



WELLNEWS

SEPTEMBER 2013

Me + My Doctor Working in tandem for better Health

Whether you're healthy or sick, male or female, 15 years old or 100 years young, you're in charge. Ask yourself this: are you healthy? Maybe you are today, but what about tomorrow? Finding a physician who you like and trust, and building a partnership with him or her over time, is one of the best things you can do for your health.

Why Do I need a Primary Care Physician?

People who have an ongoing relationship with a primary care physician (PCP) have better overall health and lower health-related expenses than those without a PCP. Find and visit a primary care doctor you trust. They become your go-to provider in non-emergency situations, and are specifically trained and skilled in continuing care for persons with any undiagnosed sign, symptom or health concern, not limited by problem origin (biological, behavioral or social), organ system or diagnosis. On a daily basis, a PCP provides health promotion, disease prevention, health maintenance, counseling, education, diagnosis and treatment of acute and chronic illness.

When you have questions about your health, who do you ask?

The role of a PCP is to:

1. Provide comprehensive exams and preventive care
2. Identify and treat common, sudden and chronic medical conditions

3. Teach healthy lifestyle choices
4. Assess the urgency of your medical problems and direct you to the best place for that care
5. Make referrals to medical specialists when necessary

How does having a PCP benefit you?

- Research shows that people who have an ongoing relationship with a PCP have better overall health outcomes and lower death rates than those people without a PCP.
- Research also shows that those with a PCP save money in the long run. One reason for that savings is the primary care doctor's focus on prevention.
- When you have a primary care doctor, you're never on your own with your health care.

What if something more serious happens to me?

Primary care is usually provided in an outpatient setting; however, if you are admitted to the hospital, your PCP may assist in or direct your care, depending on the circumstances.

The Providers

Internist: treats adults ages 18 and over and are the broadest category of primary care providers.

Family Practitioner: sees patients of all ages, and tends to see more than one

member of a family.

Pediatrician: specializes in caring for newborns, children and adolescents.

Advanced Practice Nurse Practitioner (APNP): treats patients of all ages depending on their specialty (family medicine, internal medicine, pediatrics, etc.)



Did you know that mostly all insurance plans are accepted at Affinity Health System? For detailed list of the carriers and plans Affinity accepts, visit www.affinityhealth.org/insurance. Our doors are always open!

Source: <http://www.affinityhealth.com>

Personalized Care

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Primary Care Physician vs. Medical Specialist

Primary Care Physician: helps keep you healthy, provides a home base for all your medical needs, and is your go-to when you're sick.

A Specialist: has a deeper but narrower skill set and may serve only a short-term purpose, such as diagnosing a problem or designing a treatment regimen. Some females choose to see their OB/GYN provider for their annual check-up. Providers, such as OB/GYNs, generally focus on women's care and don't directly focus on disease management and screening out of the OB/GYN arena. According to Gretchen Glassen, RN with Affinity *NurseDirect*, women can have both.



What's the Difference? *The two letters that come after doctor's name*

MD (medical doctor): practice allopathic medicine, the classical form of medicine, focused on the diagnosis of treatment of human diseases.

DO (doctor of osteopathy): practice osteopathic medicine, which is centered on a more holistic view of medicine in which the focus is on seeing the patient as a "whole person" to reach diagnosis, rather than treating the symptoms alone.

Source: www.affinityhealth.org

Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at:

<http://search.active.com/?tab=events>



Avocado Egg Salad



Ingredients:

- 2 hard boiled eggs, chopped
- 2 hardboiled egg whites, chopped
- 2 small avocados, pitted and peeled
- 1 Tbsp. plain Greek yogurt
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. chopped green onions
- ¼ teaspoon Dijon mustard
- Salt and black pepper, to taste
- Suggestion: Eat on sandwich, with crackers or cut up veggies, or in a wrap.

Preparation:

- In a medium bowl, combine the hard boiled eggs and egg whites, avocado, Greek yogurt, lemon juice, green onions and Dijon mustard.
- Mash together with a fork.
- Season with salt and pepper to taste.
- Serves 4.

Nutritional Information

Per Serving:

Calories: 160, Total Fat: 13g, Carbohydrates: 6g, Fiber: 4g, Protein: 7g, Sodium: 68mg

Source: www.twopeasandtheirpod.com