

VBPM Connection

INSIDE THIS ISSUE:

Hypertension	1
Preparing for Your Visit	1
Drug Effects/Interactions	2
Exercise and Nutrition	2
Don't forget the Flu Vaccine	2
Lipids	3
News about CPR	3
Osteoporosis	3
Discounts for Referrals!	4

Hypertension

You have no doubt previously heard that high blood pressure (HBP) is the “silent killer”. It’s easy to ignore it because it doesn’t cause any symptoms. However, it’s extremely important to pay attention to this because so many serious illnesses are associated with hypertension (the medical term for HBP), including heart disease, stroke and kidney disease.

HBP usually develops in middle age as a result of genetics. The trait is passed on from one generation to another. This is the cause in about 95% of people who have it. The other 5% have what we call secondary hypertension. These are potentially correctable problems like adrenal gland tumors or narrowing of arteries to the kidneys. Most people

don’t need evaluations for these rarer causes of hypertension unless their blood pressures are difficult to control or there are other symptoms associated with it.

It is often helpful for those with HBP to have home blood pressure monitors, which can be purchased inexpensively. That way, you can take your BP once or twice a week at

home and show the doctor a list of your readings. This will help decide if your treatment is effective.

If your BP is not well controlled, make sure you discuss it with your doctor to be sure that everything is being done to get it under control. This will help prevent those illnesses mentioned above.



Preparing for the Doctor Visit

Many patients come in for a regular check up and often forget most of the things they want to talk about. If this has happened to you, it might be a good idea just to jot down a few things to

remember to ask when you come in for your visit

Another important thing to bring with you is a list of all your current medications including the names, dosages and whether you will need

refills on anything.

Also, think about prevention. Ask if you are up to date on all your vaccines, colonoscopy, lab tests, mammograms, and whether it’s time to reschedule an annual physical exam. .

Drug Effects and Interactions

“Ask your doctor or pharmacist how any new drug might affect you or your other medications.”

Medications are wonderful things that provide us with the ability to help people live longer and better lives. We know this to be true from many good studies and personal experiences with medications. However, we always have to be aware of the hazards as well.

One of the most important

things that your primary care doctor and your pharmacist can do for you is to make sure that all of your medicines are compatible with you and with each other. This is becoming a more daunting task now more than ever before since we have so many medications available for so many different conditions.

“Polypharmacy” (the use of more than 6-8 medications for one patient) is becoming very common and can be associated with increased risks of side effects and interactions.

Don’t hesitate to ask how any new drug might affect you or your other medications.

Exercise and Nutrition

Extensive medical research shows that regular exercise and proper nutrition with weight control can prevent many diseases like diabetes, hypertension, heart disease, stroke, cancer and many others. Your life can be extended by many years by just doing a modest amount of exercise like even just 10 minutes a day, or 30

minutes 3 times a week.

How do you get started?

In the words of Richard Simmons, “Do something! Anything!” But do it on a regular basis. Start out, for example by getting on a treadmill or bicycle for one minute every day for one week. Then go to 2 minutes daily. This will establish the routine. Every week, go up by one

more minute till you get to 10 minutes a day. If you would rather do floor exercises and calisthenics, you can approach it in the same way. Some people like to use a personal trainer since the requirement to keep the appointments is a good motivator. Whatever you do, establish a routine, and try to make it fun!

Don’t forget your flu vaccine!

Lipids

What are lipids?

This is the term used to describe all the substances in your blood stream that have to do with fats and cholesterol.

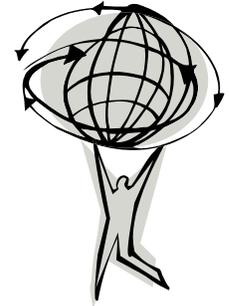
This is important for your health because if you have too many of the bad kinds of fats, they can deposit on the inside of your arteries and clog

them up causing heart attacks, strokes and poor circulation everywhere.

Some people are genetically predisposed to high lipid levels, while others accumulate them because of what they eat and lack of exercise. In either case, there are things that can be done to improve them. Diet and exercise are the first

things to do.

Triglycerides are reduced by lowering your carbohydrate intake. The **LDL** (the bad cholesterol) is lowered by reducing fat intake. **HDL** (the good cholesterol) can be raised by exercising regularly. If you've done your best with diet and exercise, then it's time to talk to your doctor about medications.



News about CPR

For years we have been training people to do Cardiopulmonary Resuscitation (CPR) by doing 5 compressions and then one breath, or 15 compressions and then 2 breaths.

Recent studies have shown that just doing chest compressions (one per second) without the breaths can be just as effective, if not more effective, than the old

way. The reason is that restoring the circulation is more important than air flow. If you're taking time out from compressions to give breaths, it actually worsens the outcome than if you just keep going with the compressions. Besides, when you give the compressions effectively there is some air movement that goes in and out of the lungs anyway.

This will make it easier to remember what to do for lay persons in the field trying to do CPR on someone who has just collapsed.

Remember your ABC's: check Airway first, then Breathing, then Circulation (check pulse) to see if the person really needs CPR before starting. Remember also to call 911 for help.

Osteoporosis

Osteoporosis is the loss of bone density that occurs as we all age. This can result in painful, debilitating and even life-threatening fractures. It occurs most commonly in post-menopausal women but it can occur in men as

well. Women who are small, thin and short in stature seem to be the most vulnerable.

Prevention is the key to treatment. Here's how:

Get a bone density test

every 2 years.

Make sure your Vitamin D level is normal.

Do weight resistant exercises.

Talk to your doctor about medication options.

"Prevention is the key to the treatment of osteoporosis"

**Virginia Beach Premier
Medical**

1860 Colonial Medical Court
Virginia Beach, VA 23454

Phone 757-416-6750

Fax 757-416-6830

E-mail

bparks.vbpm@gmail.com

gjwarth@gmail.com

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



Barbara L. Parks, MD

Gregory J. Warth, MD

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.**

Happy Halloween!