

HEALTH

Health Fair to Include Fun Run and Free Tests

Press Release

Integrated Medical Centre (IMC) welcomes one and all to their Annual Health Fair on Saturday, May 21 from 1 p.m. to 7 p.m. The Health Fair will take place in the parking lot of Integrated Medical Centre, which is located in the Dove Plaza, Marsh Harbour, Abaco.

Participants are encouraged to sign up for the 5K Fun Run Walk, which will start at 7 a.m. The route begins at the front gate of Cherokee Aviation/Cherokee Air and winds its way to the IMC parking lot.

Free testing of blood sugar, ABI measurement, ultrasounds, EKG, Cholesterol, Body Mass Index, Fitness Assessment, Vascular Assessment, Blood Pressure and Hearing Evaluation is offered.

Following screenings, Dr. George Charite, IMC's medical director, Dr. Kim Scriven, Dr. Ambrose Hanna, Dr. Jennifer Davis and other doctors will be available to discuss results with patients and make recommendations for further evaluation and management if necessary with the physician of their choice.

Dr. Charite was pleased by the volume of people he observed attending the event last year, and he expects nothing less at this year's event.

In an earlier interview, Dr. Charite said: "The event turned out well for the

first one, and I received positive feedback from those who attended. With more planning and the inclusion of more activities, the community can look forward to an even bigger and better community health fair."

Certainly, the Health Fair is expected to be an even greater success with the addition of more activities. This year, a new feature is the Ameriheart Exhibit, which allows people to walk through an inflatable interactive exhibit of the heart. Additionally, the exciting line up of activities includes a Gospel Singspiration featuring gospel groups such as the Dawkins Sisters, Genesis, Jes' Us, and others. Cotton Candy and popcorn will be provided for the children.

The Health Fair is organized in partnership with Cleveland Clinic, Baptist Hospital, Holy Cross Hospital, St. Mary's Hospital, Good Samaritan Hospital, Broward Hospital, Jackson Memorial Hospital, Jupiter Hospital, Reva Air Ambulance Service, National Workers Health Plan Bahamas, ORNOA and 21st Century Oncology.

During the Health Fair, there will be representatives from various pharmaceutical companies in Nassau, as well as Integrated's partners on site.

Endoscopic Procedure for Carpal Tunnel Syndrome: Fast Recovery with Less Pain

Press Release

According to the National Institutes of Health, carpal tunnel syndrome is one of the most common wrist conditions that exist with over 3 million cases reported yearly. The everyday symptoms that are easily ignored include burning, tingling, or itching numbness in the palm of the hand or your fingers (especially in the thumb and index), the feeling of swelling without it being apparent, or the feeling of pins and needles, hand clumsiness or hand and wrist weakness. Although many people suffer from this condition, most do not know that there is a minimally invasive procedure that can eliminate these symptoms.

This syndrome, which affects the hand and wrist, is caused by excessive pressure on the median nerve, which then causes a numbness and tingling feeling in the thumb, index, middle and ring fingers. This can be due to fluid retention or swelling (during pregnancy or after trauma /injury), tendon irritation (excessive or repetitive hand use), nerve changes (diabetes, hypothyroidism, or alcoholism), inflammation from different types of arthritis, bone changes from arthritis, cysts or tumors. More severe cases may even experience different degrees of pain and discomfort as the muscle in the thumb becomes weak and decreases in size.

Dr. Alejandro Badia renowned Upper Extremity and Hand Surgeon, Medical Director of the Badia Hand to Shoulder Center and founder of OrthoNOW in Doral, Florida, specializes in minimally invasive procedures such as carpal tunnel release, which reduces pressure on the median nerve to alleviate the problem. The median nerve runs from the forearm to the hand along with flexor tendons through the carpal tunnel, which is composed of transverse carpal ligaments and carpal bones. It controls thumb movement and provides sensation from the palm side of the thumb to half of the ring finger.

"Endoscopy is minimally invasive, meaning patients are able to start their recovery sooner. By leaving little to no scarring, it reduces the risk of infection, which allows the patient to return to their life quickly and with a minimal amount of discomfort," said Dr. Badia.

Unlike open procedures, which are most common in the Caribbean, endoscopic procedures are much less painful, and the recovery and rehabilitation is a lot shorter. Patients from The Bahamas often travel to Miami for this reason. The procedure is done with local anesthesia and requires a three-day stay. Patients who undergo the procedure are able to use their hand immediately.

Have you heard about the hearLIFE Clinic?



The hearLIFE Clinic is a newly established ear clinic in Nassau dedicated to treating all kinds of hearing loss.

Come and visit Dr. Kim Scriven from the hearLIFE Clinic at the Health Fair held at the **Integrated Medical Center** in Abaco.

- Free hearing screening
- Free speech screening
- May 21st, 1-7pm

WIN
an iPad

Participants may enter the grand raffle to win a brand-new iPad.

All are welcome!

hearLIFE 
CLINIC

Integrated Medical Centre
Dove Plaza, Marsh Harbour, Abaco

Your partner for hearing loss treatment.