

The Pulse

A Guide to Healthy Living

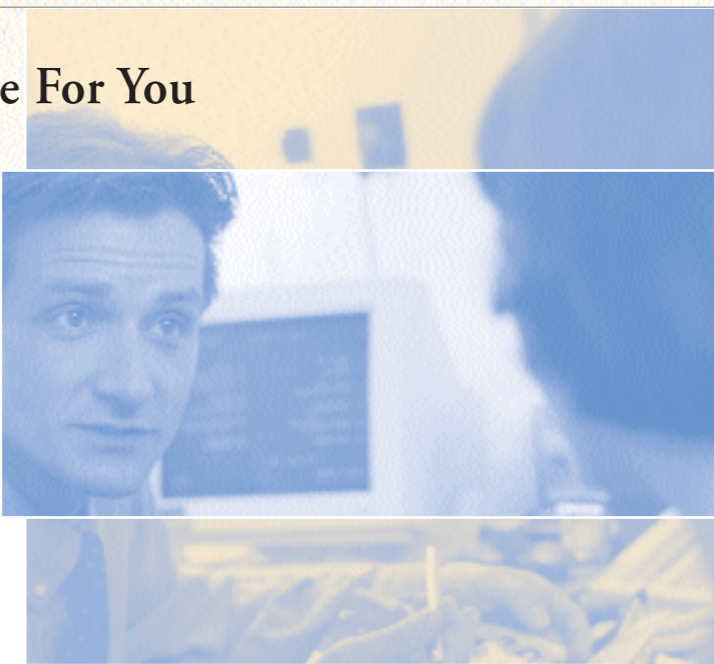
Total Access Medical is Always Here For You

The decision you and your physician have made to prioritize your health is a vital one. And in today's troubling healthcare environment, has already helped eliminate the unnecessary burdens of "abandoned" care.

If you have family and friends that are currently battling other patients for time with their physician or are being left by their doctor to fend for themselves, please let them know that there is an optimal alternative in medical care that just might change their lives. We hope it has begun to change yours.

Remember to ask about the Total Access Medical referral program and how you will SAVE on your next year's enrollment fee. If you have any questions related to our program, please call toll-free 1-800-31-TOTAL (318-6825) today.

Please note that by distributing this publication Total Access Medical and its staff are not advising you on your healthcare or health related issues. Your participating Total Access Medical physician should always advise you regarding any health related topic.



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Lose Weight By Swimsuit Season

Want to look better on the beach? Diet drinks and liposuction aren't the solution. There's not a "quick fix" to help you slim down and tone up by swimsuit season. Instead, implement some tried and true steps to fitness and weight loss:

- **Physical movement** is key to weight loss and fitness. Exercise at least 30 minutes daily – 45 to 60 minutes is better. If you're not accustomed to exercising, start out with 10 minutes of any type of physical activity.

Easy ways to start getting more active include:

- Climb up and down the stairs five or 10 times a day
- Vacuum vigorously for 10 or 15 minutes
- Walk the dog
- Check out a dvd from the library for beginning yoga, weight training or step aerobics
- **Watch what you eat.** This does not mean skip meals or go on a liquid diet. Skipping meals or dramatically cutting back on the calories you consume causes your body to go into "starvation mode" – actually triggering your body to hoard fat. Simply make sure the foods you eat are good for you.

- Eat breakfast.
- Consider eating four to six smaller meals rather than two or three larger ones
- Eat more fruits, vegetables and whole grains
- Avoid sugars, processed foods and saturated fats.

- **Begin today.** The recommended diet and exercise approach to weight loss results in gradual changes — one-half to one pound a week. You might not notice any weight loss at first, as your body converts fat tissue to muscle tissue. Some people can exercise faithfully or make dietary changes and not lose any noticeable weight for some time.

- **Focus on the lifestyle improvements you're making.** Even if you don't reach your weight loss goal, feel good about yourself. By exercising and eating healthfully, you're doing something good for your body. You're well on your way to a healthy you.



Enjoy Your Latest Issue of The Pulse

Your Total Access Medical team and affiliated physician are pleased to provide you with the latest issue of *The Pulse* – our publication designed to offer you information, ideas and tips on important topics such as nutrition, exercise, and stress management as well as news on diseases, conditions, and events occurring in the world of healthcare.

