

# *Mercy July Update*

**Heat Related Illness:** As we get ready for the summer months, being aware of heat-related conditions is important. Check out the warning signs and tips on what to do when the heat starts to take a toll.

**Primary Care Walk-In Hours:** Need care now? Many Mercy Primary Care Clinics across NWA have Walk-In Clinics for your convenience. Available for new and existing patients. No appointment needed.

## **Senior Focused Care: Meet Dr. Hazaa!**

Comprehensive disease management and proactive prevention strategies to ensure that our patients aged 65 and older enjoy the best possible quality of life.

**Questions about Medicare?** Join us for Medicare 101 by 65 Prime+ Whether you're new to Medicare or just need a refresher, you're invited to a free seminar on Medicare basics, compliments of 65 Prime+ by Mercy Primary Care.

[Mercy Health](#)

**High Risk Breast Cancer and Cancer Genetics:** At Mercy, we believe knowing your personal risk for breast cancer is important. We offer a comprehensive high risk breast cancer clinic to help women at increased risk for breast cancer make important decisions about proper screening and risk reduction.

# Heat-Related Illnesses



As we get ready for the summer months, being aware of **heat-related conditions** is important. Here are some **warning signs and tips** from the Centers for Disease Control and Prevention on what to do when the heat starts to take its toll.

	What to look for	What to do
<b>Heat Stroke</b>	<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (<i>passing out</i>)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 immediately – heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person’s temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>Heat Exhaustion</b>	<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (<i>passing out</i>)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help immediately if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>Heat Cramps</b>	<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any physical activity</li></ul> <p><b>Get medical help immediately if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You’re on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>Sunburn</b>	<ul style="list-style-type: none"><li>• Painful, red and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>Heat Rash</b>	<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>



# Mercy Primary Care Northwest Arkansas Walk-In Clinics

Need care now? Many Mercy Primary Care Clinics across NWA have Walk-In Clinics for your convenience. Available for new and existing patients. No appointment needed. Providers will treat the following minor symptoms: cold, congestion, cough, flu, pink eye, rash, sinus infection, sore throat, urinary tract infection, minor illness/injury.

\*Not appropriate for pain management.

## Mercy Clinic Primary Care - Moberly Lane

2900 SE Moberly Lane | Bentonville | 479.273.1550  
Mon. - Fri. | 8 - 10:30 a.m.

## Mercy Clinic Primary Care - I Street

4100 SW I Street, Suite 200 | Bentonville |  
479.268.7640  
Mon. - Fri. | 8 - 10:30 a.m.

## Mercy Clinic Primary Care - Centerton

1225 E. Centerton Boulevard | Centerton | 479.795.1301  
Mon. - Fri. | 8 - 10:30 a.m.

## Mercy Clinic Family Medicine - Green Forest

100 Medical Circle | Green Forest | 870.438.5216  
Mon., Tues., Thur., & Fri. | 8 - 10:30 a.m.

## Mercy Clinic Primary Care - Pea Ridge

200 Carr Street | Pea Ridge | 479.488.6415  
Mon. - Fri. | 8 - 10:30 a.m.

## Mercy Clinic Family Medicine - Downtown Rogers

613 N. 2nd Street | Rogers | 479.878.1060  
Mon. - Fri. | 8 - 10:30 a.m.

## Mercy Clinic Family Medicine and Obstetrics - Physician Plaza

2708 S. Rife Medical Lane, Suite 130 | Rogers | 479.338.5555  
Mon. - Fri. | 8 - 10:30 a.m. & 1 - 3:30 p.m.

## Mercy Clinic Primary Care - Rogers W Walnut

2110 W. Walnut, Suite 100 | Rogers | 479.877.7820  
Mon. - Fri. | 8 - 10:30 a.m.

## Mercy Clinic Primary Care - Springdale Elm Springs Road

4870 Elm Springs Road | Springdale | 479.347.3384  
Mon. - Fri. | 8 - 10:30 a.m. & 1 - 3:30 p.m.





## Alshaimaa Hazaa, MD

Internal Medicine

### Mercy Clinic Primary Care

4600 Mercy Lane | Suite 120  
Springdale, AR 72764  
479.347.3391



Your life is our life's work.

## Alshaimaa Hazaa, MD

Internal Medicine

### Clinical Interests

Comprehensive disease management and proactive prevention strategies to ensure that our patients aged 65 and older enjoy the best possible quality of life.

### Board Certified

American Board of Internal Medicine

### Medical School

Ain Shams University, Egypt

### Residency

*Internal Medicine*, University of Arkansas for Medical Sciences Northwest - Fayetteville

### Languages

English & Arabic

Dr. Hazaa is part of an entire Mercy care team that includes hundreds of specialists, all dedicated to providing quality, compassionate care that helps you live your best life.

Our free MyMercy app makes it easy to contact your care team, renew prescriptions, see test results, pay bills and more, all from your PC, tablet or smartphone.

Learn more and schedule your appointment online at [mercy.net](https://mercy.net)





# Questions about Medicare?

## Join us for Medicare 101

Choose any one session.

### 65+ Prime Rogers

3801 W. Financial Pkwy-Suite 102  
Rogers, AR 72758

8/13/25 5:30 pm-6:30 pm  
10/29/25 5:30 pm-6:30 pm

### Mercy Primary Care Walnut

2110 W. Walnut-Suite 100  
Rogers AR 72756

*\*located in Walmart on Walnut-Rogers*

6/11/25 9:00 am-10:00 am  
9/10/25 9:00 am-10:00 am  
11/5/25 9:00 am-10:00 am  
11/19/25 12:00 pm-1:00 pm

### Mercy Primary Care Elm Springs

4870 Elm Springs Rd  
Springdale AR 72762

*\*located in Walmart on Elm Springs-Springdale*

7/9/25 12:00 pm-1:00 pm  
10/8/25 12:00 pm-1:00 pm

Whether you're new to Medicare or just need a refresher, you're invited to a free seminar on Medicare basics, compliments of 65 Prime+ by Mercy Primary Care.

Medicare experts will answer your questions without any pressure to select a plan. Come learn about enrollment periods, benefits and plan options, from A to D.

**Looking forward to seeing you there.**



Scan the QR code to reserve your seat or visit  
[mercy.net/Medicare101](https://mercy.net/Medicare101)

**65Prime+**  
by Mercy Primary Care

# High Risk Breast Cancer and Cancer Genetics



At Mercy, we believe knowing your personal risk for breast cancer is important. We offer a comprehensive high risk breast cancer clinic to help women at increased risk for breast cancer make important decisions about proper screening and risk reduction.

## Who may be at high risk for breast cancer?

- Family history of breast or ovarian cancer
- Family history of a genetic mutation such as BRCA 1 or 2
- Personal history of multiple breast biopsies including a high risk lesion known as “atypia”
- Prior treatment with thoracic radiation for lymphoma

## Our high-risk program offers the following:

- Individualized risk assessment
- Mammography
- Breast MRI and whole breast ultrasound for eligible patients
- Chemoprevention
- Lifestyle modifications
- Genetic and testing for eligible patients
- Risk reducing surgery and reconstruction options

**Please discuss with your primary care physician or gynecologist for a referral or contact us to learn more:**

### **Mercy Clinic General Surgery**

1001 S. Horsebarn Road

Rogers, AR 72758

479.273.7700



*Your life is our life's work.*