

Lifetime Health eNews

ROCHESTER

SUMMER 2011

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Keep Summer Fun, Safe

From swimming, hiking and picnicking to taking in amusement parks, concerts and festivals, it seems like there's always something to do this season. Unfortunately, the added heat, activity and distraction from the body's warning signals sometimes turns summer fun into an injury or illness. Follow these health and safety tips to better avoid or quickly treat summer ailments:

- Hydrate, hydrate and hydrate. Numbers of people die annually because of dehydration in intense heat, especially during power failures. Keep a supply of water nearby and make a conscious effort to stay hydrated.
- Avoid drinks that will dehydrate you, including caffeine and alcohol.
- Slow down and take breaks from activity when it's hot.
- Dress for the heat with lightweight and light-colored clothing.
- Never leave a child in the car during hot weather for any length of time! As short as 10 minutes can be fatal.
- Use sunscreen to prevent burns and keep sunburn treatment gel on hand just in case.
- Keep a cell phone with you. Many injuries take place away from the home or in unpopulated areas such as at the beach, camping or along a trail.
- If you'll be vacationing at the ocean, bring along a jellyfish bite kit and a small brush (if stung, you need to gently brush the skin to remove stingers).
- When spending time in a wooded area, check for ticks regularly, or immediately after leaving the area. The sooner they can be removed, the less likely they are to spread Lyme Disease.
- Wash up after leaving the woods or brush, or if you know you've been exposed to poison ivy. The sooner the poison ivy oils can be washed off the skin, the less likely they will cause the rash.
- Only use insect repellents according to their instructions and on the age group for which they're designed.
- Keep an eye out for spider bites, which are usually redder, hurt more and cause more skin changes than other insect bites. If you suspect a spider bite, see your doctor.

Family Medicine Physician Joins Lifetime Health Medical Group



The practice of Robert Cole, M.D. recently welcomed Roopa Korn, M.D., a board-certified family medicine practitioner. Dr. Korn is welcoming new patients at Lifetime Health's 1880 Ridge Rd. East, location in Rochester.

Most recently, Dr. Korn was in family practice in Spencerport, N.Y. She has volunteered as a physician in the Student Health Center of SUNY College at Brockport and as a research assistant in the Department of Obstetrics and Gynecology at the University of Rochester.

Dr. Korn is a member of the American Academy of Family Physicians, the American Medical Association, the Monroe County Physician Association, and the Indian Medical Association. Dr. Korn earned a Bachelor of Medicine, Bachelor of Surgery (M.B.B.S.) from Mysore Medical College, Mysore, India and completed residency in obstetrics and gynecology from KMC Hubli, India, and completed her family medicine residency at Riverside Regional Medical Center at Virginia Commonwealth University in Newport News, Virginia.

Free Wellness Exams for Medicare Patients

If you have a Medicare benefit, you may be eligible for an annual "wellness" exam and personalized prevention plan at **no cost**.

This "wellness" visit is a health risk assessment and gives you the opportunity to review your current health and risk factors and develop or update a personal prevention plan with your primary care provider or a member of his or her team. The exam is fully covered by Medicare once every 12 months. Check with your health plan to see if you are eligible.

At this appointment, your provider may review the following items:

- Height, weight and blood pressure measurements
- Medical and family history
- Your risk factors and recommended treatment options
- The specialists involved in your medical care
- Current medications
- A personalized 5-10 year schedule of preventive care
- Referrals to preventive and educational programs if needed

Simply call your physician's office to schedule your appointment, and be sure to let us know that you are scheduling a **"Medicare wellness exam."**

The wellness visit is not a physical exam or a time to address new or ongoing problems. We will reschedule the wellness visit if any other issues require attention on that day.

We hope that you will take advantage of this opportunity to enhance your health. Please call your doctor to schedule your appointment today!

