



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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The Pulse

A Guide to Healthy Living

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Total Access Medical, LLC

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Sun Smarts:

How To Select The Right Sunscreen

By now, most of you know that sunscreen is necessary if you're going to be outdoors (even if it is cloudy). Ultraviolet (UV) rays penetrate the earth's atmosphere and your skin. These rays cause sunburn and deeper tissue damage and damage can start during early childhood.

There are hundreds of sunscreen products to choose from. All sunscreen products are required to have an SPF

designation. Sunscreens are available as lotions, creams, ointments, gels, and even wax sticks.

What Is SPF?

SPF stands for sun protection factor and measures how much UV gets to your skin. Most brands sold have an SPF rating of at least 15 which means that if your skin reddens after 10 minutes in the sun, an SPF protection of 15 would increase that time to 150 minutes. For the most thorough protection, a sunscreen that is labeled "broad-spectrum protection" or "UVA radiation protection" should be used. Apply sunscreen 30 minutes before sun exposure for maximum protection.

Waterproof or Water Resistant?

If you will be spending time in the water, you will want a sunscreen labeled waterproof or water resistant. A waterproof sunscreen will protect you for about 80 minutes in the water. Water resistant sunscreen will give you about 40 minutes of protection. You will need to reapply sunscreen before the protection completely washes off.

How Much Is Enough?

The SPF rating is based on using a sufficient amount of sunscreen. For the average adult, this means about two tablespoons per application. That may seem like a lot, but any less and your protection is reduced. In addition, you should re-apply sunscreen every several hours and immediately after being in the water.

Summary

Some fortunate people have skin pigmentation that protects them from many of the sun's rays while others are sensitive and will burn and suffer damage even with minimal sun exposure. Find a brand of sunscreen that offers the level of protection you need for your skin type, is easy to apply, and doesn't irritate your skin. Even if you're one of the lucky ones, you can still benefit from using sunscreen. Find the right product and use it liberally!



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 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.

Weekend warriors abound, during the summer months many of us sometimes suffer the aches and pains of over-use. Helping keep you healthy and fit is one of the goals of The Pulse. From offering tips to help you prevent injuries, to highlighting the importance of sunscreen, Total Access Medical is committed to being a true partner in your active and healthy lifestyle.

Have a safe, happy and healthy summer!

Ask The Doctor:

EASING PAIN WITHOUT MEDICATION

Daphne Goldberg, M.D.
Total Access Medical Affiliated Physician



Dr. Goldberg, besides pain medication, what else could I be doing to help ease the pain I have from osteoarthritis?

There are a number of therapies and strategies that one can use to decrease the pain and discomfort of osteoarthritis (OA). Each person will differ, however, in his or her response to these treatments. In other words, some of these therapies may help one person but not another. You must work with your doctor to find the integrative approach to treating your OA that is right for you.

- **Exercise:** Exercise is an important part of the treatment of OA for most patients. An exercise regimen that is appropriately prescribed by a doctor or physical therapist can help ease both pain and disability in OA patients.
- **Weight loss:** Losing weight is an important task for the patient who is overweight and suffers from OA. Weight loss can also help relieve pain and disability associated with OA.
- **Acupuncture:** Acupuncture may be helpful in reducing the pain associated with OA. Acupuncture may help ease the symptoms of OA and help eliminate the need for adding medications or the need to increase the dose of current pain medications. Research has shown that some people benefit from acupuncture and experience less pain. Large research trials are currently underway to evaluate the role of acupuncture in the treatment of OA.
- **Massage:** Massage may be helpful in the treatment of pain and therefore may help ease the pain of OA. Again, individuals will respond differently. For OA patients, light massage may be better than deep massage and joints that are acutely swollen or painful should not be massaged. If the massage is painful it should not be continued.

- **Supplements and other over the counter remedies:** There are a number of supplements, vitamins and herbal remedies that may be helpful in treating OA. It is very important to speak with your doctor before starting any of these as they may have side effects and/or interact with your medications.
- When seeking alternative treatments it is important to work with practitioners

who are trained and certified and who will work in conjunction with your TAM physician.

A graduate of the University of Pennsylvania and the Medical College of Philadelphia and board certified in Family Medicine and Integrative and Holistic Medicine, Dr. Goldberg is dedicated to providing a full spectrum holistic family practice with a focus on women's health and obstetrics. She is well known in the Philadelphia area as a patient-centered physician and natural childbirth advocate as well as for having one of the lowest c-section rates in the city.

