

LET'S WELCOME OUR NEW STAFF

We are so excited to have Erin Martin and Sharita Raby join the Boehm Birth Defects Center



For those of you who have been to clinic in the past few months, you have had the pleasure of meeting our new **Nurse Practitioner, Erin Martin**. We are so thrilled and lucky that she joined our team—and as many of you have already expressed—she's doing a great job and going above and beyond to provide the best possible care and support.



Many of you will recognize **Sharita Raby's** cheerful smile from our Tuesday Clinic, where she has been handling registration. Sharita has joined us in the office as **Medical Office Assistant**. With six years of medical industry experience, an upbeat personality, and creative event planning ideas —she is definitely an asset to our team.

Be sure to come to the Roll, Stroll & Ride to meet Erin and Sharita!

Urinary Tract Infections (UTIs): Do I Need an Antibiotic?

Your urine has a strong odor and looks bad, but is it a urinary tract infection? Not necessarily. Most people who catheterize will carry bacteria in their bladder at least some of the time. When bacteria are present in the urine but do not cause any problems or symptoms of infection, the condition is called asymptomatic bacteriuria and *does not* require treatment with antibiotics.

UTI Symptoms that Require Antibiotics

- Fever
- Pain in the lower abdomen
- Pain during catheterization or with urinating
- Nausea and vomiting
- Loss of appetite
- Generally not feeling well
- Leakage of urine
- Blood in urine

Treating Urine Odor & UTI Prevention

- Drink lots of fluids especially water
- Drink cranberry juice
- Treat constipation with Miralax or enemas
- Catheterize more frequently
- Make sure that the bladder is completely emptied with catheterization urinating
- Girls should wipe after using the restroom from front to back
- Wash hands before and after catheterization or after using the restroom

Strides

Walter E. Boehm Birth Defects Center, Inc.

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www.boehmbdc.com

A United Way Agency

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To Current Resident or:

ROLL, STROLL & RIDE

September 7, 2013

4 p.m. - 7 p.m.

Mystery Dog Ranch

975 Wooten Road

Ringgold, GA 30736

**You
won't
want to miss this year's
Roll, Stroll & Ride!
Join us for an
evening of hayrides,
arrowhead hunts,
therapeutic horseback riding,
crafts, games, dinner
and
more!**