



2226 Penfield Road
 Penfield, NY 14526
 (585) 388-5280
 www.EastsideUrgentCare.com

Accredited by



Choose Your Urgent Care Carefully!



Top 10 Reasons to Visit Eastside Medical Urgent Care - Penfield

Eastside Medical Urgent Care has been serving the Rochester area community and surrounding towns for more than 8 years - We are a locally owned private company and proud to be your #1 urgent care choice.

Eastside Medical Urgent Care is experienced in urgent care medicine and we hire only well qualified and professional staff to care for our patients.

Eastside Medical Urgent Care has been accredited by the American Academy of Urgent Care Medicine (AAUCM) since 2007 - we are the only urgent care in the Rochester area to earn this certification.

At **Eastside Medical Urgent Care** all staff working within the patient care areas hold ACLS or CPR & AED certifications.

Eastside Medical Urgent Care has digital X-Ray on site and is capable of burning images on a CD for follow-up care by your physician or specialist.

Eastside Medical Urgent Care is in-network with most insurance carriers known to the area and we will bill your insurance for you, even if we do not participate with the plan.

Eastside Medical Urgent Care has the most patient friendly self-pay rates in the area.

At **Eastside Medical Urgent Care** we believe in keeping costs as low as possible while still providing quality patient care. We do not have big fish tanks or expensive carpet and furnishings. This allows us to charge you less.

The staff at **Eastside Medical Urgent Care** are friendly, empathetic, and helpful. Our patients are important to us and we are here to make your visit as pleasant as possible.

Although we are time conscious and try to make your wait as minimal as possible, we provide a patient friendly waiting room complete with cable TV, a children's play area, a multitude of magazines, and patient bathrooms.

Important Notice

Eastside Medical Urgent Care, located at 2226 Penfield Road, Penfield, NY is not affiliated with any other medical facility. We are a private, free-standing practice. This is currently our only facility and we do not endorse, or wish to be mistaken as having any relationship with newly established practices.



Member of



Patient Visit Hours

Monday - Friday 11:00 am - 11:00 pm

Saturday, Sunday & Major Holidays

9:00 am - 6:00 pm

Digital X-Ray On-Site

News from the Occupational Health Division at Eastside Medical Urgent Care

Eastside Medical Urgent Care officially opened our Occupational Health Services division in the Fall of 2010. Since that time we have seen tremendous growth in our patient population.

Occupational Health Services treats workers hurt on the job and also provides services to businesses by helping them reduce costs and promote employee wellness.

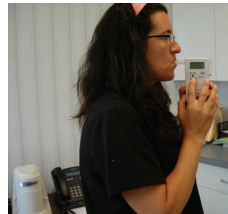
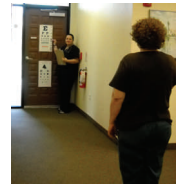
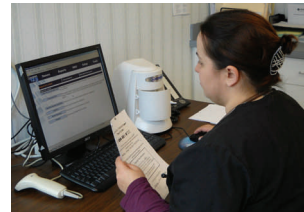
Eastside Medical Urgent Care's Occupational Health Division offers a wide range of services.

- ⇒ Pre-employment Physicals (DOT & non-DOT)
- ⇒ Back-to-work physicals
- ⇒ Spirometry & pulmonary function testing
- ⇒ Adult immunizations & blood draws to verify immunity
- ⇒ DOT qualified vision & hearing testing
- ⇒ Mask fit testing
- ⇒ Yearly physicals or health assessment updates
- ⇒ Drug & Alcohol screening - pre-employment & post accident
- ⇒ Digital X-ray on site
- ⇒ PPD placement & reading
- ⇒ MRO services available
- ⇒ Worker's Compensation case management

If you or your employer is interested in an economical and hassle-free way to manage your occupational health services, please contact our Business Development Office at **(585) 388-5280 ext. 206**. We can assist you in customizing a program to fit your business regardless of the size of your company - we work with small, medium and large size employers.



Our Occupational Health waiting area is patient friendly with comfortable chairs, magazines, and a large screen TV.



Drug Abuse in the Workplace

More and more employers are drug screening job applicants and post-accident employees.

According to the "National Institute on Drug Abuse", nearly **75%** of adult illicit drug users are employed. In a study done by U.S. Department of Health and Human Services the findings show that substance abusing employees are more likely to change jobs frequently, be late or absent from work, be less productive, be involved in a workplace accident, and file workers' compensation claims.

