

## HEALTH FACTS

**M**en have more blood than women. Men have 1.5 gallons for men versus 0.875 gallons for women.

**I**t takes 72 different muscles to produce human speech

**D**uring his or her lifetime, the average human will grow 590 miles of hair.

**T**he average human bladder can hold 13 ounces of liquid.

**O**f the 206 bones in the average human adult's body, 106 are in the hands and feet. (54 in the hands and 52 in the feet)

**L**ike a finger print, every person has a unique tongue print

## NOW AVAILABLE SAME DAY APPOINTMENTS

### Announcing Transitions Weight Loss Program

Many of our patients inquire regarding weight loss options. We are pleased to announce the Transitions diet program. This program includes a consultation and individualized assessment in order to customize the right program utilizing low glycemic foods. There are also supplements available if you chose to speed the process along.

We will be holding a free informational meeting Wed Feb 25 here at the office from 6:30 to 7:30 for anyone interested in a healthy lifestyle for 2009.

### TOP SCORING RATING FOR 2008 CLINICAL INTEGRATION

We are pleased to announce our scores for Quality Measurements through Advocate Health Care for our panel patients reached over the 90<sup>th</sup> percentile. We were able to reach this milestone through a collaborative team effort that has been structure for patients.

For example, the measurements taken in 2008 were aimed at the percentage of patients with diabetes who met treatment goals. These goals are focused on improving health by reducing blood sugars and reducing cardiac risk.

The measurements included: hemoglobin A1C, lipid profile, blood pressure, free of tobacco use.



Our office is fully integrated regarding the use of Electronic Medical Records (EMR). Only 15% of medical practices in the United States have fully integrated EMR's.

By integrated we mean:

We have the ability to view your medical record on the computer

Ability to e-prescribe directly to your pharmacy and have your Rx ready for you when you arrive

Interface for quicker viewing and interpretation of lab results.

### NEUROMETRIX TESTING NOW AVAILABLE

Nerve conduction studies are used to assess damage to nerves such as from Carpal Tunnel Syndrome and Diabetic Peripheral Neuropathy. Neurodiagnostic testing is also useful in the evaluation of back pain or sciatica.

Let us know if you are suffering from numbness or tingling in your arms or legs or if you think you might have nerve damage from diabetes. This test will address these symptoms.

The Neurometrix test is completed in approximately 20 minutes. Leads will be attached with sticky pads to the area being tested. It is a virtually painless test done without needles. Some patients have described the test as no worse than being snapped with a rubber band. After your test is completed, your doctor will discuss your results with you, and possible treatment options for your symptoms. You may also be referred to a neurologist for further diagnostics or treatments.