PA MEDICAL SOCIETY HOSTS STATEWIDE SUMMIT Health Care Leaders Gather To Discuss The State Of Medicine In Pennsylvania

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.

More than 80 representatives of government, physicians, patients, health systems, insurers, and other organizations met on June 21, 2006, at Harrisburg Area Community College in Harrisburg for the State of Medicine in Pennsylvania Summit, an open exchange about the future of health care in Pennsylvania.

The catalyst for the summit was the Pennsylvania Medical Society's "The State of Medicine in Pennsylvania – 2005" report, released in early April 2006, and indicating several troublesome trends associated with medical care.

The summit was designed to give stakeholders an opportunity to discuss the state of medicine, bring ideas and concerns to the table, and begin a process to address negative trends. While the Medical Society hosted the event, ECRI, an independent, nonprofit health services research agency, moderated the daylong discussions.

"This is just one more step in the process toward a better health care system for Pennsylvania," said Mark A. Piasio, MD, MBA, president of the Pennsylvania Medical Society. "The only way we can ensure our patients have access to high quality, affordable care is if we all work together."

Cooperative efforts will continue after a report on the summit is presented to the State Society by ECRI later this summer.

Meet the Patient:

A Total Access Medical Success Story

The following piece was written by David L., a patient enrolled in the Total Access Medical program through Dr. Winslow Murdoch. This is his personal story of how Dr. Murdoch and Total Access resolved his health crisis.

"It seemed the optometrist could never quite get my eyeglass prescription right. Now we both know why: diabetes.

Diabetes can wreck havoc with eyesight, as well as most of the body's systems. At 46, it wasn't until last year when I joined Total Access and began working with Dr. Murdoch, that I found out I had the disease, as well as a potential heart attack in the making.

I'd had some questionable blood sugar tests that seemed like flukes and a marginal one that caused my previous family physician to tell me I was fine. But I knew there was something wrong and that I needed a more comprehensive analysis.

I saw an ad in the paper for Total Access Medical and thought the services they offer might benefit me. When discussing the matter with my wife, I learned that one of her friends was a member. At her encouraging, I called Dr. Murdoch's office to learn more about his program. Not only was I greeted on the phone by a live, friendly person, but much to my surprise, was asked to come in that same afternoon.

Once I had my diagnosis, Dr. Murdoch was insistent that I make changes and regain control of my body and my health. Specifically, he wanted me to lose 60 pounds. I told him that was crazy and besides, I'd played college basketball at 220. Dr. Murdoch quickly calculated my body fat and explained to me the difference between 200 lbs. of muscle

and 250 lbs. of fat! It was obvious that excuses weren't going to work, and I have to admit – it was motivating!

So motivating in fact, that I made the necessary dietary changes and began running every day. About eight months later, my weight has gone from an initial high of 250 down to a comfortable 190. I've not eliminated sugars completely, but I've drastically cut back. I find I have more energy and my blood sugar is now completely constant.

Under Dr. Murdoch's expert care, I have not only taken off the weight but, as a

result, been able to drop one of my medications and I have seen much improvement on my coronary scans. I hope my new habits and ongoing commitment to my health will serve as a good example for my three children.

I owe my life, and the new incredible quality of my life, to the caring expertise of Dr. Murdoch, his staff and Total Access Medical.

Are you a Total Access Medical Success Story? If you would like to share your experiences with us, please send an e-mail to skbloch@totalaccessmedical.com or call 1-800-31-TOTAL. We would love to hear from you!



Dr. David J. Badolato



Dr. Ira Z. Gerstman

Total Access Medical Welcomes Dr. David J. Badolato And Dr. Ira Z. Gerstman

Total Access Medical is proud to announce its partnership with Dr. David J. Badolato & Dr. Ira Z. Gerstman and their new concierge practice, Concierge Medical Services of the Family Practice Associates of Upper Dublin (CMS-FPUD).

Dr. Badolato & Dr. Gerstman are unique in their integrated approach to concierge medicine. By operating an independent concierge practice yet remaining associated with a larger non-concierge practice, they are able to ensure that superior medical care is maintained as a constant for all patients.

