

# INFINITE WISDOM

**INSIDE THIS ISSUE:**

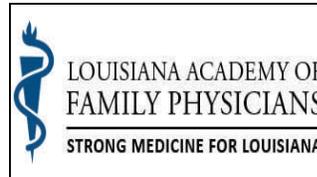
<i>Lab Corner-Fecal blood</i>	<b>2</b>
<i>Zika Reminder</i>	<b>2</b>
<i>Mucus</i>	<b>3</b>
<i>Exercise &amp; Brain</i>	<b>3</b>
<i>Charley Horse</i>	<b>3</b>
<i>Cervical Cancer Screen</i>	<b>4</b>

**Special points of interest:**

- Individualized health care when you need it.
- Same day or next day appointments.
- Want to talk to your own doctor? Call.
- See your doctor, not a random on call doc in the office

 Like us on Facebook  
 Follow us on Twitter  
 Follow us on Pinterest  
 @infinityhealth8

## LOUISIANA ACADEMY OF FAMILY PHYSICIANS



I have been granted the honor of addressing the Annual Assembly of the Louisiana Academy of Family Physicians at their conference here in NOLA the first weekend of August. It is a meeting full of education for us doctors and a great social event. Family docs are easy to get along with so I've been told :)

I will be speaking on guess what...that's right, Direct Primary Care. I will try to get doctors up to speed on our practice model and the patient-focused aspects of it. We need more of us to provide quality medical homes for patients.

I have had the opportunity to speak with medical students in Shreveport and locally about the merits of

Family Medicine. I also recently was able to speak to Family Medicine residents (trainee docs) at the residency at East Jefferson General Hospital.

Direct Primary Care is becoming more popular as we watch the Washington DC dance take place on what they think quality health care is (hint: they don't know). Since DPC is really a grass roots movement I am super excited about being able to address my fellow Family Physicians on the topic. Hopefully I can encourage some to do what I do. More im-

portantly I would like to create an atmosphere of patient care that is totally about the patient and less about the administrative garbage. This may attract more good medical students to choose the profession of Family Medicine. They are not competition, they are colleagues and our focus is on the patient. Plus I want more DPC docs out there in case you get annoyed with me!

The meeting that I will be attending is the largest gathering of Family Medicine doctors in the state. I will be moderating the conference for one of the days. I have been a member of the Louisiana Academy of Family Physicians since 1984. I will let you know if anything exciting happens.

## BELL'S PALSY

There is a common condition which looks like a stroke. It is called Bell's Palsy. Our facial muscles are controlled by a nerve that comes from a part of the nervous system called the brainstem. It is the 7th cranial nerve or the "facial nerve." That nerve controls essentially every muscle of the face although not the muscle involved with jaw motion. There is a



nerve for the left and the right.

For some unknown reason the nerve just quits. It becomes irritated or inflamed and quits working. That

causes the facial muscles to droop. The corner of the mouth sags, you can't purse your lips on that side to whistle and you can't completely close your eyelid. There is some weakness but not total loss of the muscles of the forehead. Because a tongue nerve piggybacks on the facial nerve a bit you can

**(Continued on pg 2)**

## LAB CORNER...STOOL BLOOD

*“The chemical, an antibody, reacts with a blood cell-related protein called globin.”*

Make no mistake about it, a colonoscopy is a better test to screen for colon cancer but another acceptable method is to annually check the stool for blood. Now this is not blood that we can necessarily see with the naked eye. As colon polyps are developing into colon cancer they often bleed a trace amount of blood, a slow ooze. Early in that phase it is not enough blood to see. However we have certain chemical tests that detect minute traces of blood in the stool. When it is detected early there is a bet-



ter chance of a cure. It is often called stool “occult” blood test because it is not visible. A stool sample is collected at home and a smear of that is placed on specially designed paper. That is then return to the lab. They put a chemical on the specimen and if any blood is present it reacts with a

certain color and is “positive.” The chemical, an antibody, reacts with a blood cell-related protein called globin. That positive test can be from blood from a stomach ulcer, hemorrhoids, iron tablets and a few other things. If the test is negative, you do it again in a year. If the test is positive then you need to go get a colonoscopy to see if the source of blood can be identified. Colon cancer is one of the few cancers that we can detect early and do something about it.

