

Road to Better Health

Twice Monthly
Health & Wellness
Newsletter Brought to you by



Located at **Pilot**

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Ask the Nurse Practitioner



Low Testosterone - Men

Q: What is testosterone?

A: Testosterone is a steroid hormone naturally produced in the body. It is responsible for the maintenance of a man's sexual characteristics, such as:

- Change in muscle mass
- Sex drive
- Growth of body hair
- Changes in fat distribution

Q: What are the signs and symptoms of low testosterone (Low-T)?

A: Signs and symptoms include:

- Fatigue and loss of energy
- Depressed mood
- Decrease in strength
- Decreased sexual desire (libido)
- Erectile dysfunction
- Loss of body hair (decreased need to shave)
- Osteoporosis (decreased bone density)

Q: How do I know if I have Low-T?

A: Your UrgentCareTravel (UCT) Provider will discuss your health history with you. Low-T can be confirmed with a simple blood test. Your UCT Provider will discuss your results with you, and if treatment may be appropriate for you.

If you are experiencing any of the above signs / symptoms, call your UrgentCareTravel Provider to schedule a screening today. Better health is just a phone call away.

Low Testosterone (Low - T)

By Jeff Owen, FNP – Oklahoma City, OK

Lower testosterone levels can be associated with decreased energy and sexual function in middle-aged and older men with low libido.

Physical ability, energy levels and sexual function decline in men with aging. Testosterone levels decline too, but to what degree is still a matter of debate and ongoing research.

Total testosterone and free testosterone are directly associated with sexual desire, erectile function, and sexual activity.

Conditions Associated with Low-T:

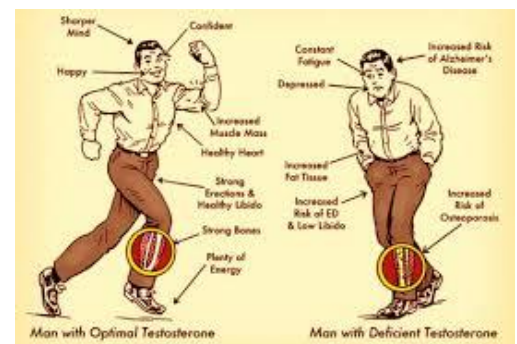
Men with decreased testosterone levels could have a condition called hypogonadism. Male hypogonadism can cause low testosterone levels, commonly referred to as Low-T.

Hypogonadism with Low-T can be caused by many things such as genetic conditions or chemotherapy, or problems with brain structures called the hypothalamus or pituitary gland that control the production of testosterone by the testicles. A simple blood test can be done to determine if you have Low-T.

Testosterone helps men produce sperm and develop and maintain male physical characteristics. Hypogonadism with Low-T can lead to various signs and symptoms, including:

- Fatigue and loss of energy
- Depression
- Erectile dysfunction
- Decreased sexual desire
- Loss of male physical characteristics
- Osteoporosis

There are several treatments available for Low-T with a prescription. If you are experiencing any of the above conditions, your local UrgentCareTravel Provider is available to discuss your concerns and treatment options available to you.



Tinnitus

By Patricia Smith, FNP – Knoxville, TN

Tinnitus is defined as ringing, roaring, whistling or a hissing sound in one ear or both. Tinnitus is classified in many cases into 2 categories. Tinnitus is either objective (audible to anyone in addition to the affected individual) or subjective (audible only to the affected individual). It is estimated that in the United States, approximately 30-40 million people have Tinnitus. Development of Tinnitus increases with age, although the rate of children is as high as 13%. While there is no specific cure, there are over 50 products to treat Tinnitus, none of which have FDA approval. Tinnitus can be bothersome to the extent that an individual may benefit from antidepressants, or coping therapy. Anyone experiencing Tinnitus should see a physician. Bring a list of all medications, including vitamins and over-the counter medications. You will be asked about your medical health and occupational history. The physical exam will focus on the head and neck, and the affected ear. A hearing test may be performed, and you may be referred to an audiologist for further testing.

Causes

- Excessive ear wax
- Injury to the ear
- Exposure to loud noise over time, including music, construction tools, machinery, gunshots and crowds of people.
- Some medications such as pain relievers, antibiotics and sedatives