Dr. Badolato received his medical degree from Hahnemann University and completed his residency at Abington Memorial Hospital, Family Practice Program. He has special interests and experience focused on healthcare models of quality patient care and has presented on models of quality healthcare in regional, state and national venues. In April 2006 he founded "Life Laboratory" – a non-profit organization dedicated to studying healthcare quality and contributing leadership to much needed healthcare reform.

Dr. Gerstman received his medical degree from UMDNJ – New Jersey Medical School, completed his residency at Overlook Hospital, Family Medicine Program and completed a visiting clinical fellowship at Columbia University College of Physicians and Surgeons. Voted by medical school classmates as "the individual who most upholds the ideals of the medical profession", Dr. Gerstman places a great emphasis on teaching - this includes his patients, medical assistants, students, medical students and residents in family medicine.

Are You A Weekend Warrior?

Prevent Injuries And Make It To Work On Monday

You've spent all week physically or emotionally stressed, standing or sitting at work for hours on end, and being a couch potato at night. How, then, can you possibly expect your body to function problem free for a weekend of sports and outdoor activities? If you don't have adequate strength and flexibility, injuries such as strains, sprains and even stress fractures are more likely to occur.

So what's a weekend warrior to do? The key to avoiding injuries is to have a consistent exercise/conditioning program. Try to maintain at least a moderate level of activity 3 to 5 times a week, and strive for a workout that combines cardiovascular, strength training and flexibility exercises. Increase the amount of exercise gradually and chart your progress.

Warm up by marching in place and moving your arms in circles. Then, stretch your shoulders, back, hips, thighs, calves and hamstrings. Try to warm up with sports-specific stretching, such as slowly swinging a golf club or taking an easy jog up and down the sideline of a ball field.

Take time to learn how to do your sport correctly and remember to use the right gear to help prevent injuries.

Don't skip the cool down after a vigorous workout or game, either. If you run, make sure you jog/walk for up to five minutes afterward so that your heart rate comes down gradually.

If you're overweight, you're increasing the strain on your bones and joints, especially ankles, knees, hips and back. Eating right and maintaining proper body weight goes a long way toward a healthy, fit lifestyle.

Most important, accept your body's limitations. You may not be able to perform at the same level you did 10 or

20 years ago. Modify your activities if necessary and don't let ego override good judgment. If you're feeling tired or are in pain, don't start or continue exercise or strenuous activities.

Here are some indicators to seek medical attention if you've pushed it too far:

- Visible dislocation of a joint or broken bone

- Severe pain, swelling or numbness
- Unable to tolerate any weight on the area
- Unable to move an injured part of the body
- Increased swelling, joint abnormality or instability accompanying the pain or dull ache of an older injury
- An injury that does not appear to be healing

STRESS QUIZ: HOW DOES STRESS AFFECT YOUR HEALTH?

You probably already know that stress can affect your health in a negative way, but do you know exactly how? This quiz is designed to test your knowledge, pique your interest, and inform you about the important connection between stress and your body.

Q1: Small increases of cortisol can provide which of the following?
a) Heightened memory b) A burst of energy c) Both of these

Q2: True or False: Those with higher status jobs are less susceptible to developing metabolic syndrome?
a) True b) False

Q3: Which type of fat is correlated with chronic stress and poses increased risk of heart attacks, high cholesterol and strokes?
a) Hip and thigh fat b) Abdominal fat c) All types of fat

Q4: Chronic job stress can lead to:
a) Diabetes b) Metabolic Syndrome c) Both of these

Q5: Which of the following has been found by researchers to be associated with chronic stress?
a) Ulcers b) Allergies c) Both of these

Q6: What's the best way to stay healthy?
a) Keep stress to a minimum and wash hands often b) Keep stress to a minimum and bundle up when it's cold c) Bundle up when it's cold and take cold medicine

Q7: The Relaxation Response is:
a) Our body's mechanism for counteracting the Fight-or-Flight Response
b) Our body's mechanism for slipping into a meditative state
c) A response that's triggered by the release of cortisol

Q8: Which of the following has been found to reduce blood pressure?
a) Reducing stress b) Yoga c) Both of these

HOW DID YOU DO? CHECK YOUR ANSWERS BELOW.