Your commitment to your health is clear. We hope the information provided through this publication in addition to the dedication demonstrated through our affiliated physicians and staff displays our strong commitment to you.

As we settle into 2006, this is the perfect time to assess your lifestyle and set new goals for yourself so you can be sure to enjoy good health throughout the winter and all the seasons to come! You have already made an important and positive change in your medical care. Now, continue to make the change in you.



Ask the Doctor: HEART ATTACK PREVENTION

Bruce Sokoloff, M.D.
Total Access Medical Affiliated Physician

Dr. Sokoloff, my father recently suffered a heart attack. How can I reduce my chances of having one too?

You're wise to start thinking about protecting yourself now from heart attacks.

Like any other organ in the body, the heart needs a good supply of oxygen to work properly. If the arteries get blocked up with clots of fat, there is a chance some these clots will break off and obstruct the blood supply to the heart, starving it of oxygen. When this happens, someone has a heart attack.

Top risk factors

There are a number of factors that put you at increased risk of heart disease. Some of these you can't change - such as being male, having a family history of heart disease and getting older - but many you can.

One important risk factor over which you have control is smoking. Smoking contributes to the clogging and narrowing of the arteries.

Another risk factor is diet – like smoking, too much cholesterol has negative effects on the arteries and can impede the heart's functioning.

Therefore, as well as giving up cigarettes you should eat a low-fat diet containing at least five portions of fruit and vegetables a day. You might also want to consider taking a capsule of garlic and one of cod liver oil every day; both are believed to help keep the heart healthy.

Healthy body, healthy heart

To keep the heart in good shape - and keep your weight under control - you should do 30 minutes of pulse-raising activity every day. Research suggests that one or two units of alcohol a day for men over 40 may also protect the heart. Too

much alcohol, though, has the opposite effect, so it's definitely not a case of "if one is good for you, two must be better".

Work with your Total Access Medical affiliation physician to keep a record of your blood pressure and your blood

cholesterol levels. If these are high they put you at increased risk of heart disease but they can be treated.

Last but not least, take pleasure in keeping healthy. This reduces your stress and protects your heart.

HEALTHY HEART QUIZ

February was heart month. Have you had your cholesterol checked lately? High blood cholesterol is one of the major risk factors for heart disease. Heart disease is the number one killer of women and men in the United States. Take the quiz to test your knowledge of heart-healthy eating.

- Q1:** Consuming too much saturated fat and cholesterol has which of the following effects on your cholesterol level?
a) They make it go up b) They make it go down
c) They won't have much effect
- Q2:** Where is saturated fat found?
a) Animal products b) Tropical oils c) Both a and b
- Q3:** Switching from whole milk to skim milk will save how many grams of saturated fat per 8-ounce glass?
a) 4 grams b) 5 grams c) 8 grams
- Q4:** Which entrée contains the least artery-clogging saturated fat?
a) 6 oz fried chicken breast b) 8 oz roasted prime beef
c) 3 oz grilled tenderloin of beef
- Q5:** Where is soluble fiber found?
a) Oranges and apples b) Corn and barley
c) Beans and legumes d) All of the above
- Q6:** The American Heart Association recommends two servings of this animal per week due to the fact that it contains heart-healthy omega-3 fatty acids:
a) chicken breast b) lean pork c) fish
- Q7:** Which of the following foods are high in dietary cholesterol?
a) wheat crackers b) doughnut holes
c) organ meats d) cereal

HOW DID YOU DO? CHECK YOUR ANSWERS BELOW.

1:a 2:c 3:b 4:c 5:b 6:c 7:c

Acupuncture-

The oldest new therapy

Acupuncture is one of the oldest medical procedures in the world. It was developed in China more than 2,000 years ago, but has only been used widely in the U.S. for the past few decades.

Millions of Americans have experienced acupuncture first hand and many of them report a reduction in pain or even cure for a painful condition. Millions more consider acupuncture quackery or worse. What is the truth? Is acupuncture medically useful or is it to be avoided?

What is Acupuncture?