## ZIKA REMINDER

*“We need to remember that the Zika virus is a known cause of birth defects and sometimes fetal death.”*

The mosquitoes are out again of course. When are they not? We need to remember that the Zika virus is a known cause of birth defects and sometimes fetal death. It is a virus that when transmitted to a female can reside in her system for several weeks. She may have no symptoms whatsoever. If she then becomes pregnant



the virus can cause malformations in the developing baby’s nervous system that can cause a lifelong defect in the brain. We do

also find that Zika is linked to a paralyzing neurologic illness called Guillain-Barré syndrome.

Please remember to do all of our standard mosquito precautions. Try to avoid going out when mosquitoes are active, dump any standing water, wear long sleeves and DEET repellent if you are able to. And swat well.

## BELL’S...CONTINUED FROM PAGE 1

*“some people have a certain amount of weakness last forever.”*

an altered sense of taste on the tongue. There is no real treatment for it although sometimes steroids and an antiviral drug seems to work. The condition typically clears itself up over several weeks although some people have a certain amount of weakness last forever. A concerning part about it

is that it can look like a stroke. Without going into anatomy detail we can tell the difference. There is no diagnostic study to prove that it is Bell’s. It really is a diagnosis made by the exam. The major complication is that since the eyelid cannot completely close on its own that this results in the eye drying out. This can cause dam-

age and pain although the Bell’s does not directly affect the eye. Because of the lip weakness it affects the ability to say words correctly, whistle, drink from a straw and other things. It is a benign condition but causes a lot of grief and self-image problems because of the asymmetry of the face. There is no known way to prevent it.

## COLOR DOES NOT = INFECTION

There aren't many days that go by without me receiving a call from someone requesting antibiotics because they are having an increase in mucus production. They may even say that the mucus is yellow or green and thicker. Then they ask for antibiotics. Are antibiotics necessary for thick colored mucus? Not usually. We all produce mucus. Usually it is clear and thin and not usually even noticed. If we have some nasal congestion, it can take on a white color. What



causes it to turn green or yellow? Yellow or green mucus is caused by the mucus containing white blood cells (WBCs). These WBCs are fighting some type of inflammatory condition in the body. It can be viral, bacterial or allergic. Now red mucus means you have some blood in the mucus. This can be caused by the capillaries in

the nose leaking due to nasal irritation. Brown mucus usually means there is old blood in the mucus. If you have a temporary change in the nasal mucus in color or thickness, that alone does not usually warrant antibiotics. You can take OTC meds to relieve the stuffiness or runny nose symptoms until it passes. We are always available should you want or need to discuss any respiratory symptoms that you may experience. Just know that color does not always equal infection.

*“If you have a temporary change in the nasal mucus in color or thickness, that alone does not usually warrant antibiotics”*

## EXERCISE FOR BRAIN HEALTH

We all know that exercise helps to make us more physically fit. It has been suspected that it also makes up more mentally fit. Now researchers at Goethe University in Frankfurt, Germany have discovered that physical activity may help prevent dementia..

The study examined subjects' brains at the beginning of the study with vari-

ous tests. Next they had half



of the subjects ride a stationary bike for 30 minutes a day 3 times a week for 12 weeks. The control group

didn't exercise. Physical health was taken into account. After the study was complete, the subjects were rechecked. It was found that the ones who exercised had less choline in their brain than those who didn't exercise. Brains that have an increase loss of brain cells have more choline than those that do not.

Time to get up and move!

