

Livonia Family News

Hours and Locations:

Winter 2009



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-5P

Tuesday 8A-8P

Wednesday 8A-8P

Thursday 8A-5P

Friday 8A-5P

Sat 8A-12P

Urgent Care may not be the best

While urgent care may seem convenient and easy, this is not always the smart choice. The urgent care health provider does not know your medical history and may not treat you properly.

If your symptoms are not life-threatening, please call your health care provider's office first and get an appointment scheduled. We have many available office hours, and would rather see you then send you to an unknown urgent care.

If you are having a true emergency, you may need to be evaluated in the emergency department. If you are not sure, please call your health care provider to be advised where you should go.

Common illnesses not requiring urgent care or emergency room care:

- cold symptoms
- bladder infection
- cough
- mild eye infection
- muscle or bone pain
- diarrhea
- mild abdominal pain



Although the above illnesses do not require visiting an urgent care center, it is still advised that you visit your own health care provider for evaluation.

Office Policy on the use of Medical Marijuana

In 2008, the Michigan Medical Marijuana Program (MMMP) was developed to allow for the use of medical marijuana to treat certain eligible medical conditions. Such conditions are HIV, AIDS, Hepatitis C, ALS, Crohn's disease and agitation of Alzheimer's disease. It is also available to treat conditons that cause severe chronic pain and or wasting syndrome, severe nausea, seizures and severe or persistant muscle spasms.

It is the opinion of Livonia Family Physicians, P.C. that standard medical practices provide superior and safer alternatives to treat each of the above conditions. Therefore, we cannot endorse not support the use of medically-prescribed marijuana. We will NOT be able to sign a "Physican Certificate". We will also not forward your records to another physican for this purpose.





Is it the FLU???

The “FLU” otherwise known as Influenza.(this includes influenza type A, type B and H1N1 strain)

What are the symptoms:

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

Some people may also have vomiting and diarrhea.

How is it spread?

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else’s mouth or nose) before washing their hands.

What should I do if I have been diagnosed with the flu?

Patients should check with their health care provider about any special care they might need. Especially if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.

Check with their health care provider about whether they should take an antiviral medication.

Keep away from others as much as possible. This is to keep from making others sick.

Do not go to work or school while ill. You should stay home for at least 24 hours after fever is gone, except to seek medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine.)

Get plenty of rest and drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated

Cover coughs and sneezes.

Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Your health care provider may be able to use a rapid flu test to determine if you are positive for Type A or Type B. This does not tell you if you have the H1N1 strain, but if you do test positive for Type A ,it could mean you do. Regardless of the result, the treatment for all influenza is the same. The test to determine if it is H1N1 is quite costly and not usually necessary.



www.livoniafamily.com

Visit us at our website. We have news updates, current health concerns and much more. Patients can request prescription refills, appointments, pay your bill online and send the office emails. No emergency requests should be emailed. It is preferred for the patient to call the office instead. This will ensure an issue to be handled in a timely manner.

New patients can view profiles of our providers and can peruse our available hours. New patient forms can be filled out online. These can be printed off by the patient prior to the visit.

Livonia Family Physicans is moving forward and into the future with website updates and electronic prescribing. With electronic prescribing, patients no longer need to take a written prescription with them to the pharmacy. The provider will send the request ahead at the visit. This minimizes waiting at the pharmacy and decreases pharmacy errors. This opens the door to future electronic medical records.



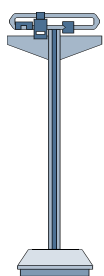
What We Know About Successful Weight Loss:

Submitted by Dr. Sandra Lerner, D.O.

Based on the experience of over 2000 people who have lost more than 30 pounds and kept it off for over 5 years.

1. 55% of people participated in a formal weight loss program, 45% made dietary changes on their own
2. Most people were not successful with their first attempt
3. Most participants were obese as children
4. Whether participating in a program or not, all participants were successful using diet and exercise
 - average caloric consumption was 1375 calories, 25-30% from fat
 - 90% exercise about 1 hour per day
 - 4% used diet medication
5. Successful losers eat at fast food restaurants less than once per week
6. Most frequently reported activity is walking
7. 78% of successful losers eat breakfast every day
8. 62% watch less then 10 hours of television per week
9. Successful losers weigh themselves frequently
 - 50% weigh themselves everyday,
 - 50% weigh themselves every week
10. **95% feel better, 92% have more energy**

Based on findings from the National Weight Control Registry.



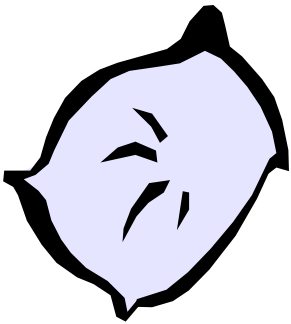


Are you having trouble sleeping?

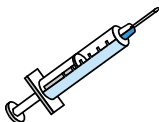
Difficulty falling or staying asleep is known as insomnia. This is a common complaint heard often in the primary care office. It can be a life-long problem or one that only bothers patients from time to time. It can be worsened by stress, anxiety, depression and change in work schedules. Often times, insomnia can be alleviated by improving your sleep hygiene.

- avoid non-sleep activities in the bed such as watching tv or reading
- try to stick to the same bed time even when not working
- avoid exercising too late in the evening as that can stimulate the mind and body
- avoid caffeinated beverages after 3 pm
- make sure the bedroom is at a comfortable temperature
- if you are unable to sleep after 30-45 minutes, leave the bedroom and do not return until you feel ready to sleep.
- consider meditation or breathing exercises prior to bedtime to relax your mind and body

If the above are not helpful or do not work, see your health care professional for a full evaluation. There may be a medical problem causing the insomnia such as anxiety, depression or thyroid disease. There are medications available to treat insomnia. Some are relatively safe and non-addictive. It is always better to treat insomnia without medicine, however there is assistance should the need arise.



At Livonia Family Physicians, we feel it is important for all of our patients to receive the seasonal flu shot. While there have been delays in manufacturing, we still expect to receive our full number of doses this year. With regards to the H1N1 flu shot, we will not be receiving this vaccine. It is being made available, free of charge, at many locations. High risk groups are being vaccinated first. This includes pregnant women, young children, elderly persons, persons with diabetes, heart disease, lung disease, and health care workers with direct patient contact. This vaccine is manufactured in the same way as the seasonal flu shot. If you have an egg allergy, you cannot receive this vaccine. It is reported by the CDC to be a safe vaccine. Should you have any further questions or concerns, please talk to your health care provider.



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.