Acupuncture is practiced by inserting very thin needles into certain points on the body. Acupuncture needles are metallic, solid, and hair-thin. People experience acupuncture differently, but most feel little or no pain as the needles are inserted. Some people are energized by treatment while others feel relaxed. Improper needle placement, movement of the patient, or a defect in the needle can cause soreness and pain during treatment. This is why it is important to seek treatment from a qualified acupuncture practitioner.

How Does Acupuncture Work?

Chinese medicine practitioners believe that there are more than 2,000 acupuncture points on the human body that connect pathways called meridians. These meridians conduct energy, or qi (pronounced "chee"), throughout the body. Qi is believed to regulate spiritual, emotional, mental, and physical balance. Acupuncture is believed to sustain the normal flow of energy unblocked and maintain or restore health to the body and mind.

Acupuncture points are believed to stimulate the central nervous system to release chemicals into the muscles, spinal cord, and brain. The biochemical changes may stimulate the body's natural healing abilities and promote physical and emotional well being.

Risks

The U.S. Food and Drug Administration (FDA) has approved acupuncture needles for use by licensed practitioners. The FDA requires manufacturers of acupuncture needles to label them for single use only.

Relatively few complications from the use of acupuncture have been reported to the FDA. Still, complications have resulted from inadequate sterilization of needles and from improper delivery of treatments.

The Bottom Line

Acupuncture is an ancient procedure used for treating a variety of illnesses. Though acupuncture is not for everybody, it has been shown to help reduce or eliminate pain and discomfort for many people.

PRIMARY CARE ABOUT TO COLLAPSE, ACP WARNS

You should feel great about the steps you and your Total Access Medical physician have already taken to manage your health and lifestyle. As the healthcare delivery system around us continues to unravel, you can be assured that your medical care is being managed by a caring and thorough team of medical professionals dedicated to your ongoing wellness and medical security.

"Primary care - the basic medical care that people get when they visit their physicians for routine physicals and minor problems - could fall apart in the United States without immediate reforms, the American College of Physicians (ACP) recently reported.

Dropping incomes coupled with difficulties in juggling patients, soaring bills and policies from insurers that encourage rushed office visits all mean that more primary care doctors are retiring than are graduating from medical school, the ACP said in a Jan. 30 report. As a solution, the group is calling on federal policymakers to approve new ways of paying physicians that would put primary care doctors in charge of organizing a patient's care, and giving patients more responsibility for monitoring their own health and scheduling regular visits.

'Our recommendations would not only change the way that primary care is delivered, but how it is financed by Medicare and other payers,' said ACP President C. Anderson Hedberg, MD. 'Our proposals address the way that Medicare fees are determined, how payments are updated, and how to assure that pay-for-performance programs provide sufficient incentives for quality improvement and care coordination by primary care physicians.'

Visit http://www.acponline.org/college/pressroom/primcare_collapse.htm for more details on the ACP's proposed solutions.

Five Steps for Managing Chronic Illness

If you're one of the millions of Americans who is living with diabetes, asthma, heart disease, depression, or another chronic illness, you may gain better control of your illness by working with your doctor. Here are five steps that may positively influence your success in managing chronic illness:

1. Get a prescription for information: Ask your Total Access Medical affiliated physician for more information about your condition and educate yourself by seeking information you can trust. Read, check out the Internet, or talk to others with the same condition.
2. Be aware of depression: You may be at risk for becoming depressed. Be on guard for symptoms and see your Total Access Medical affiliated physician at the first sign of loss of energy, poor appetite, trouble sleeping, and other signals you may need help. Depression can be treated and managed.
3. Work as a team: Don't leave the doctor's office confused or unclear about anything. Be honest with your physician, ask questions, and make sure you understand everything.
4. Take action immediately after your diagnosis: With your Total Access Medical affiliated physician, put together an immediate action plan including necessary lifestyle changes. Waiting seldom helps and can increase health problems.
5. Make a healthy investment in you: Most long-term conditions require

changes in your diet, exercise, and other daily activities. Work with your Total Access Medical affiliated physician and set goals for change. Then, work toward those goals.

GET RID OF YOUR HICCUPS

Do you know anyone who's never had hiccups? Probably not. Hiccups are one of the most common disorders experienced by humans, potentially affecting an unborn fetus as easily as a centenarian.

