

January 1, 2015

Ask the Nurse Practitioner



Q: How can I prepare myself with medical documentation so that the DOT exam is not delayed?

A: Have the names and dosages of your medications with you. You will need to know the names, addresses and telephone numbers of your physicians. If you are using a CPAP or a BIPAP, you will need the most recent physician's printout from your machine.

Q: What happens if there is not enough time to complete my exam, as I am on a tight schedule?

A: Make sure to have your DOT physical exam when there is ample time in your schedule. Stress raises blood pressure and a thorough exam should not be rushed. There may be times when the practitioner wants to discuss health findings with you, so allow yourself some extra time.

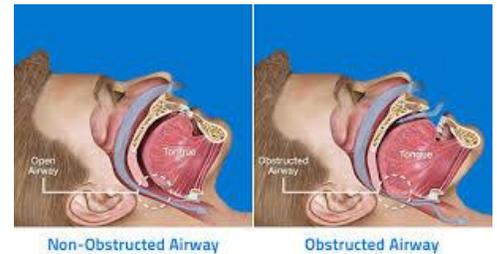
Q: What are ways to remind myself one month in advance of my DOT physical exam / card expiration?

A: Have UCT remind you through email, and you can have your DOT exam performed at one of our clinics. Keep a day planner in your vehicle, and schedule yourself one month in advance of the expiration on your card. Ask someone at your company if someone would be willing to create a system of reminders, possibly on company email.

Sleep Apnea – Causes and Treatment Options

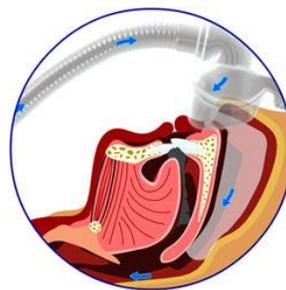
By Sheri Melot, FNP – Oklahoma City

Sleep apnea is a potentially dangerous disorder where one repeatedly stops breathing while sleeping. The most common cause of sleep apnea is when the tissue in the airway collapses on itself (Obstructive Sleep Apnea). A more rare cause is when the brain doesn't send the correct signals to the muscles that maintain breathing (Central Sleep Apnea).



Sleep apnea causes excessive daytime sleepiness, high blood pressure, liver disorders, and higher rates of complications with medications / surgeries. If untreated, over time, it can lead to conditions as serious as Heart Failure.

To confirm diagnosis, a sleep study is required. This can be performed in a facility that monitors you while you sleep, or with a remote device that records the activity while you sleep at home or in your truck. The device is returned to the clinic for information upload and interpretation of the data.



If diagnosed with Sleep Apnea, there are many treatment options including oral appliances, surgical correction and CPAP. CPAP is a device that delivers positive pressure through your airway via a nasal or facial mask while you sleep to maintain the patency of the airway. These devices used to be somewhat cumbersome and difficult to use. Technology has come a long way to improve the comfort and ease of use of the CPAP machine. They are much more portable these days. And those with treated sleep apnea can attest to the greatly improved energy level after treatment!

If you think you might have Sleep Apnea, talk to your primary care provider about your symptoms and see if you need a sleep study. It is not worth risking falling asleep at the wheel!

Be Prepared for Your DOT Physical Exam

By Sheri Melot, FNP – Oklahoma City

The DOT physical exam for your CDL license can potentially be fraught with much unnecessary stress, angst and worry. Before your next DOT physical, take a little bit of time and thought to adequately prepare for your physical.

1. Make a reminder in your phone's calendar to alert you 1 month prior to your Medical Card expiration date. This will help you plan for when and where to get your exam, based on where you will be at the time of expiration.
2. Get plenty of rest the night before your exam. Lack of sleep can lead to higher blood pressure readings.
3. Drink plenty of water prior to the exam, as we will need to collect a urine specimen. We test the urine for blood, protein, and glucose. These can be markers for some disease processes.
4. Give yourself plenty of time for the exam. Don't rush. If you are in a hurry and get upset, your blood pressure may read higher than usual.
5. Be honest about your medical history on the DOT physical form. If you are not honest, the medical exam and card may be deemed invalid. It also takes much more time to complete your physical when you are dishonest. We usually figure out the truth by the end of the exam when we request your medical records. Being honest from the beginning is the best policy!
6. Routinely take your medications for your chronic diseases. If you are taking your medications, your diseases will more likely be under control. This will give you a valid medical card for a longer period of time than if you are not controlled.
7. Avoid caffeine and nicotine, as these both contribute to higher blood pressure readings.
8. Bring a valid US driver's license. We will need to see this in order to administer the exam.