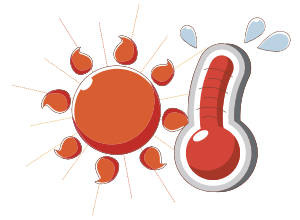
Employers that have a substance abuse program report an increase in productivity and morale, and a decrease in absenteeism, accidents, down-time, turnover and theft.

If you are an employer with questions concerning drug screening or would like to setup a program, you may contact our office at (585) 388-5280 ext 206





THE SUMMER HEAT IS FINALLY HERE!



With Summer Weather in effect, watch out for signs or symptoms of Heat Exhaustion



Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

The warning signs of heat exhaustion include but not limited to:

- » Heavy sweating
- » Paleness
- » Muscle cramps
- » Tiredness
- » Weakness
- » Dizziness
- » Headache
- » fainting
- » Nausea and/or vomiting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke, which is a medical emergency.

Seek medical attention and call 911 immediately if: symptoms are severe, or the victim has heart problems or high blood pressure.

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

Treatment for Heat Exhaustion and cooling measures that may be effective include:

- > Cool, non-alcoholic beverages
- > Rest
- > Cool shower, tub or sponge bath
- > Air-conditioned environment
- > Lightweight clothing



Bee Stings and Other Insect Bites

With the onset of Summer, the warm weather invites us outside to enjoy the season.

This time of year is also the time when bee and insect bites occur most frequently. Usually these afflictions cause only minor discomfort or itching; however, occasionally they may cause an allergic reaction in some individuals.

Mild allergic reactions may occur as a rash, localized swelling, redness at the site of the bite, a burning sensation, and itching. Due to scratching or rubbing of the bite it may become infected. If the site appears red, warm to the touch, contains pus, is otherwise bothersome or you are concerned about the situation, you should call your doctor or visit us at Eastside Medical Urgent Care for treatment.

Bee stings should always be watched very carefully. An allergic reaction can occur, even if you have not had a reaction to previous stings. A reaction may have an immediate onset, or could take 2 or more hours to develop. Any difficulty in breathing or swallowing, swelling of lips, tongue, or throat, feeling faint, drowsy, or confused should be taken very seriously and 911 called immediately.

Helpful Hints to make your visit a breeze!

- If possible, bring your current insurance card with you. - We use the card to accurately verify your insurance coverage.
- Bring a photo ID, we need this to confirm your identity.
- Bring a list, or your bottles of your current medications.
- Tell us about all allergies and surgeries.
- We collect co-pays and deductibles prior to your visit - we make every attempt to quote you the accurate amount.
- Unless accompanied by a parent or legal guardian, children under the age of 18 must have written or documented verbal consent from the child's custodial parent.

Patient Visit Hours

Monday - Friday 11:00 am - 11:00 pm

Saturday, Sunday & Major Holidays 9:00 am - 6:00 pm

Eastside Medical Urgent Care - The only accredited urgent care in the Rochester area!

What is the difference between “urgent care” and “emergency care” ?

In a survey of US emergency physicians, more than 80% said emergency visits are increasing in their emergency department (ED), with roughly half reporting significant increases, and more than 90% expecting increases in the next year.

In many cases, patients with non-emergency cases could have visited urgent care, leaving emergency rooms available for life threatening cases such as: Heart attacks, Stroke, and Automobile accidents.

Limited emergency room availability and staffing limits the urgency of seeing minor cases. This results in leaving non-emergent patients waiting several hours for care of a minor illness or injury.

If someone is concerned about their health or has a problem, they should seek treatment.

Most people consult their physician when there is a health concern. At times, they are unable to get in to see their physician and may need to find another alternative for treatment.

Reasons to Visit Urgent Care

Fever, Earache, Sore Throat, Flu, Cough, Painful Urination, Cuts, Sprains, Fractures, Animal or Insect Bites, Allergic Reactions, Asthma Attacks, Sports and Employee Physicals.

Reasons to Visit Emergency Room

Loss of Consciousness, Chest Pain, Signs of Stroke such as numbness or difficulty speaking, Severe and Persistent Abdominal Pain, Coughing up or Vomiting Blood, Severe Shortness of Breath, Fractures protruding through the skin.

Eastside Medical Urgent Care
Where Experience and Quality Count!

In The News... Is published by Eastside Medical Urgent Care to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from your physician.

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American Academy of Urgent Care Medicine



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