



STAYWELL



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BRIAN COLES – HEALTH ANALYST

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Athletic Trainer Corner

Separated fingernail

Have you ever had a sliver between the fingernail and skin, or caught your fingernail and torn it away from the skin? These mishaps are very painful and can take a long time to heal. These injuries are especially painful when using your hands. Anything the finger touches, causes a lingering pain. An interesting detail is early proper care can give instant relief. Bandaging will help with some of the pain, but the area can still be painful. Often separated nails throb constantly. Sealing the wound from air seems to provide the best outcome for instant pain relief. Once the area is cleaned and bleeding has completely stopped, adding a thin layer of liquid bandage or a small amount of superglue, will instantly seal the wound. It has been my experience that once the wound is sealed the pain completely subsides and no longer hurts. It must be noted that this is for a new injury that is not swollen or red and showing signs of infection. Supergluing or sealing an infected wound can often cause a more serious problem.

This type of treatment does not cover unexplained nail separation or swelling which can indicate a more serious medical condition and requires diagnosis and care. Early proper care of these minor injuries can prevent long term problems.



Is Self-Diagnosis Killing Us?

Years ago, a young man, was told by his school teacher's that he had ADHD and needed to be on medication. The parents also assumed the child had ADHD. They were sure of this based on all the information on the internet. The parents took him to a doctor and explained the situation, insisting the child had ADHD and medications were needed. This led to the child being placed on medications for years. After a number of years, the family moved to a new city and had to find a new doctor. This provider asked a lot of questions and one question was the result of the testing to determine if the child did have ADHD. No formal tests had ever been conducted, just a self-diagnosis by his parents and teachers. So, before re-prescribing medications the new doctor wanted testing done. After the testing was completed, it was discovered the child did not have ADHD, but was now suffering from multiple symptomatic side effects from the ADHD medication. The medication was ceased and the child began to mature and do a lot better. The self-diagnosis by teachers, parents, and failure to conduct formal testing, led to improper treatment and an unfortunate outcome for the boy. He suffered for years because of self-diagnosing.

Several research studies have demonstrated the problem with self-diagnosing. One study demonstrated that up to 70 percent of individuals will use the internet to self-diagnose themselves. Studies also showed in some age groups, 70 percent will only use Google as their primary source for health advice. A large percentage of those individuals never go to a doctor for an annual physical.

The June newsletter referenced how individuals can mislead a physician with self-diagnosing. Self-diagnosis can prevent individuals from receiving proper care, or cause an individual to obsess and deal with a condition the individual perceives to have.



How can self-diagnosing cause problems?

- If a person thinks he/she has a certain medical condition, they research and self-prescribe treatment. One study conducted by Harvard showed that self-diagnosing internet sites were inaccurate 66 percent of the time. If this is the primary source of health care, we are mistreating conditions almost 70 percent of the time.
- Individuals may avoid getting a more accurate diagnosis, which could allow a missed condition to become more serious, even life threatening, or lead individuals to ignore proper medical advice.
- Self-diagnosis can lead to excessive stress and worry. So many people become mentally anguished and it impedes their daily life. All too often individuals discover the situation is not what he/she thought. Tests show the individual did not have the condition at all, and had caused stress over nothing.
- Some conditions may be the result of several health conditions combined that mimic a single chronic condition. Only proper testing can rule this out.
- Another problem with relying solely on the internet is there is so much conflicting advice and improper advice portrayed as good health care, which are only opinions with no supporting medical research. Also, improper treatments or supplements that claim to cure this or that are scams or false advertising.



This does not mean you can't ask about a medical test regarding a certain medical condition. I have a family member who had been suffering for months and the health care providers were baffled and to no avail, had tried multiple different treatments. I had read on quality internet sites about symptoms and asked the Health Care Provider about a test. The Health Care Provider hadn't considered this test and thought it was a good idea. The test was positive and the family member was referred for proper medical care. I did not tell the doctor this is what they had. I simply asked if they had considered this possibility, or if the other doctors had ordered any of these tests thus far. Asking questions of a health care provider in a proper way can lead to a far better outcome than telling them what we have and demanding treatment for it.

Sources

1. <https://www.sapnamed.com/blog/5-reasons-why-you-shouldn-t-self-diagnose/#:~:text=Unnecessary%20worry,like%20fatigue%20and%20muscle%20pain>.
2. <https://highlandspringsclinic.org/dangers-of-self-diagnoses/#:~:text=Self%20Diagnosis%2D%20Why%20You%20Shouldn't%20Do%20It&text=When%20Individuals%20Self%20Diagnosis%20Psychological,you%20are%20experiencing%20are%20common>

Quarterly Wellness Initiatives:

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com. Forms are also located outside of Brian's office, or click on this QR code to access current programs.

The annual IPSC Health and Safety Fair will be held the month of September. Free Screenings for employees and spouses.

- **Outage Recovery** – Do relaxing things and receive a gift card.
- **Keep Coming** – receive a gift card for each month you use the IPSC Staywell Center or outlying area exercise equipment. You must sign in.
- **Eat to Feel Better** – Improve nutrition to feel better mentally and physically.

On Going - Continuing Initiatives

- ✓ **Spouse Staywell Letter Incentive**— Sign your spouse up to receive the Staywell Newsletter and receive a gift card.
- ✓ **Radon Testing**
- ✓ **Diabetes Prevention & BP/Cholesterol Improvement Initiative**
- ✓ **Prove IT Fitness Challenge**
- ✓ **Weight Loss Challenge and Maintenance Program**

