



Paris
Community
Hospital
Family
Medical
Center



What could it Bee?

staying
healthy

October 2017

Bees, wasps, hornets: know the differences

A bee is just a bee. Or is it?

There are more than 20,000 species of bees. Add in wasps, hornets, and other stinging insects and understanding the difference between them all can be challenging.

Bees, wasps, and hornets are most abundant in the warmer months, according to the Centers for Disease Control and Prevention (CDC). Nests and hives can be found in trees, under roof eaves, or on equipment, such as ladders.

Only female bees and wasps can sting. Bees lose their stinger as they attack. Wasps can sting multiple times because their stinger does not fall off after use.

Some common species of bees and wasps in Illinois include the following:

Honeybees

As one of the most beneficial insects of all, they make honey and pollinate more than half of all fruit and vegetable crops. They are oval shaped, a half-inch long, hairy, and light

brown/golden-yellow in color. They are located in cavities of trees, rock formations, and buildings.

Bumble Bees

They are fuzzy, yellow and black in color, and about an inch long. Their nests are located on the ground, below ground, or close to ground level. They live in abandoned rodent tunnels; under porches, dead leaves, piles of wood; and behind structure siding.

Carpenter Bees

They resemble bumble bees, but have a shiny, all-black abdomen. Females chew holes in wood and bore tunnels to lay their eggs.

Yellowjackets

More people are stung by yellowjackets, which are wasps, than any other type of wasp or bee. They have a shiny yellow and black striped abdomen and are extremely aggressive. Yellowjackets make their nests in the ground.

Hornets

The bald-faced hornet is actually a wasp and is larger than the yellowjacket species. It is

black and white with a white face. Its nest is the familiar basketball-size, papery oval hanging from tree limbs and sometimes structures.

The CDC offers the following first aid tips if stung by a bee, wasp, or hornet:

- Stay with someone who has been stung to be sure he does not have an allergic reaction.
- Wash the site with soap and water.
- Remove the stinger using gauze wiped over the area, or by scraping a fingernail over the area. Never squeeze the stinger or use tweezers.
- Apply ice to reduce swelling.
- Do not scratch the site, which may increase swelling, itching, and risk of infection.

The health effects of stinging insects range from mild discomfort to a lethal reaction for those who are allergic to the insect's venom. According to the Illinois Department of Public Health (IDPH), those allergic to stings should carry emergency epinephrine injection kits as directed by their healthcare providers.



Lauren Fore, MD

Dr. Fore is a family medicine physician in the Paris Family Medical Center. She joined PCH/FMC in

October 2016.

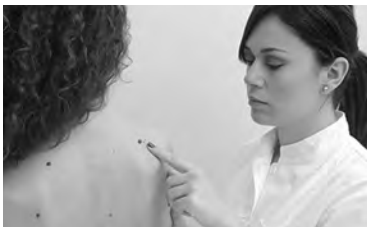
She provides care for patients of all ages and has a special interest in treating children.

Dr. Fore earned her medical degree at Ross University School of Medicine. She completed medical residency through the Southern Illinois University residency program at Decatur Memorial Hospital.

Dr. Fore is a native of Hindsboro, Ill., and attended Arcola schools. She earned her bachelor's degree in molecular and cellular biology (with a minor in chemistry) from the University of Illinois.

Dr. Fore is a member of the American Academy of Family Practice, the Illinois Academy of Family Practice, and the American Medical Association.

In her free time, Dr. Fore enjoys collecting hardcover books and spending time with family. She and her husband, Riley, live in Paris with their children Kadence and Clara.



area, applying medication, or removing them with scissors or a scalpel.

Moles

According to the Cleveland Clinic, moles occur when cells in the skin grow in a cluster instead of being spread throughout the skin. Moles are usually brown or black in color and hairs often develop on them. Most moles appear during the first 20 years of a person's life. They may darken after exposure to the sun, during the teen years, and during pregnancy. The only moles that are a health concern are those that look different than other existing moles, or those that first appear after age 20. Moles have the rare potential to change into skin cancer.

Warts

Warts are caused by the human papillomavirus (HPV). Like all viruses, warts are

contagious. Warts are hard bumps that lie deep in the skin. They can appear on the fingers, soles of the feet (Plantar warts), genitals, face, and other areas of the body. They look like small, grainy bumps. Most are flesh-colored, tan, pink, or white. They sometimes contain small black dots that are tiny, clotted blood vessels.

Skin Tags

A skin tag is a small flap of tissue that hangs off the skin. Skin tags are caused by friction and are usually found on the neck, chest, back, armpits, under the breasts, or in the groin area. The Cleveland Clinic states that skin tags appear most often in women, especially with weight gain, and in middle-aged and elderly people. Skin tags usually do not cause pain, but can become irritated if something rubs against them, such as clothing or jewelry.



Paris Community Hospital Family Medical Center

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What's that?

Moles, warts, and skin tags – Oh, my! Are they dangerous to your health? How can you tell the difference between all of them?

While each of these skin lesions can be irritating in their own way – from getting snagged on clothing to appearing unsightly – they are almost always non-cancerous. Methods for ridding them depend on the type of lesion, and can be removed by a healthcare provider or with over-the-counter remedies. Medical removal methods include freezing or burning the

staying
healthy

PCH/FMC's Community Healthcare Programs October & November

Monthly Health Screenings

October 5; November 8

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 217-466-4228.

Safe Sitter Class

October 9

A Safe Sitter class for boys and girls ages 11-13 will take place from 8:30 am to 3 pm in Conference Room D. This nationally recognized class teaches adolescents basic lifesaving techniques so that babysitters are prepared to act in a crisis. Cost is \$35. Scholarships may be available based on financial need. Call Leighsa Cornwell at 217-466-4228.

Free Adult CPR/AED Class

October 11

This free, non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED). The class takes place from 8 am to 1 pm in Conference Room D. To register, email Somer Nagrodski at SNagrodski@pchfmc.com or call 217-466-4320. When calling, leave your name and you will be registered.

Living 50+: Adult Wellness Fair

October 14

This free event will take place from 9am to 1pm in the Paris Family Medical Center. Modeled after the recent Back to School Bang,

professional healthcare staff and area vendors will provide interactive wellness education, information pertinent to healthy aging, "live" Stay Strong, Live Long exercise classes, and more. Participants can drop off any old medications, hearing aids, and eyeglasses at no cost. Flu shots will be available from 9 am to noon (normal co-pay or co-insurance apply, or \$27 cash pay). Visit ParisCommunityHospital.com/50plus for more information and view a listing of scheduled speakers for the event.

Medical Weight Loss Seminar

October 17; November 21

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).

Volunteers' Chocolate Sale

October 25 & 26

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Paris Family Medical Center.

Annual Hospital Fundraiser

November 11

In recognition of American veterans, this year's annual hospital fundraiser is titled "Always Remember ...Never Forget." The event will take place at Ernie Eveland Gymnasium, with a social hour at 6 pm and dinner at 7 pm. Tickets are \$100 each with various sponsorship levels available. Proceeds will be used to purchase X-ray equipment for the new EZ Care walk-in clinic. Seating is limited. Call Cindy Belt at 217-466-4734.