Usually, hiccups are annoying, but not serious. Some popular home remedies include:

- Take a deep breath and hold it as long as you can. Repeat several times.
- Try rhythmic breathing or deep breathing.
- Breathe into a paper bag.
- Hold your breath just as you think a hiccup will occur.
- Gargle water.
- Tense your throat muscles and/or stomach muscles as you feel a hiccup coming on.
- Press hard against the cartilage behind your ear.
- Plug your ears while swallowing.
- Drink through a cloth or paper towel.
- Bend over and drink from the opposite side of the glass.
- Swallow dry bread covered in peanut butter or similarly sticky substance.
- Swallow a teaspoon of sugar.
- Eat a slice of lemon.
- Have someone scare you.

If you're still hiccuping after two days, contact your Total Access Medical physician. Chronic hiccups can cause weight loss, insomnia, malnutrition, vomiting, and more. Luckily, most hiccup bouts end in minutes or hours. Rarely, people have had hiccups for months and one man has had them for decades - with no apparent health problems. Of course, you probably won't have them that long. Hiccups usually go away on their own - or with one of these "cures".

The Diabetes Food Pyramid

Why do diabetics have their own food pyramid to follow? Their nutritional needs are different than the general population. The Diabetes Food Pyramid is a little different than the USDA Food Guide Pyramid because it groups foods based on carbohydrate and protein content rather than food classification. And the portion sizes are a little different, too, so that the carbohydrate content stays consistent with each serving.

In the Diabetes Food Pyramid, foods are divided into six groups with a range of recommended daily servings of each group. While the number of servings seems high, keep in mind that the serving sizes are small (about 1oz) and that most people will eat the lower number of servings.

Grains and Starches, 6-11 servings per day
Foods like bread, cereal, rice and pasta contain mostly carbohydrates. The foods that fall in this group are those made mostly of grains (wheat, rye, oats), starchy vegetables (potatoes, peas, corn) and dry beans (black eyed peas, pinto beans).

Vegetables, at least 3-5 servings per day
Since vegetables are naturally low in fat, they're good choices to include in meals or enjoy as snacks. Vegetables are full of vitamins, minerals and fiber. This group includes spinach, chicory, broccoli, cabbage, cauliflower, carrots, tomatoes, cucumbers and lettuce. Starchy vegetables, like potatoes and beans, are included in the starch and grain group.

Fruit, 2-4 servings per day
Fruits also contain carbohydrates and have plenty of vitamins, minerals and fiber. Some of the foods in this group are blackberries, cantaloupe, strawberries, oranges, apples, bananas, peaches, pears, apricots and grapes.

Milk, 2-3 servings per day
There's a lot of protein and calcium, as well as many other vitamins, in milk products. You can get all the nutrition and taste without the saturated fat by choosing non-fat or low-fat dairy products.

Meat and Meat Substitutes, 4-6 oz per day divided between meals
The meat group includes beef, chicken, turkey, fish, eggs, tofu, dried beans, cheese, cottage cheese and peanut butter. While meat and meat substitutes are great sources of protein, vitamins and minerals, it's important to

keep your portions small - 3oz is about the size of a deck of cards.

Fats, Sweets and Alcohol, small amounts
These should be special treats. Things like potato chips, candy, cookies, cakes, crackers and fried foods are not very nutritious and contain a lot of fat or sugar. Keep your servings small.

For a healthy meal plan based on your individual needs, it's best to work with a registered dietitian with expertise in diabetes management in conjunction with your Total Access Medical physician.

ADD HEALTH TO YOUR MENU by JEANNE BAY, M.S., R.D., C.C.N.*

As a rule, it's best to eat more whole grains and vegetables to be less tempted by sugars and fats. But everyone needs comfort foods sometimes. Enjoy them with a healthy twist.