Diagnosis

- Hearing test
- Imaging, such as X-ray, CT scan or MRI of the head

Treatment

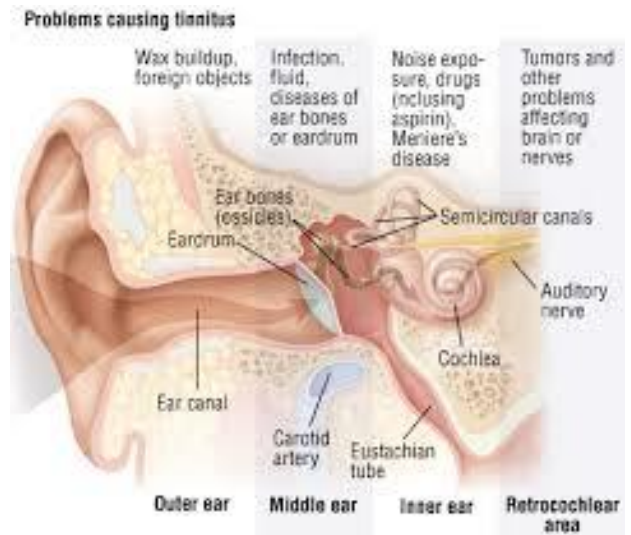
- Listen to music at a low volume
- Wear ear plugs or ear protection when exposed to loud noise
- Hearing aid

For more information about Tinnitus:

American Academy of Audiology - <http://www.audiology.org>

American Academy of Otolaryngology - <http://www.entnet.org>

American Tinnitus Association - <http://www.ata.org>



UrgentCareTravel Programs and Services

UrgentCareTravel's affordable **GOLD Healthcare Membership program** includes unlimited FREE visits (in-clinic services) at UrgentCareTravel locations. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **GOLD Healthcare Membership program** is a cost-effective option to address the healthcare needs of drivers, local businesses and communities. To enroll or get more information about the **Gold Healthcare Membership Program**, please contact a UCT clinic or send an e-mail to services@urgentcaretravel.com.

UrgentCareTravel's **Referral Network** lets you earn extra cash whenever you refer drivers, co-workers and friends to any UrgentCareTravel clinic. When a patient at the clinic provides your name and mobile phone number, you earn cash based on the service they receive. To find out more about the UrgentCareTravel **Referral Network**, visit an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com. To join the UrgentCareTravel Referral Network, please provide your name, mobile phone number, e-mail address and mailing address.

The Wellness Corner: Quick Sleep Tips for Truck Drivers

The following is excerpted from the **Quick Sleep Tips for Truck Drivers** brochure published by the Department of Health and Human Services, Centers for Disease Control and Prevention, and the National Institute for Occupational Safety and Health. To download the complete brochure, go to <http://www.cdc.gov/niosh/docs/2014-150/pdfs/2014-150.pdf>

Good sleep is as important as proper nutrition and exercise. Your body is busy during sleep, repairing wear and tear and getting you in shape for a new day. Without enough sleep, you might experience:

- Slower reactions, a cloudy mind, or a bad mood
- Weakening of body defenses, increasing your risk for infections, high blood pressure, and diabetes
- Increased appetite, over eating, and obesity

A good sleep environment improves sleep quality. Your sleep environment may depend on your schedule, but you can improve your sleep environment on the road or at home.

Keep safety in mind. Park with a balance of quiet and safety in mind.

Block out all light. Close all curtains and truck shades, or use an eye mask.

Block out noise. Use ear plugs or a “white noise” machine like a fan to block out noises. Silence phones and assign an audible ringtone to important contacts to minimize distractions.

Keep your cab or bedroom temperature cool. People's temperature preferences vary, so keep your room temperature comfortable for you.

Get comfortable. You spend one third of your life in bed, so use a comfortable mattress and pillow. Consider upgrading or replacing the mattress in your sleeper if it is old or uncomfortable.

Avoid before bedtime:

- Heavy or spicy meals (2–3 hours before bed)
- Liquids (to avoid getting up to use the bathroom), especially alcohol, which causes sleep disturbances
- Caffeine (according to your own sensitivity)—this stimulant can help you stay awake while driving, but remember it can affect your body for five hours or more so plan your intake so that it does not prevent you from getting good sleep
- Nicotine and other stimulants
- Exposure to light from television and electronics (tablets, computers, etc.)—studies show that light from these devices can disturb your sleep

Driving a truck is a stressful, demanding job. Follow a relaxing routine within an hour or more of bedtime. This will signal to your brain that it is time to sleep. Brushing your teeth, washing your face, and getting undressed for bed will help you relax and fall asleep.

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 clinics offer Occupational Medical services (DOT/non-DOT physicals, workers comp, sleep apnea screening, urine/hair drug screens, etc.) and Primary/Urgent Care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

UCT – Knoxville (865) 329-9492
7200 Strawberry Plains Pike
Knoxville, TN 37914
Pilot Store #219 I-40, Exit 398

UCT – Oklahoma City (405) 789-0212
406 South Morgan Road
Oklahoma City, OK 73128
Pilot Store #460 I-40, Exit 140

UCT – Cartersville (770) 386-0707
970 Cassville-White Road NE
Cartersville, GA 30120
Pilot Store #67 I-75, Exit 296