## CHARLEY HORSE IS NOT FUN

Most of you have experienced a charley horse at some point in your life. And for women who have been pregnant, you probably experienced them more than you care to remember.

A charley horse is really just a horribly painful contraction or spasm of a muscle. It most commonly occurs in lower leg muscles. While the spasm lasts



only a short time, you may have soreness in the muscle for as long as a day. Ice or heat may help with the soreness. Charley horses are normal if they are infrequent. Charley horses can be caused by overuse of the

muscle, dehydration, stress or muscles injury to name a few causes. It is found that athletes, older folks, smokers and the obese have more charley horses. There are simple things you can do to help prevent them. Stretch before exercising, avoid keeping your muscles in a tense state, keep hydrated and stretch before going to bed have been known to help.

*“A charley horse is really just a horribly painful contraction or spasm of a muscle.”*

Infinity Health, LLC  
200 W. Esplanade Ave.  
Suite 307  
Kenner, LA 70065

Phone: 504-467-3404  
Fax: 504-467-3244  
E-mail:  
contact@infinityhealth.md

We are on the web!  
[www.InfinityHealth.MD](http://www.InfinityHealth.MD)

*An Invitation:  
If you know of a friend or family member that would be interested in becoming a member, please have them contact us for a free non-medical meet-and-greet visit.*



A

Direct Primary Care  
Practice

Newsletter

written and published  
by Karl N. Hanson, MD

Previous Newsletters  
[www.InfinityHealth.MD/documents](http://www.InfinityHealth.MD/documents)

*Infinity Health is a Direct Primary Care practice developed by Dr. Hanson. Dr. Hanson has been in medical practice since 1987 and has been a solo practitioner since 1990 in the conventional insurance-based model.*

*The concept of dealing or contracting directly with the patient is a bit of a throwback but it places the relationship where it should be, with the patient. There is no point in Dr. Hanson or our office wasting time interacting with insurance companies unless it directly contributes to your health. Instead we developed a medical home which has its focus on the patient's health regardless of their insurance status. Infinity Health is a product of Dr. Hanson and is not affiliated with any other organization. We are a membership-based practice. Direct Primary Care is not the same as typical "Concierge" practices which charge a fee AND bill your insurance company.*

*Dr. Hanson is Board Certified by the American Board of Family Medicine, a Fellow in the American Academy of Family Physicians and a member of the Alpha Omega Alpha Medical Honor Society. He completed his recertification process in April 2016.*

## USPSTF CORNER: PAP SMEARS

Cervical cancer is a form of slow growing cancer in women that is thought to be primarily caused by Human Papilloma Virus (HPV). It is a virus that is transmitted sexually. It causes warts in males and females but is believed to be a major factor in other cancers. Specifically it can cause cancer of the cervix which is the "mouth" of the uterus found within the vagina.

The chief way of detecting this is to do a "Pap" smear named after Dr. Georgios Papanikolaou who pioneered this form of pathological science. In this the cervix is swabbed with a brush or spatula to gently remove some of the surface cells from the cervix. This collection of cells is then sent to a lab to get



Dr. Papanikolaou

analyzed. The pathologist can detect any cells that may look cancerous which will trigger further investigation including simple rechecks or a biopsy. We can now also detect the HPV in that specimen. The Pap smear has been shown to be very effective at detecting cervical cancer early. You can't say that about many cancers. After extensive study it was determined that women do not need a yearly Pap smear. Instead a Pap

smear every three years is sufficient if the woman has a history of normal Pap smears previously. If the Pap is negative AND the HPV test done with it is negative then the Pap smear can be done every five years. This applies to woman with a uterus. If you had a hysterectomy and the cervix removed, there is no need for a Pap smear under current guidelines.

*The U. S. Preventive Services Task Force (USPSTF) is an expert panel which reviews the current evidence to help us docs recommend counseling, medical screenings and preventive medications. It is funded by the U.S. Department of Health and Human Services.*