

VBPM Connection

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Prevention

This is an extremely important part of your medical care that not only keeps you healthy, but **saves you money.** Many of our patients tell us that during the first year after joining our practice, their total health bills were significantly less than they had been in previous years.

Make sure you're up to date by checking out our web page on Prevention (<http://www.virginia-beach-premier-medical.com/medical-screening.html>). Make a checklist and write down the date when you last had each test or procedure done. If you don't know when the last one was done or if it's been longer than the recommended time, let your doctor know so it



can be scheduled for you.

Prevention also includes keeping your weight under control and exercising regularly. There are many studies that confirm that people who eat right and exercise regularly live longer and stay healthier than those who don't. This is indisputable, but

very hard to live up to for some of us. We have to develop the right mind-set. **Motivation is the key.** If not for your health, do it for the money you will save by being healthier. Or do it for your grandchildren. Talk to your doctor about your diet and about how much exercise would be right for you.

Weight Loss Tips

What's the best way to lose weight?

Lots of people think they have the answer to this question. There is an old medical adage that says the more treatments that

are available for a particular ailment, the more likely it is that we have no idea how to treat it.

Unfortunately, there is no magic. No matter

what kind of diet you want to follow – low fat, low carb, high protein, Adkins, South Beach, etc., it always gets back to this: **"Calories in must be less than calories out"...**

Weight Loss Tips (continued)

“Write down the number of calories of everything you eat.”

The best way to decrease calories is to **write down** the number of calories of everything you eat during the day after you eat each meal or snack. Try to keep the total calories per day less than 1500 on average for males and less than 1200 for females. If you do this, you should lose about 2 pounds a week.

Exercise is healthy for you; it tones your muscles and speeds up your overall metabolism, but **diet is going to be your best bet for significant weight loss.**

A combination of the two – **diet and exercise** – is optimum.

Weigh yourself every Sunday and track your

progress. Once you have lost about 6 pounds or more, you will start feeling better – with more energy, both physically and mentally. This will also help to motivate you to lose even more weight.

Make reasonable goals for yourself. Lose 10 pounds for your first goal, then another 10 for your second goal.

Diabetes Tips

Get your **HgbA1c** checked every 3 months. Make sure this number is under 7. Closer to 6.0 is even better. If it is, **congratulations!** Because this is the absolute best thing you can do to prevent future diabetic complications – like blindness, kidney disease, vascular disease, etc.

Look at your feet every day, including the bottoms and between the toes. Look for cracks in the skin or small sores you may not have been aware of. If you find anything, tell your doctor, even if it doesn't hurt.

If you are on **metformin** (also called Glucophage) and if you are developing numbness or tingling of

your feet, ask your doctor to check a B12 level to be sure you're not deficient. A recent study shows that there is an increased risk of **Vitamin B12 deficiency** if you are on this medication.

Ask your doctor to see if you have any **protein in your urine**. This helps determine if you have any diabetic kidney disease.

Vaccines

Flu shots are available now at many pharmacies and grocery stores. If you get your flu shot too soon, it may not last all the way through the flu season, which often can go through to the end of spring. We recommend

waiting till at least the middle or end of September before getting your shot.

You may not be able to receive flu shots if you are allergic to eggs.

Are you up to date on your **pneumonia vaccine, tetanus booster and shingles vaccine**? If you're a health care worker, you need **Hepatitis vaccine** also. Check with your doctor if you can't remember if or

Vaccines (continued)

Check with your doctor if you can't remember if or when you received these.

Pneumonia vaccine should be given at least once after age 65 and one or two doses 5-10 years apart in younger years if there are risk factors present (asthma, emphysema, cystic fibrosis, etc.)

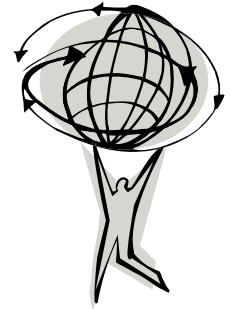
Shingles vaccine is given after age 60 whether you've had shingles before or not.

Tetanus booster is combined with diphtheria and pertussis, and should be given every ten years unless you are allergic to one of the components.

We can administer all of

these vaccines except for the shingles and hepatitis vaccines which are given at the pharmacy after you get a prescription from the doctor.

Potential side effects to these vaccines are very rare. The risk of dying from the diseases they prevent is far greater than the risk of side effects from the vaccines.



Preventing Falls

Falling is a major hazard to your health at any age, but the risks are worse as we get older.

A lot of falls could be prevented if we just knew how.

Quad (short for quadriceps) **exercises** are the single best thing that you can do to prevent falls and improve your balance.

They are easy to do and don't require any special

equipment. Here's the easiest way to do it...

While sitting on a dining room chair, start doing **leg lifts** with one leg at a time. Simply raise your knee toward the ceiling about six inches, and then let it down. Do this 5 times in a row with the right leg first, and then do the same thing on the left side. After doing these exercises every day for 3

days, then increase to 10 times on each side.

Continue to increase the number of repetitions by 5 every 3 days until you are up to fifty on each side.

After you have been doing this for about a month, you will be amazed at how much better you'll be walking. You will become much steadier and your risk of falling will go way down.

Fall-Proof your Home

Is your home fall-proof?

Here's a checklist that may help decrease the risk of falls occurring in your home...

1. Remove all throw rugs.
2. Remove all cords

or other obstacles from traffic areas.

3. Avoid medications that are too sedating or that make you dizzy.
4. Make sure all cooking utensils and other items

that you use regularly are within arm's reach.

5. Avoid having to use ladders or stepstools.
6. Avoid alcohol.

"Remove all cords or other obstacles from traffic areas."

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Internal Medicine – The way
it was meant to be practiced.



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We're on the Web!

www.vbpm1.com

Virginia Beach Premier Medical is a membership “concierge” internal medicine practice specializing in comprehensive and compassionate, individualized and personalized patient-centered care. We pride ourselves on full continuity of care – in the office, in the hospital, or even at home.

If you would like more information about our practice please call us at 757-416-6750. Ask to speak with Brittany, our office manager, or Dr. Parks or Dr. Warth. We'd be happy to talk with you anytime.



Discount Referral Program

Here's an incentive!

If you are a member of our practice and if you refer someone to us who then signs up, we will give you \$200 off your next year's fee.

Here's another plus!

You can accumulate these referral discounts so that if you refer multiple people who then sign up, you will get \$200 off the next year's fee **for each one.**