If you crave:

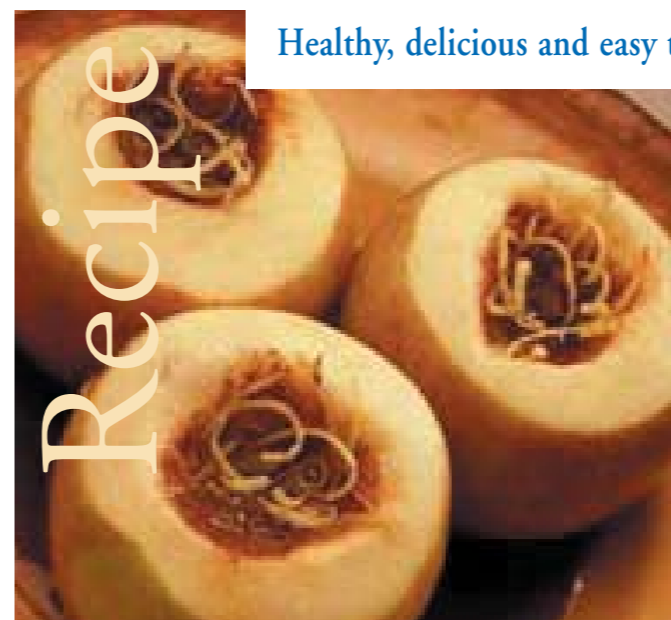
- **Ice cream:** Top low-fat ice cream with granola or try sherbet topped with fruit.
- **Cookies:** Opt for oatmeal-raisin cookies, vanilla wafers or ginger snaps.
- **Salty foods:** Try popcorn, pretzels, or baked tortilla chips and salsa.

Add nutrition by:

- Including naturally sweet sliced or dried fruit to cereal, yogurt or pancakes.
- Pureeing berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry.
- Tossing in grated, shredded or chopped vegetables—zucchini, spinach, carrots—to lasagna, meat loaf, mashed potatoes, poultry, pasta and grain dishes.
- Add some peanut butter to a sandwich at night or put it on toast with breakfast.

Of course, a good rule is to enjoy your favorite treats in moderation. Rather than having a second cup of hot chocolate, milk shakes and eggnog, drink a glass of water.

* Jeanne Bay M.S., R.D., C.C.N. is a Registered Dietician and Licensed Nutritionist with a Certification in Alternative/Complementary Nutrition and a Masters Degree in Health Education. All Total Access Medical members have full access to Jeanne and her vast experience in nutrition, exercise and therapy.



Healthy, delicious and easy to prepare! Perfect for spring...or any time of the year!

Baked Green Apples

Ingredients

- 1/3 cup dried cherries, coarsely chopped
- 1/3 cup walnuts, coarsely chopped
- 2 tablespoons brown sugar
- 1 tablespoon fresh lemon juice
- 4 Granny Smith apples
- 1/2 cup apple cider or apple juice
- 1/4 teaspoon cinnamon

Directions

- Preheat the oven to 350°F. In a small bowl, stir together the cherries, walnuts, brown sugar, and lemon juice.
- With an apple corer or a vegetable peeler, core the apples from the stem end, stopping about 1 inch from the bottom of the apple. Core out the hollow until it's about the width of a quarter. Fill the hollow with the cherry mixture.
- In a baking pan just large enough to hold the apples snugly, stir together the apple cider and cinnamon. Place the apples, open-side up, in the apple juice mixture. Cover the apples with foil.
- Bake for 25 minutes, or until the apples are tender but not falling apart.
- To serve, spoon the pan juices over the apples. Serve either warm, at room temperature, or chilled.

Serving Size: 4

Nutrient Value Per Serving

Calories: 188

Fat: 5.4g (saturated 0.5g)

Cholesterol: 0mg

Carbohydrate: 35

Dietary Fiber: 4g

Protein: 2g

Sodium: 8mg

Good Source of Fiber

SAVE \$200 on your Total Access Medical Enrollment Fee!

LEARN MORE ABOUT THE TOTAL ACCESS MEDICAL PATIENT REFERRAL PROGRAM

Total Access Medical has developed a referral program for the purpose of extending our services to the friends, family, and colleagues of those already taking advantage of our quality medical care program. Each referral that results in enrollment will offer either a \$200 credit towards the referrer's or referees annual fee or, in lieu of the credit, a \$200 donation will be made to a charitable organization of the referrer's choosing.

Do you know someone who would benefit from the same dedicated medical care you are receiving? Call Sarah at 610-667-9980 or simply send an e-mail to skbloch@totalaccessmedical.com with the names and phone numbers/addresses of those you think may have interest. Requests to remain anonymous will be granted.