



# Livonia Family News

**Hours and locations:**

*Summer/Fall 2008*

## **2 Locations:**

17800 Newburgh  
#103

Livonia, MI 48152  
**734-464-9540**  
Mon-Thurs 7A-8P

Friday 7A-5P

Saturday 8A-3P

**Sunday: Urgent Care/  
Walk-in 9A-12P.**

28275 Five Mile  
Livonia, MI 48154  
**734-261-1740**  
Monday 8A-8P

Tuesday 8A-5P

Wednesday 8A-8P

Thursday 8A-8P

Friday 8A-5P

Sat 8A-12P

## **WE'VE MOVED !!**

As of Monday, July 7, our Grand River office will be moving to our existing location on Five Mile.

Drs. Erickson, West, and Rosenfeld will begin seeing patients exclusively at this location. We look forward to providing you with the same level of superior care which you have come to expect in our newly renovated, more spacious location. In addition, we will be able to provide you with both weekly Saturday office hours and three evenings for appointments. We are looking forward to the move, and hope you are too!

### **Our new office hours will be:**

**Monday: 8am-8pm**

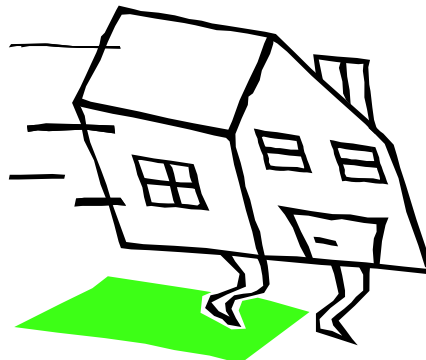
**Tuesday: 8am-5pm**

**Wednesday: 8am-8pm**

**Thursday: 8am-8pm**

**Friday: 8am-5pm**

**Saturday: 8am-noon**



**[livoniafamily.com](http://livoniafamily.com)**

All patients are invited to visit our new website at the above address. For your convenience, you are now able to complete new patient forms, update insurance information and demographics, pay existing bills, and submit prescription refills all online!!

In addition, learn more about your physician or health care provider, and gather valuable patient education information with the click of a button. Check it out today!



## Vaccines: What's the scoop?

**Hepatitis A** is a liver disease caused by the hepatitis A virus (HAV). Hepatitis A can affect anyone. Vaccines are available for long-term prevention of HAV infection in persons 1 year of age and older. Good personal hygiene and proper sanitation can also help prevent the spread of hepatitis A.

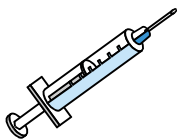
**Human Papillomavirus (HPV)** is a common virus that is spread through sexual contact. Most of the time HPV has no symptoms so people do not know they have it.

There are approximately 40 types of genital HPV. Some types can cause cervical cancer in women and can also cause other kinds of cancer in both men and women. Other types can cause genital warts in both males and females. The HPV vaccine works by preventing the most common types of HPV that cause cervical cancer and genital warts. It is given as a 3-dose vaccine.

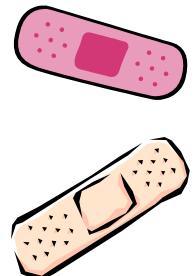
**Meningococcal vaccines** protect against most types of meningococcal disease, although they do not prevent all cases. There are two vaccines against *Neisseria meningitidis* available in the United States: meningococcal polysaccharide vaccine (MPSV4 or Menomune®), and meningococcal conjugate vaccine (MCV4 or Menactra®).

**Shingles** is a painful localized skin rash often with blisters that is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. Anyone who has had chickenpox can develop shingles because VZV remains in the nerve cells of the body after the chickenpox infection clears and VZV can reappear years later causing shingles. Shingles most commonly occurs in people 50 years old or older, people who have medical conditions that keep the immune system from working properly, or people who receive immunosuppressive drugs. Shingles vaccine was recently recommended by the Advisory Committee on Immunization Practices (ACIP) to reduce the risk of shingles and its associated pain in people 60 years old or older.

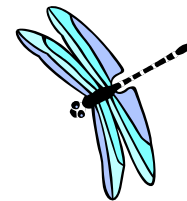
**Tetanus (lockjaw)** is a serious disease that causes painful tightening of the muscles, usually all over the body. It can lead to "locking" of the jaw so the victim cannot open his mouth or swallow. Tetanus leads to death in about 1 in 10 cases. Several vaccines are used to prevent tetanus among children, adolescents, and adults including DTaP, Tdap, DT, and Td.



**Flu shots** will be available from mid-September thru January. It is recommended for all ages. Please see your health care provider if you would like to receive a flu vaccine. Receiving the vaccine not only protects yourself from the flu, but also protects others from the flu. It is a highly contagious virus that can make all people very ill, especially children and elderly.



