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FOR IMMEDIATE RELEASE

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20 Minutes Makes a Big Difference in an Emergency.

You and your family's lives are important to West Holt Medical Services. Our ER is vital to your health in case of an Emergency and the first 20 minutes of any accident is crucial.

20 minutes can change your life. In 20 minutes you can get your oil changed, get a haircut, pick the kids up from school, walk your dog, or mow your yard. But in 20 minutes, your life can change. Did you know...

~Anaphylaxis Shock (Severe Allergic Reaction) Airway can close off in less than 5 minutes

~Diabetic Emergency- Low blood sugar can cause mental status changes within minutes of falling below a certain threshold. Left untreated, can cause brain damage. Emergency treatment needs to be initiated as soon as possible to reverse the low sugar. Extremely sudden high blood sugar can lead to a coma and brain swelling.

~Stroke: A massive stroke or even a small intra-cerebral bleed can cause breathing to slow or stop almost immediately.

~Head Injury: Some head injuries (based on the type of trauma) can cause massive brain swelling which can lead to cardiac and breathing problems and possible death within 20 minutes.

~MI (Heart Attack): Time is muscle. The sooner a heart attack is stopped (artery opened) the more muscle is saved. Heart muscle will start to die within 2 hours without oxygen/blood supply

~Hypoxia (Low Oxygen) numerous causes: Airway obstruction (foreign body), CHF, airway infections, "fluid on the lungs" etc., can cause dangerous low oxygen levels to

occur. These low oxygen levels are devastating to the body up to and including death. Time varies based on which condition is causing it, but time is of the essence.

~Major artery or vein laceration/puncture: A major artery with a laceration or puncture can cause massive shock with in minutes which can lead to death. A major vein can cause massive (irreversible) shock within 20 minutes or less as well.

~Drug overdoses (suicidal or accidental) Based on the chemical make up of a drug, devastating side effects can occur with in minutes of taking an overdose. Be aware of mental status changes, seizures, cardiac or respiratory problems. Some overdoses (based on medicine) can cause organ damage within in hours. Emergency treatment to reverse or remove the drug must be started immediately.

~Environmental poisoning: Certain household chemicals and farm chemicals can cause immediate life threatening respiratory and cardiac problems. They can also cause organ damage based on the toxicity of the chemical. Seek immediate medical treatment if uncertain about an exposure. Waiting may cause further damage.

~Motor Vehicle Crashes: Kinetic energy plays a big part in the type or severity of injuries sustained in a crash. Because of this, some persons may develop signs and symptoms of injuries up to hours later. If you are involved in a crash, you should seek medical care as soon as possible to determine if there are any underlying injuries that have not manifested themselves yet. An example would be an injury to a spleen that may not show signs of bleeding for up to two hours after the crash.

West Holt Medical Services has a 24/7 emergency room staffed with highly qualified nurses and providers that are trained in Advanced Trauma Life Support, Advanced Cardiac Life Support, and disaster preparedness. We have the technology through “Tele-Trauma” to have live support from any major trauma center in Nebraska. We have a new state of the art CT scanner, ultrasound, digital radiography, and laboratory services on site and available in the case of any emergency.

Why travel that extra 20 miles, when you can get these life saving treatments right here at home at West Holt Medical Services.

West Holt Medical Services “All Kinds of Care for All Kinds of People.”

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