

Annual Health Assessment

How long has it been since you had your annual health assessment? If it's been **10 months or longer** we encourage you to call **301.545.1811** and schedule your next assessment.

If you have **recently joined our practice** and not yet scheduled your annual health assessment, we encourage you to **call today**.

NEWSLETTER

We hope you and yours are doing well. Please do not hesitate to call our office at the onset of any illness so we can examine you and prescribe the appropriate treatment plan.

There are several topics we'd like to address with you so please take a few minutes to read the following newsletter. It will be time well spent.

Influenza Virus - True Influenza virus (not just the influenza-like illnesses we usually see) has been detected in our area. Please be sure to come in and get your flu shot if you have not already done so. We have tons of it, and it's not too late. In fact, this is an ideal time.

Avalide - Bristol Myer Squibb has removed Avalide (irbesartan / hydrochlorothiazide) from the market. They state that there is a "manufacturing defect" that causes the tabs to dissolve more slowly, affecting efficacy. We have scanned our medication lists to find those of you who may be on it, but if we missed you and you currently take Avalide, please make an appointment in the office to decide what to switch to. In the interim, there is no need for panic! At least one insurance company is planning to notify their members through their own pharmacy records.

Annual Physical - Have you had your annual physical since renewing your membership or joining our practice? If not, please call and schedule your appointment as soon as possible. An annual physical is an excellent barometer of your current health and allows us to approach your future health in a much more proactive manner.

Health Tips - We recently posted a series of Health Tips on the Education page of the Rockville Concierge Doctors web site, www.RockvilleConciergeDocs.com. These common sense tips cover a wide variety of health issues and are provided by the American College of Physicians (ACP), the largest association for internal medicine physicians. Please be sure to tell your family, friends, neighbors, coworkers and others about these helpful health tips.

Office Closings - Our office building is closed on any U.S. Government observed holiday and occasionally for inclement weather. If you have a medical issue on any day the office is closed, please call your physician through the answering service at 240.638.9749.

Our remaining 2011 scheduled office closings are as follows.

Monday, **Feb 21st** -- Presidents' Day

Monday, **May 30th** - Memorial Day

Monday, **July 4th** -- Independence Day

Monday, **September 5th** - Labor Day

Monday, **October 10th** - Columbus Day

Thursday, **November 24th** - Thanksgiving

Friday, **November 25th** -Thanksgiving

Monday, **December 26th** - Christmas

Speaking Engagements - Dr. Seidman and Dr. Goldmark have recently been invited to speak to several businesses and organizations including NIST, Woodmont Country Club and Congregation B'nai Tzedek. If you are affiliated with a business, civic or professional organization whose membership or employees would benefit from one of our doctors speaking at a meeting, please contact us. Dr. Seidman is scheduled to speak at Asbury Methodist Village on April 5th.

New Employee - Please join us in welcoming Andrea Chipana to our team as a medical assistant. Andrea has five years of medical assistant experience and we are delighted she has joined our practice.

Gifts / Charity - Throughout the years, Drs. Seidman and Goldmark have received numerous gifts from their patients and the caregivers of patients. Each gift has always carried a special meaning and has been greatly appreciated. However, having you in our medical family is the best gift of all.

In the future, please consider a donation to one of the following non-profit organizations, or an organization of your choosing, in lieu of a gift to your doctor.

Organizations

Doctors Without Borders

<http://www.doctorswithoutborders.org/>

Heifer International

<http://www.heifer.org>

CARE

<http://www.care.org/>

JSSA

<http://www.jssa.org/>

Amnesty International

<http://www.amnesty.org/>

Home Based Medical Kit - Accidents, injuries, and emergencies happen to everyone, eventually. Properly preparing for these instances is all-important. Thus, we recommend you maintain a home medical kit.

A basic kit should include:

Thermometer -- Oral or Temporal

Antibiotic Ointment -- For cuts and scrapes of the skin (e.g., Neosporin or a generic)

Steroid Ointment -- Topical medicine to treat poison ivy and itchy skin

(hydrocortisone cream 1%)

Acetaminophen -- Pain and fever reducer (e.g., Tylenol)

Ibuprofen -- Anti-inflammatory for pain, swelling and fever (e.g., Advil)

Diphenhydramine - Antihistamine for allergic reactions and itching (e.g. Benadryl)

Sports Drink -- To prevent or treat dehydration from diarrhea (e.g., Gatorade, Power Ade)

Anti-diarrhea -- (e.g., Imodium)

Band Aids -- Various sizes

Hydrogen Peroxide -- For cleansing skin wounds

Ace Bandage

Ice Pack

Referrals -- We are honored to be your primary care physicians and appreciate you as our patient. Please be sure to let your family, friends, neighbors, coworkers and others know about our practice when appropriate.

Rockville Concierge Doctors

Aimee Seidman, M.D., FACP

Marcia Goldmark, M.D.

15020 Shady Grove Road | Suite 300 | Rockville, MD 20850

301.545.1811

www.RockvilleConciergeDocs.com