



## UTMB Access Center

*Running a fever in the middle of the night? Have a question? We're here for you...*

Unfortunately, health problems or questions sometimes arise when care or assistance is the hardest to get. We understand that, and at UTMB, we strive to provide great care and service to our adult and pediatric patients whenever it's needed, day or night.

Weekdays, our five primary care clinics are open from 8 a.m. to 5 p.m., with access to same-day appointment scheduling.



After office hours, our UTMB Access Center springs into action. Registered UTMB nurses operate the call center from a location in Webster, and are available via the telephone to help you. They follow stringent evidence-based protocols to provide the best available information and appropriate assistance. While

your first and best source of information should always be your own physician at the time of your regularly scheduled appointment, the Access Center can help bridge those evening and weekend hours.

- If you dial your regular clinic phone number between 4 p.m. and 8 a.m., your call will automatically be answered by the Access Center;
- You can dial the Access Center directly at (409) 772-2222 or toll free at (800) 917-8906;
- You can view the [Access Center's other services online](#); they include web-based prescription refill requests and an online appointment service.

If you're calling for health information, you'll be asked to leave a contact number and a nurse will return your call promptly, typically within 30 minutes. If needed, a physician is always on call for assistance. If you have a medical emergency, please call 911 directly.

[Read more below...](#)

## Swine Flu: Should you worry?

Swine flu has been making headlines, as more confirmed cases are reported each day in Texas and across the country. Fortunately, there's no reason to be overly concerned. Severity seems very similar to "regular" seasonal flu outbreaks, and more mild than originally anticipated.

For your health and safety, and the well-being of your family and our staff, we are taking some precautions, including screening patients who visit many of our primary care clinics. ([Read more](#)). If your symptoms suggest you may be suffering from the flu, we'll take extra precautions during your care.

Remember: Reduce your risk by washing your hands frequently, use a tissue or a shirt sleeve to cover your mouth when you cough or sneeze, and avoid touching your eyes, nose or mouth. If you or a loved one are experiencing flu-like symptoms, stay away from others and give us a call. We're here for you, ready to help you back to health.

UTMB is working with the local health district, state and federal authorities to manage and study this new flu. [Get more information and updates](#).

## Free Skin Cancer Screenings May 16

UTMB Dermatology will be offering a Free Skin Cancer Screening Event, **Saturday, May 16 from 10 a.m. to 1 p.m.** at two UTMB clinics, at South Shore in League City, and in Galveston. [Get details](#).

## After Hours Clinics

To complement and extend the services we offer from our primary and specialty care clinics during regular hours, in addition to the Access Center, UTMB also provides after-hours urgent care services for kids and adults:

### Pediatric After-Hours Urgent Care

3023 Marina Bay Drive, Suite 101, League City  
Next to CVS. (281) 334-6578  
Mon.-Fri. 5:30–10 p.m.; weekends 10 a.m.–8 p.m.  
[\[view map\]](#)

### Island Pediatric Urgent Care

800 Harborside Drive, in Galveston  
Adjacent to the Urgent Care Walk-in Clinic, on the UTMB campus.  
(409) 747-6601. Mon.-Fri. 8 a.m.–10 p.m.; weekends 10 a.m.–8 p.m.. Walk-in patients welcome.  
[\[view map\]](#)

### UTMB Urgent Care Walk-in Clinic

901 Harborside Drive, in Galveston  
Open 24 hours a day, every day. Walk-in patients welcome.  
[\[view map\]](#) [\[view flyer\]](#)

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## Regular check-ups and immunizations aren't just for kids



Two-thirds of Americans do not receive regular check-ups or physical exams. Time, cost, fear—or just as often, “feeling fine”—are all factors. However, regular check-ups and screenings are a critical part of taking care of yourself and your family, and can be a life-saving strategy.

Getting regular check-ups and screenings can help you avoid certain health problems and catch others in early stages, when the chances for treatment and a positive outcome are often better. Your primary care physician will consider your age, gender, health condition, family history, lifestyle choices, and other important factors, and based on these, suggest what sorts of tests may be appropriate for you.

