



NEWSLETTER

SEPTEMBER 2011

As we approach the fall season, we have several important items to share with you regarding Rockville Concierge Doctors. Please take the time to read through this newsletter.

RECOGNITION

For the third consecutive year, our practice is the recipient of the *Best of Rockville Award* in the *Physicians and Surgeons Category* given by the U.S. Commerce Association.

TWO NEW HEALTH PROGRAMS AT ROCKVILLE CONCIERGE DOCTORS

We are introducing two new programs at our practice, both of which are optional and require separate fees.

1. PATIENTS AT RISK FOR HEART DISEASE – CIMT SCREENING



As you know, we are very interested in preventive medicine and keeping you healthy.

We recently attended a seminar on 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 Screening. 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 the radiology office. If plaque is present, further tests can be done to assess risk (inflammation assessment, genetic testing). 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 will be offering this test in our office on November 1st. The cost is \$195. Some insurance plans may cover the cost. It only takes a few of minutes and is completely non-invasive.

We are asking our patients with any risk factors for cardiovascular disease (including high blood pressure, diabetes, smoking, high cholesterol, 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. We have a limited number of slots available on November 1st.

We are committed to keeping you as healthy as possible and want to be proactive in your care.

2. PATIENTS WHO ARE OVERWEIGHT – TAKE SHAPE FOR LIFE



In America, nearly 70% of adults are overweight or obese. The majority of these adults have tried various diets. Unfortunately, **85% of the people who try diets fail.** Most who fail gain back their original weight and some even gain back more.

Rockville Concierge Doctors is now making the Take Shape For Life Program available through our practice for our patients, their loved ones, friends, neighbors, co-workers, etc. Take Shape For Life is an Optimal Health Program for individuals who are overweight or obese. The Program has been recommended by over 20,000 doctors in America.

For more information regarding this Program, please speak with Dr. Goldmark or Dr. Seidman or contact Neil Hoyt, Health Coach, at NeilHoyt@Verizon.net or 804.317.5271.

ATTENTION MEDICARE AGE PATIENTS (65⁺)



As we are all too well aware, costs of health care continue to rise at a much higher rate than the costs of other goods and services. Our practice has worked very hard to control our costs and will continue to do so.

Also, as people age they tend to have more health issues which require our more of our attention. As a result, they tend to utilize our practice on a more frequent basis. Thus, we will be changing the annual fee for our Medicare age patients.

Effective October 1, 2011 there will be a slight increase in the cost of your annual membership fee. The fee will increase an amount equivalent to \$5 per month, \$60 per year. Thus, the new rate will be \$1,910.

For existing Medicare age patients, the new annual fee will go into effect on your next annual renewal. All new Medicare age patients, who join our practice on October 1st or after, will pay the new rate.

Please contact us with any questions you may have. We appreciate your understanding.

FLU SHOTS



Flu season is rapidly approaching. We are currently administering flu shots. You do not need an appointment to get the vaccine.

We'll gladly provide your family and friends with a flu shot. Their cost is \$20 each.

301.545.1811

www.RockvilleConciergeDocs.com