## BEAT THE BITE



Don't let those pesky mosquitoes and ticks ruin your outdoor summer activities. Here are some simple ways to avoid infection.

### TIPS TO AVOID MOSQUITO BITES:

- Apply insect repellent containing **DEET** (N,N-diethyl-meta-toluamide) to exposed skin; most significant benefit is that it repels both disease-carrying mosquitoes and ticks; the longer the protection needed, the higher percentage of DEET needed  
DEET is approved for use in those > 2 months of age
- Wear long-sleeves, long pants, and socks when outdoors and spray clothing with repellent for extra protection
- Be aware of peak mosquito hours which occur from dusk until dawn and avoid outdoor activities during these times when possible
- Drain standing water at your home, as mosquitoes lay their eggs in this water
- Install or repair screens on doors and windows
- Report dead birds to state and local health departments, as this may be a sign West Nile Virus is affecting birds and the mosquitoes in the area

### TIPS TO AVOID TICK BITES:

- Know where to expect ticks: mainly wooded, or grassy areas throughout the US and worldwide
  - Use a repellent with **DEET** (on skin or clothing) or **Permethrin** (on clothing)
  - Wear long-sleeves, long pants, and socks when outdoors
  - Wear light-colored clothing, allowing ticks to be seen on clothing
  - Tuck pant legs into your socks, to avoid ticks crawling up inside of pant leg
  - Perform daily body tick checks after outdoor exposure, paying particular attention to under arms, ears, belly button, knees, scalp, and waist
  - Inspect all clothing for ticks; placing clothes into dryer on high heat kills ticks
  - Discourage deer by removing plants that attract them or fencing in yards
  - Prevent family pets from becoming infected by using tick medicine or tick collars on dogs and cats
- If you are bitten by a tick, remove it immediately. Watch for signs of illness such as rash or fever, and contact your physician if symptoms develop.

*Source: Centers for Disease Control and Prevention.*

## Well exams!!!

### **Does my child need a well exam?**

All children ages newborn thru 21 years of age need a yearly well exam.

### **Why does my child need a well exam?**

A doctor's visit is a good opportunity to address growth, diet, immunizations, and overall health. This is especially important in infants and in young children. In older children and adolescents, issues of diet, health, and sexual development can be addressed and questions answered.

### **What if I do not want my child to have a well exam?**

The choice is ultimately up to the parents, although many insurances are now requiring yearly physical exams. Your children may lose out on an opportunity to start healthy habits early on. Let us help you help your children.





### *Supporting our troops medically*

At Livonia Family Physicians, we accept military insurance (Tricare) to ensure that our troops and their families get the care they deserve. We are part of only a handful of practices that accept this insurance. Dr. Adam Kellman remarks, “The offices of Livonia Family Physicians take pride in providing medical services to those who serve and their families.” It is a service that we proudly offer! Dr Thomas Selznick comments, “ LFP has always been committed to caring for those who allow us to care for others. Our military gives us that freedom to practice medicine and have the best medical system in the world. The least we can do for our military and their families they leave behind is to allow them not to worry that they are being taken care of medically, without worry to finances or accessibility to that care. As they feel it is their duty to their country to do without complaint or question, it is our duty as physicians to care for them without restrictions or access to that care. LFP’s mission and commitment to our military is to convince all physicians to care for them and their families and eliminate any road blocks that may currently exist to that care.”

### **Is it urgent? Emergent? Can it wait until the morning?**

We’ve all found ourselves at that time of day or night when the office is no longer open and we are ill. The question becomes, “Do I need urgent care, or can I wait until the morning?”

At Livonia Family Physicians, there is always a health care provider on after-hours call to assist you with this question. Often we can assist you and even aid you to get you through to the next day when we can immediately see you in the office.

If you should find yourself in a situation after hours, when your illness is life-threatening, such as not being able to breathe, severe chest pain or bleeding that cannot be stopped, then please get to the nearest emergency room for emergent treatment. Otherwise, call your Livonia Family Physican office and let us know that you are not feeling well, and we will be sure to get you in for treatment that same day.

Although urgent care centers may be helpful, we have found that as your personal primary care providers, we know you better, we will be able to treat you more efficiently, and in a timely manner. We care about your health in the days, months and years to come, not just in that urgent moment.

Dear patient, Is it urgent or emergent? Don’t fret, call us and we’ll assist you!



This newsletter is for general purposes only and cannot take the place of advice from your health care practitioner.

This newsletter was written and edited specifically for Livonia Family Physicians by Dr Sherri Rosenfeld and Dr. Kristen West.