



Paris
Community
Hospital
Family
Medical
Center



Poison Ivy



Poison Oak



Poison Sumac

Judge a plant by its leaf

staying
healthy

August 2017

Poisonous plants have different looks

The old saying “Leaves of three, let it be” is a helpful reminder for identifying poison ivy, but not always helpful when identifying poison oak and sumac. Being able to identify local varieties of these poisonous green plants is a major key to avoiding exposure year round. But what exactly do these plants look like?

1 Poison ivy is the most common and widespread plant of the three. It has three broad, spoon-shaped leaves or leaflets, but can have more. Poison ivy grows as a vine, free-standing plant, and as a shrub.

Poison oak has leaves that look like oak leaves with usually three leaflets, but sometimes up to seven leaflets per leaf group. It grows as a vine or a shrub.

Poison sumac has 7 to 13 leaflets per leaf stem. The leaves have smooth edges and pointed tips. Poison sumac grows as a shrub or small tree.

It is found in wooded, swampy areas, and in wet, wooded areas.

2 The plants themselves are not really poisonous, but they have a sticky, long-lasting oil called urushiol that causes an itchy, blistering rash after it touches your skin. Urushiol oil is colorless or pale yellow. This oil can ooze from any cut or crushed part of the plant, including the roots, stems, and leaves. When exposed to 50 micrograms of urushiol, an amount that is less than one grain of table salt, 80 to 90 percent of adults will develop a rash.

The Centers for Disease Control and Prevention states that contact with urushiol can occur in three ways:

- Direct contact with the plant
- Indirect contact, such as touching tools, livestock, or clothing that have urushiol on them
- Inhalation of particles containing urushiol from burning plants

3 Within minutes of contact

with urushiol, the skin starts to absorb it. A rash will form within 24 to 72 hours of contact. The rash cannot spread from person to person. A person has to touch the oil to get the rash.

According to the American Academy of Dermatology, if you have come in contact with the oil, you will experience these signs and symptoms:

- Itchy skin
- Redness or red streaks
- Hives
- Swelling
- An outbreak of small or large blisters, often forming streaks or lines
- Crusting skin (after blisters burst)

4 Once a rash appears, keep it clean, dry, and cool. Calamine lotion, antihistamine, or hydrocortisone can help control itching. Scratching will not spread the rash, but can cause scars or infection. Your healthcare provider may suggest other treatments for your symptoms. If you experience swelling or difficulty breathing, seek medical treatment immediately.

Samantha Volstorf, FNP-C



Samantha is a board certified family nurse practitioner and provider in the EZ Care walk-in clinic.

Prior to EZ Care, Samantha

provided coverage at the Chrisman Family Medical Center and worked as a hospitalist at Paris Community Hospital. As a registered nurse, she worked in the hospital's surgery and emergency departments. Her experience includes correctional healthcare, occupational medicine, mental health, and women's health.

Samantha has been a family nurse practitioner since 2005, having provided care to residents in Terre Haute and Cayuga, Indiana.

Samantha has a bachelor's degree in nursing from Indiana State University. She has a master's degree in nursing, with a specialization in advance practice nursing, from Indiana Wesleyan University.

She is a member of several professional organizations.



Could it be mold?

A silent intruder may be living in your house. It is not always visible or easy to find. It can cause nasal stuffiness, eye irritation, wheezing, or skin irritation. In some cases, it can cause fever and shortness of breath.

The culprit is mold, a fungus comprised of tiny microscopic organisms that can be found indoors and outdoors year round.

Mold lives outdoors in shady, damp areas or places where leaves or other vegetation are decomposing. It appears indoors where humidity and moisture levels are high, such as basements or showers. It can appear in air ducts, ceilings, walls, and carpeting.

There are more than 100,000 types and species

of mold, some of which are harmless, and some which can cause serious health problems. They spread and reproduce by making spores, which require moisture to become active. Molds can produce mycotoxins—poisonous substances that have adverse effects on people, animals, and crops.

The National Academy of Medicine has linked indoor mold exposure to upper respiratory tract symptoms, cough, and wheezing in otherwise healthy people, and asthma symptoms in people with asthma. Other studies have suggested a potential link of early mold exposure to the development of asthma in some children. People at greatest risk of adverse health effects from mold are those with allergies, asthma, sinusitis, or other respiratory conditions.

Molds exist in practically every color, ranging from purest white to darkest black. Some molds are flat looking while others appear to have hairs or a bumpy appearance

to them. Common signs of mold growth include discolored walls, stains, black spots, allergic reactions, aggravated asthma or other lung problems. Mold can also be identified by its lingering musty odor.

According to the US Environmental Protection Agency (EPA), there is no practical way to eliminate all mold indoors. The best way to control its growth is to control moisture. The EPA suggests taking the following measures to combat mold:

- Fix the source of water problems, such as leaks.
- Clean mold off hard surfaces with water and detergent and dry completely.
- Reduce the potential for condensation on cold surfaces by adding insulation to windows, piping, exterior walls, roof, floors, etc.
- Do not install carpeting in areas where there is a continuous moisture problem.
- Act quickly if a mold is suspected. The longer mold grows the more damage it can cause.



Paris Community Hospital Family Medical Center

721 East Court Street
Paris, IL 61944
217-465-4141

staying healthy

PCH/FMC's Community Healthcare Programs August & September

Summer Fun Runs

August 1, 8, 9

The Edgar County Bee Well group continues its five-week series of free fun runs for kids with three dates in August. The events are for children of all ages and abilities. All races take place at 6:30 pm at West Lake Park in Paris. Enroll in their text club to receive up-to-date details about the program. Text to: 36000, Message: FUNRUN.

Back to School Bang

August 5

Now in its third year, this special health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to 1 pm in the Paris Family Medical Center. Snacks, giveaways, area vendors, school/sports physicals and immunizations (9 am to noon) will be available. Normal copays for services provided will apply. Please bring your insurance card and immunization records. No appointment is necessary. Walk-ins will be accommodated on a first-come, first-served basis.

Medical Weight Loss Seminar

August 15; September 19

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Monthly Health Screenings

August 23; September 6

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 4228.

Coaches' Cookout

August 9

All area coaches are invited to attend this free event at Paris High School. Attendees will meet the orthopedics and rehab staff and receive education related to athletic training. Free dinner, team first aid kit, and door prizes will be available. Register by August 5. Email LSmittkamp@pchfmc.com or call 217-465-2606, Ext. 4244.

Acklin Invitational and 5K

August 26

PCH/FMC and Paris High School will sponsor this second annual event in memory of the late Dr. James Acklin. The invitational will be for local cross country teams, and the 5K will be open to the public. The event will take place at the high school, with the open race beginning at 7:30 am. Cost is \$10 or \$20 with T-shirt. To sign up, visit ParisCommunityHospital.com/DocAcklinRace.

PCH/FMC Movie Night

September 16

Join us for this free community appreciation event sponsored at dusk at Twin Lakes Park. Free popcorn and drinks will be available. The name of the movie will follow.