Here are some general guidelines and recommendations based on current studies and practices:

- Breast Cancer: Women should have a yearly mammogram starting at the age of 40.
- Cervical Cancer: Women should have a yearly pap smear when sexual activity begins or at the age of 18, whichever comes first.
- High blood pressure: Checked at least once a year.

## Changes in Texas Immunization Requirements

On March 5, 2009, the Executive Commissioner on Health & Human Services approved revisions to the required immunizations for students in public and private schools in Texas. This was done to update the schedule of vaccines in Texas to reflect the recommendations of the Centers for Disease Control and Prevention (CDC) and the Advisory Committee on Immunization Practices (ACIP). These changes go into effect August 1, 2009.

### All students entering Kindergarten will be required to have:

- Hepatitis A – 2 doses
- Measles, Mumps, Rubella (MMR) – 2 doses

### All students entering Kindergarten and 7th grade:

- Varicella (chicken pox) – 2 doses

### All students entering 7th grade:

- Tdap\* (tetanus, diphtheria, whooping cough) – one dose if it has been five or more years since their last dose of tetanus containing vaccine
- Menactra (meningococcal) – one dose

### All students in grades 8 – 12:

- Tdap\* if it has been ten years since their last dose of tetanus containing vaccine

\* Td is acceptable if there is a medical contraindication to the pertussis component

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- High Cholesterol: Have your cholesterol checked yearly starting at the age of 40. If you are younger than 40, talk to your doctor about a screening if you have high blood pressure, if high cholesterol or heart disease run in your family, or if you smoke, have an unhealthy diet or are obese.

- Colorectal Cancer: Screening tests are recommended starting at age 50.

Even a “routine” checkup will be tailored to you, your history and risks, and might include a screening for diabetes, osteoporosis (thinning of the bones), prostate cancer or other issues.

Beyond tests, a strategy for a healthy life also involves a **discussion with your doctor about adult immunizations**. Like screenings, these are tailored to your age, gender, health risks and general medical condition. Here are some recommended adult immunization guidelines, from the Centers for Disease Control and Prevention:

- Tetanus: All adults should receive a tetanus booster every 10 years. Those between ages 19-64 should substitute a one-time dose of Tdap (tetanus, diphtheria, pertussis) for the tetanus booster.
- Human Papillomavirus (HPV): Certain types of this virus have been linked to cervical cancer. It's recommended in adult females between ages 19-26, and is given as a series of three injections.
- Varicella (chickenpox) vaccine: Recommended for any adult who has not had chickenpox or had the vaccine in the past. A two-shot series.
- Zoster (shingles) vaccine: Recommended in adults 60 years or older
- Flu vaccine: recommended yearly for all adults
- Pneumococcal vaccine (pneumonia): Recommended for all adults over the age of 65.

## Time-Saving Tips

- At the end of each summer, as schools gear up to welcome students, you've already got plenty to keep you busy. To avoid the start-of-the-school-year rush in our clinics, schedule your child's wellness exam in May or June.

- If your child is in grades 7 – 12, or is younger but needs medical clearance for scouting or other activities, bring your athletic forms or related paperwork to his/her wellness exam. We'll complete it at the same time immunizations are given. If you don't yet have your child's school sports participation form, please ask us for one of ours. Most school districts will accept it.



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**Need assistance? Have a question? Contact [your local UTMB clinic](#) or the [UTMB Access Center](#) at (409) 772-2222 or toll free (800) 917-8906.**

The information in this newsletter is general in nature and is not intended to take the place of the advice or services of your regular physician or other care provider. Remember, if you are experiencing a medical emergency, dial 911 promptly. *Clinic Connection* is produced and distributed by the [Community Based Clinics at UTMB](#). Copyright 2009 UTMB. To update your email address or ask to be removed from our mailing list, please send a message to [clinics@utmbhea.lthcare.org](mailto:clinics@utmbhea.lthcare.org).

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