

Spring 2014

Dr. Patrick Noonan: Taking the Reins



What an exciting and challenging few months this has been! Honing my skills under Dr. Selwyn's tutelage has confirmed for me that this is how and where I want to practice medicine. I love the variety internal medicine provides ... and the variety of patients whom I now serve.

Prevention plays a major role in the approach to medicine we practice at New Pueblo Medicine. Whether it's working with a patient on improving his diet and exercise or helping someone with diabetes stay on top of her chronic condition, everything I do is based on partnering with my patients for their good health.

This is why I chose to become a physician and why I returned to Tucson as soon as my medical studies were completed. I am delighted to now be part of the New Pueblo Medicine family and look forward to being part of your lives for years to come.

Dr. Jeff Selwyn: Moving On



Moving on has been an emotional journey for me. I've been humbled by the warmth of best wishes I've receive from my now former patients ... and from our staff at New Pueblo Medicine. You have all been like a family to me – some for almost four decades. Although I will miss my interactions with each of you, I am extremely excited about the new journey on which I've embarked.

Serving as one of the Medical Directors of Arizona Connected Care allows me to expand my focus from making certain my individual patients receive the quality personalized care they deserve to helping strengthen and expand the care all patients receive throughout Southern Arizona.

I am extremely passionate about this return to what I believe are the fundamental values of primary health care and am honored to play a more active role in this new physician-led organization.

We have multiple services we hope will make your life easier. Each change reflects our commitment to you - our patients as your Medical Home and your physician team for life!

Services Available at New Pueblo Medicine: Your primary care physician and his team here at New Pueblo Medicine can provide annual physicals, care for specific medical problems, acute care, referrals to medical specialists, chronic disease management and more. **But did you know that you can also turn to New Pueblo Medicine for other aspects of your medical care?**

- **Counseling Services:** (see article below)
- **Pharmacy:** Meet with a pharmacist to review all the medications you're taking and be sure that all your medications work well together.
- **Diabetes Management:** Learn from a specialist the most important things you can do to keep your diabetes under control.
- **Sleep studies:** It's now possible to diagnose sleep apnea with home testing through our program.
- **Audiology Services:** Have your hearing tested to see if you might benefit from having a hearing aid or other assist device.
- **Traveler's Clinic:** Find out whether you need any inoculations or if there are any health risks when you're traveling abroad.
- **Laboratory Services:** A variety of lab testing is available here at New Pueblo Medicine.
- **Anticoagulation Clinic:** If you are taking blood thinners, you can have your blood levels tested here.
- **X-Rays and Dexa Scans:** Many imaging services are available here, including Dexa scans to assess the strength of your bones.
- **Transitional Care:** If you have been hospitalized, we can help with your transition home or to a care facility, making sure you understand the medications you may need to take and helping you get follow up appointments you might need.
- **In-Hospital Care:** Our hospitalist, Dr. Andrea Miller, will follow and guide your care should you need to be hospitalized at Tucson Medical Center.
- **The Patient Portal:** Our website lets you request an appointment on line, request copies of most medical tests, ask your physician a question and get a timely answer, receive a summary of your most recent medical visit and pay your New Pueblo Medicine bill – all securely from your computer at home.

In each edition of Health Matters, we will highlight one of these services.

Here's to Your Good (Mental) Health!

Good mental health is a key component of your overall well-being. That is why New Pueblo Medicine now offers an on-site counselor, Jacque Kaplan, MSW, LCSW Therapist, who sees New Pueblo Medicine patients on Tuesday mornings.

"Depression is a risk factor for other medical problems," said A. Jeffrey Bacon, MD, "so we screen our patients for it annually. It stood to reason that the easier we can make it for those patients who need help to get, the more likely it is they will make an appointment."

Statistically, 50% of all adults will endure clinical depression, or something close to it, at some time in their lives. For most, it won't last and no treatment or medication may be called for. But for people with dysthymia, or chronic depression, they may not even realize they have it because it has gradually become their norm.

"Another advantage to having a counselor on-site is that the patient's primary care provider can be kept in the loop on their status," Dr. Bacon continued. "Let me be clear, though: the counselor does not report what the patient talks about. That is confidential between the patient and the counselor. We're just told if they're making progress."

For more information about New Pueblo Medicine's counseling service – or to make an appointment – please call us at (520) 290-0300. This service is not covered by all insurance policies, so please check with your insurance company.