Don't Chase Away That Bat

If you find a bat in the room with you and are unsure how or when it arrived – and what your exposure to it might have been, get out of the room, close the door to prevent the bat from escaping, and then call an expert to help capture the bat. Do not chase it away. Exposure to bats is the leading cause of rabies, even among people who do not know they've been bitten. This is especially important for those who wake up in a room with a bat or who find the bat in the room with a young child. Have the bat captured and tested to determine if you need to be vaccinated against rabies. If it is not possible to capture the bat and have it tested, it's necessary to contact the Monroe County Health Department to begin the process of vaccination against rabies.

Let Us Know What You Think

As your Medical Home, we consider you the most important member of your health care team. Your opinion matters to us and we want to hear any concerns or suggestions you have, as well as reassurance that we're meeting your health and wellness needs. Please talk to a member of your medical team if you feel you have anything to share. From time to time, we'll also send you a patient satisfaction survey. This is an excellent opportunity for you to provide feedback and tell us how we're doing.

And, if you're happy with the care you receive, please let others know about your medical team. We always appreciate referrals.

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Drs. Cole, Kornii and Stornelli Offices to Move

Two of Lifetime Health Medical Group's family medicine practices are moving!

Dr. Robert Cole and Dr. Roopa Kornii, and Dr. Leo Stornelli will be moving their practices to **1850 East Ridge Road**, Rochester on September 6. The new location is across the street from their current locations. The practices remain independent, but will share a larger medical office. Patients will benefit from easier access and ample parking.

The office will be located in the lower level of the Ridgeview Plaza with the entrance off Brown Road. The hours and phone numbers for the practices will remain the same.

New or existing patients who would like to make an appointment with Drs. Cole or Kornii should call 585-467-4290. Existing patients can continue to contact Dr. Stornelli by calling 585-342-9514.

Summer Allergies

Allergy season is still in full swing in New York for another several months. If you have seasonal allergies, try to limit your exposure to triggers by staying indoors on high pollen days, using air conditioning, and changing clothes after being outside for a period of time. If you do have an allergy flare up, control the symptoms with over-the-counter (OTC) remedies if possible. If your symptoms don't respond to OTC treatment, it's probably time to contact your doctor or medical team to discuss other options.

People with asthma that are prone to flare-ups due to allergens (those with the most common form of asthma, known as "allergic asthma") should work with their doctors to:

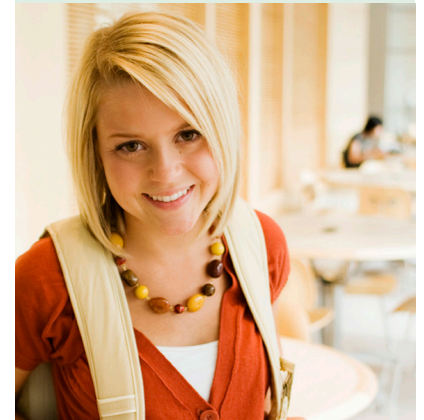
- make sure they have control of their asthma as best as possible as early as possible in the season,
- get their prescriptions filled and up-to-date, and
- have rescue inhalers handy.

If you have allergies that require the use of an epinephrine (EPI) pen for treatment (for insect stings or bites or severe food reactions), make sure any prescriptions for allergy medicines are current.

More information on asthma and allergies is available on our website: <http://www.lifetimehealth.org/PatientInfo/HealthMgmt/Library>

Reminder:

If you haven't scheduled your school or sports physical yet, and need to do so for the fall, now is the time. With fall approaching, call your Lifetime Health Medical Group provider today!



Make it Easy to Contact Urgent Care

Make it easier to schedule an appointment with Urgent Care by Lifetime Health, or to find out hours and locations for walk-in appointments, by programming the phone number into your cell phone. Scan the Quick Response (QR) code provided here and your phone will save the number for you.

Don't have an app for that? Save the number: **585-338-1200**. When you have an injury or illness that can't wait, call to schedule a same day appointment for Urgent Care by Lifetime Health.

Visit www.urgentcarerochester.com for more information.



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