 3.3M), Gay City State Park, Hebron, June 18, 7:30am
- [12th Annual John E. Jackman Tour de Mansfield](#) Sat., June 17, 43-mile at 8am, 22-mile at 9:30am, 7-mile at 10am.

Sources include: Centers for Disease Control and Prevention, Anthem, Men's Health Network, CookingLight.com, VisitCT.com, Consumer Reports, NBC Connecticut.

Strawberry-Avocado Salsa

Serve this versatile salsa over chicken, fish, pork or with tortilla chips!

Ingredients:

- 1 cup strawberries, finely chopped
- 1/4 cup avocado, finely chopped
- 2 Tbsp red onion, finely chopped
- 2 Tbsp cilantro, finely chopped
- 1/2 tsp lime rind, grated
- 2 Tbsp fresh lime juice
- 2 tsp seeded jalapeno pepper, finely chopped
- 1/4 tsp sugar

Instructions

1. Combine all ingredients in a medium bowl; toss gently. Serve immediately.



By [Maureen Callahan](#)

Strawberry season runs early June to early July in CT! [Pick fresh, local strawberries](#) to make the recipe above or choose from many



Catch the Sun and Stay Safe this Summer!

With all the cold and rainy days, we are all looking forward to some nice warm sunshine. The powerful ultraviolet (UV) rays can damage skin in as little as 15 minutes. Here are some tips to help protect your skin this summer: Use a broad spectrum sunscreen with a sun protection factor (SPF) of at least 15. Put on more sunscreen every two hours, even if it's water-resistant. Consumer Reports recently tested sunscreens and [14 of them received excellent rating](#). Check the sunscreen's expiration date, as it has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Other good idea's include:

- Wear a hat,
- Wear sunglasses
- Find shade,
- Wear clothing made of tightly woven fabric.

There are other types burns to be careful of during the summer. Barbecues and fireworks can be dangerous. Each year, about [8,900 home](#)

[fires are started by grills](#), and [fireworks cause about 10,000 serious injuries](#).

Here are some tips to stay safe this year:

- Keep children away from grills.
- Don't wear loose fitting clothing while grilling.
- Make sure the fire is out before leaving the grill unattended.
- Stand back from lit fireworks. If one doesn't go off, pour water on it. Don't pick it up or stand over it.
- Sparklers burn at very high temperatures. Keep them away from young children.
- Keep a bucket of water nearby if you're grilling or using fireworks.
- Don't mix alcohol with swimming, diving, boating, grilling or fireworks.

A pool can be a great way to cool down on a hot summer day. However, the clear blue water may contain some nasty germs. [Crypto](#) has become the leading cause of swimming pool-related outbreaks of diarrheal illness. It can stay alive for days in well chlorinated pool. [Giardia](#), another germ that causes swim-

ming pool-related outbreaks of diarrhea, & can survive for up to 45 minutes in a chlorinated pools.

[Diarrhea and swimming don't mix!](#) Swimmers who are sick with diarrhea—or who have been sick in the last two weeks—risk contaminating pool water with germs. Steps for healthy swimming:

- Stay out of the pool if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water
- Take kids on regular bathroom breaks.
- Check diapers, & change them in a bathroom or diaper changing area—not poolside.

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from your employer. The goal of the program is to make the healthy choice the easy choice.

