

AVOID THE EMERGENCY ROOM (ER) OR URGENT CARE CENTER

Our office is open Monday - Friday 8:00AM until 5:00 PM. Unless you have a life threatening emergency, **CALL US FIRST**. Emergency room care for minor problems is very expensive and the wait times are very long. We can likely help you here in a much more timely fashion as we can generally see you the same day if you call us in the morning.

<u>Reasons to Go to an Emergency Room:</u>	<u>Reasons to Come Here:</u>
Loss of consciousness.	Earache.
Signs of heart attack that last two minutes or more. These include: pressure, fullness, squeezing or pain in the center of the chest; tightness, burning, or aching under the breastbone; chest pain with lightheadedness.	Minor cuts where bleeding is controlled.
Signs of a stroke, including: sudden weakness or numbness of the face, arm or leg on one side of the body; sudden dimness or loss of vision, particularly in one eye; loss of speech, or trouble talking or understanding speech; sudden, severe headaches with no known cause; unexplained dizziness, unsteadiness or sudden falls, especially when accompanied by any other stroke symptoms.	A minor dog or animal bite where bleeding is controlled.
Severe shortness of breath.	A sprain.
Bleeding that does not stop after 10 minutes of direct pressure.	A sunburn.
Sudden, severe pain.	A minor burn from cooking.
Poisoning (Note: If possible, call your local poison control center first and ask for immediate home treatment advice-certain poisons should be vomited as soon as possible while others should be diluted with water as soon as possible. Such preliminary home treatment could save your life.)	An insect sting or delayed swelling from a sting (if there is breathing difficulty, go to the ER).
A severe or worsening reaction to an insect bite or sting, or to a medication, especially if breathing is difficult.	A skin rash.
A major injury, such as a head trauma.	Fever (if there is a convulsion, go to the ER).
A broken bone (call your doctor to see if he/she can treat you the same day, if not- or if bone is showing, limb is deformed-go to the ER).	Sexually-transmitted diseases.
Unexplained stupor, drowsiness or disorientation.	Colds/flu.
Coughing up or vomiting blood; Severe or persistent vomiting.	Cough.
Suicidal or homicidal feelings.	Sore throat.
	Urinary pain.
	Back pain.
	Headache.
	Neck pain.
	Out of medication/need a refill.
	Trouble sleeping.
	Fatigue.
	Depression.