1:c 2:a 3:b 4:c 5:c 6:a 7:a 8:c

Don't Get Beat By The Heat

When it's hot, don't get undone by the sun. Getting too hot can cause heat exhaustion or heatstroke.

Heat exhaustion comes from losing body fluids such as sweat. Symptoms include heavy sweating; feeling weak, tired, or dizzy; headaches, nausea, or blurred vision; damp skin; and feeling scared. Someone feeling this way should drink water and lay flat with their head down. Prevent heat exhaustion by drinking lots of water, fruit juice, or clear sodas. Note: drinks with alcohol or caffeine actually make your body lose water faster because they make you go to the bathroom more often.



Heatstroke happens when the body cannot shed heat and the temperature rises above normal. Symptoms include dry, hot skin; feeling like you are "burning up;" headache; weakness; and falling unconscious. Heatstroke is an emergency; call 911 right away. Cool a heatstroke

victim's body by wrapping or putting him/her in cold water or ice until medical help arrives. Fortunately, heatstroke is rare.

MEAL PLANNING FOR ONE OR TWO by JEANNE BAY, M.S., R.D., C.C.N.*

Today, there are more than 60 million households in the United States with only one or two people. While it can be a challenge to prepare nutritious meals while downsizing, now more than ever, eating well is an important part of staying healthy. Here are some tips to help you deal with these obstacles and make tasty, home-cooked meals:

- Choose fresh produce that will keep well for a week or more, such as apples, cabbage, carrots, celery, onions, etc.
- Shop with a friend in mind; divvy up bags of apples, oranges or potatoes.
- Buy frozen vegetables in bags, not boxes. Choose your own serving size and refreeze the bag.
- Divide larger packages of meat, fish and poultry into smaller, single-serve packs and freeze.
- Freeze unused chopped or sliced vegetables - peppers, onions, celery Mushrooms - in plastic freezer bags to use later in stir-fries, stews or omelets.
- Make your cooking count. Prepare large meals - casseroles, soups, stews - once or twice a week. Divide leftovers into single-serving containers and freeze for quick meals at another time.
- Hit the salad bar at your grocery store (try Whole Foods) and choose fresh fruits and vegetables that are ready to eat. Add some protein at home by using up leftover chicken, beans, fish, cheese, or open a can of tuna.
- Pick up a roasted chicken at the market. Serve it with steamed vegetables, a whole grain roll and microwaved sweet potato.

For recipes, check out www.mealsforyou.com and www.allrecipes.com where you can adjust recipes automatically.

* 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. Most 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 summer...or any time of the year!

Berry Banana Smoothie

This is the perfect smoothie recipe, rich in immune-enhancing, beauty-promoting vitamins, calcium, potassium, and omega-3. And it even tastes good!

Whip up a batch in the blender for a quick treat that's healthy too. Perfect for breakfast, as an after-workout snack, or for an energy boost anytime.

Ingredients

- 1 ripe banana
- 3/4 cup milk or soy milk
- 1/2 cup ripe strawberries, hulled and halved
- 1/4 cup yogurt (if you use vanilla-flavored yogurt, omit the vanilla extract)
- 1 teaspoon honey
- 1/2 teaspoon vanilla extract
- 1 tablespoon chopped walnuts or flax seeds

Directions

- Whip all ingredients except walnuts and flax seeds in a blender.
- Pour into glass and top with walnuts or flax seeds.
- Serve immediately

Serving Size: 1

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 and family of those already taking advantage of our quality medical care program. Each referral that results in enrollment will result in 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 1-800-31-TOTAL 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.

* Please note that the referral policy for patients enrolled with Concierge Medical Services of FPUD (CMS-FPUD) is as follows: "Each new patient referral that results in enrollment will result in either a 5% credit being applied towards the referrer's annual fee or a donation of that amount will be made to a charitable organization of the referrer's choosing. The referral fee applies to one person per family".

TAM LAUNCHES NEW AND IMPROVED WEBSITE!

Total Access Medical is excited to announce the launch of our newly redesigned website. Have you seen it? If you haven't, you're missing out! Located at www.totalaccessmedical.com, the site is brimming with new features and useful information for our current patients as well as prospective members.

Log-on to read archived issues of The Pulse, schedule an appointment with our nutritionist, or learn about new Total Access specialties including OB/GYN and Pediatrics. Remember to check regularly for updates and additions. Enjoy!