



Rockville Concierge Doctors

## NEWSLETTER

January 2012

**CONGRATULATIONS** – *Washingtonian Magazine* has named Dr. Aimee Seidman a 2012 “Top Doc”. She has received this recognition on several occasions.

### PATIENTS AT RISK FOR HEART DISEASE

We will once again be offering CIMT ultrasound screening in our office to patients, family members, friends, neighbors, etc. who are at risk for heart disease. The date is Tuesday, February 28, 2012. The cost is \$195. Some insurance plans may cover the cost. The screening only takes a few minutes and is completely non-invasive.



We have become more and more intrigued by the possibilities in preventive cardiology. This involves looking more aggressively for early signs of cardiovascular disease. Currently, most physicians order stress tests on patients at high risk of disease. However, that test does not screen for *early* disease. There is a new test called the CIMT (Carotid Intimal Media Thickness) ultrasound. This diagnoses the presence of plaque in the carotid arteries and can be a marker for plaque elsewhere, as in the heart.

When plaque ruptures, it can cause heart attack and stroke. The CIMT test is different from the standard carotid Doppler test done by a radiologist. If plaque is present, further tests can be done to assess risk (such as inflammation assessment, genetic testing, etc.). The result of this test enables us to know who needs more aggressive treatment to prevent heart disease.

For instance, the presence of plaque may encourage us to treat cholesterol more aggressively. We are convinced by an increasing body of data that this is helpful in prevention of cardiovascular disease. To our knowledge, this test is not currently available elsewhere in our area, but we believe it to be cutting edge and innovative and may become the standard of care in the near future.

We are asking our patients with any risk factors for cardiovascular disease (including high blood pressure, diabetes, smoking, high cholesterol, or family history of heart disease) to consider testing. Heart disease has also been found to be common amongst people with gingivitis, or inflammation of the gums, and these people should be screened as well.

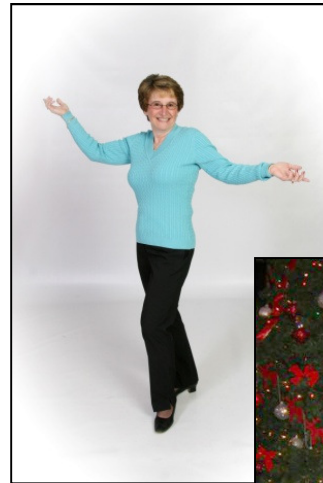
Please call our office at **301.545.1811** to schedule your test or with any questions you may have. As before, we will have a limited number of slots available.

## FREE WEIGHT LOSS / WELLNESS SEMINAR

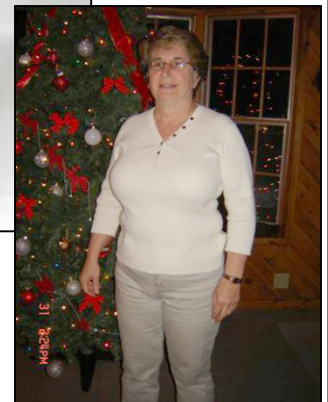
On **Monday, February 27<sup>th</sup>**, from **6:00 – 7:00 p.m.** Rockville Concierge Doctors will host a free Weight Loss and Wellness Seminar presented in conjunction with Neil Hoyt, Certified Health Coach for Take Shape For Life. The seminar will be held at the Quince Orchard Library located at **15831 Quince Orchard Road, North Potomac**. Seating is limited. **Please call us at 301.545.18141 to confirm your attendance.**

The seminar will address:

1. **Why:**
  - a. 85% of the people who go on diets fail within two years of losing weight.
  - b. Your weight gain is “not your fault”.
  - c. Exercise alone will not meet most people’s expectations.
  
2. **How to:**
  - a. Lose up to 2 – 5 pounds per week.
  - b. Achieve and maintain your goal weight.
  - c. Live a healthier life.
  
3. **The TSFL Bio-Network Support System:**
  - a. Free Personal Health Coach.
  - b. Online support community.
  - c. Online library full of program materials.
  - d. Weekly doctors and nurses support calls.
  - e. Habits of Health maintenance calls.
  
4. **The Cost to Participate** – Cost neutral for most people.
  
5. **Getting Started.**



Paula lost  
**35 lbs.**  
and is now a  
Health Coach.



Individual results may vary.

*Take Shape For Life* is a proven program for anyone who would like to achieve and maintain optimal health including those who are overweight or obese. The Program has been recommended by over 20,000 doctors in America since 1980.

**To attend this free seminar, please call our office, 301.545.1811. Seating is limited.**

For more information, please speak with Dr. Goldmark or Dr. Seidman. You may also contact Neil Hoyt, Certified Take Shape For Life Health Coach, directly at [NeilHoyt@Verizon.net](mailto:NeilHoyt@Verizon.net) or 804.317.5271.

## \$250 MEMBERSHIP DISCOUNT

As a patient of Rockville Concierge Doctors, you can earn a \$250 discount toward your next annual membership renewal by referring someone to the practice, who hasn't been a previous patient, and joins within 45 days of your referral.

## MARYLAND MOLST FORM

Maryland MOLST (Medical Orders For Life-Sustaining Treatment) is a portable and enduring medical order form covering options for cardiopulmonary resuscitation and other life-sustaining treatments. The medical orders are based on a patient's wishes about medical treatments. Effective October 1, 2011, a Maryland MOLST form must be completed for all individuals admitted to nursing homes, assisted living facilities, hospices, home health agencies, and dialysis centers. All hospital patients that are being discharged or transferred to one of these facilities above or another hospital must have a MOLST form completed.

The Maryland MOLST order form:

- Consolidates important information into orders that are valid across the continuum of care
- Standardizes definitions
- Reminds patients and providers of available treatment options
- Increases the likelihood that a patient's wishes regarding life-sustaining treatments are honored throughout the health care system

The order form may be signed by a doctor or nurse practitioner. Every time a form is completed, a copy must be given to the patient or authorized decision maker within 48 hours, or sooner if the patient is discharged or transferred.

The MOLST form is valid across the continuum of care. Even if the doctor is not on staff at a facility, it is still a valid order and must be honored.

An advance directive, or living will, is a general document that addresses health care decisions under conditions such as end-stage disease, terminal illness, and persistent vegetative states. The MOLST form is an adjunct, and addresses *more specific* life-sustaining issues in the event one of those conditions exists. Even if the doctor is not on staff at a facility, it is still a valid order and must be honored.

For more information, visit: <http://dhmh.md.gov/marylandmolst/pages/consumers.htm>

**301.545.1811**

[www.RockvilleConciergeDocs.com](http://www.RockvilleConciergeDocs.com)

When asked "*What thing about humanity surprises you the most?*", the Dalai Lama answered:

*"Man.... Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."*