National Registry of Certified Medical Examiners

All commercial drivers whose current medical certificate expires on or after May 21, 2014, at expiration of that certificate must be examined by a medical professional listed on the National Registry of Certified Medical Examiners. All UrgentCareTravel medical professionals have been certified and are listed in the National Registry – Walk-In DOT Physical Examinations are available at all UrgentCareTravel locations.

We Want to Hear From You

Road to Better Health is a new publication designed to provide you with relevant health and wellness information. We seek your input and comments to improve the newsletter.

- What questions would you like answered by our Nurse Practitioners?
- What recipes or other food information would you like to share with the readership?
- What topic would you like to see discussed more thoroughly in an article?

Please send an e-mail to services@urgentcaretravel.com with your feedback, suggestions, input, etc.

Feel free to share Road to Better Health with your colleagues. UrgentCareTravel can also make this newsletter available to companies and their employees. If your company is interested in distributing Road to Better Health or you are not subscribed to Road to Better Health, please send an e-mail request to services@urgentcaretravel.com.

UrgentCareTravel Locations

UrgentCareTravel – Knoxville (865) 329-9492
7200 Strawberry Plains Pike, Knoxville, TN 37914
I-40, Exit 398 (standalone building at Pilot Travel Center)

UrgentCareTravel – Oklahoma City (405) 789-0212
406 South Morgan Road, Oklahoma City, OK 73128
I-40, Exit 140 (standalone building at Pilot Travel Center)

The Wellness Corner

Nothing can compare to a delicious, piping hot bowl of oatmeal on a cold, winter morning as a healthy start for your day. But some awareness of the type of oatmeal you buy and prepare can make a big difference in exactly how nutritious your breakfast can be.



Oatmeal is available in several forms depending on the level of processing it undergoes. In general, the more highly processed the oats the less time required by you to cook them and your body to digest them. Instant oats/oatmeal is made by rolling whole oats very thinly so that cooking time is minimized. Rolled oats are, similarly, whole oats but are rolled thicker so they take a bit longer to cook. Steel Cut oats are whole oats that are not rolled but instead cut into approximately thirds. Cooking time is longer and the texture is heartier than rolled oats.

For instant oats, check the ingredient label to verify that whole grain oats is the first ingredient listed and to ensure a fiber content of at least 3 grams. In addition, try to minimize added sugar by buying plain (unsweetened) varieties and add fruit, honey or seeds/nuts to add flavor and texture. Instant oats only require that boiling water be added and soak/cook for a minute before being ready. They are typically available in single serve packets and are widely available in most supermarkets and many mini-markets.



Rolled oats take about five minutes to cook on the stove top/or microwave and nutritionally are not that different from instant but are a bit heartier in texture than instant oats. Rolled oats are typically sold in a re-sealable canister requiring you to measure each serving size before cooking. Rolled oats are available in the breakfast section of most large grocery stores.

Steel Cut Oats can be considered a “power food” due to being an excellent source of soluble and insoluble fiber, vitamins, minerals and protein. Due to the difference in their processing, which leaves steel-cut oats with more surface area than rolled or instant oats, steel-cut oats require longer to digest than more highly processed forms of oats. The glycemic index, a measurement of the rise in blood sugar, is only 42 for steel-cut oats compared to 66 for instant oats. In addition steel-cut oats contain more protein and calcium than other forms of oats do. As a result, steel-cut oatmeal may help you feel full longer. And while steel cut oats take approximately 30 minutes to cook on the stove top they cook well in a slow cooker and when used with an outlet timer, can be set to be cooked and awaiting you at breakfast time. Steel Cut Oats are sold in a re-sealable canister in larger grocery stores and health food stores.

Either way you cut them, high quality oats are a health food provided they are free of added, sugar-laden mix-ins. Typically, the time and equipment available may dictate your choice of instant vs. regular rolled vs. steel cut oats. But knowing your options may help you perfect your morning meal and keep you satiated for longer.

About UrgentCareTravel

UrgentCareTravel (UCT), in partnership with Pilot Flying J, addresses one of the trucking industry’s biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UCT Healthcare Centers offer DOT/non-DOT physicals, minor illness & injuries services, chronic disease screening and management, sleep apnea screening and drug screens.

UrgentCareTravel’s affordable **Healthcare Membership** programs include physicals, primary care visits, access to onsite fitness centers (where available) and 24x7 Telemedicine (phone consultations) with a licensed medical professional. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel’s **Healthcare Membership** program is a cost-effective option to address the healthcare needs of drivers, local businesses and communities.

