



# NurseOnCall ~ (520) 290-0365

Winter 2012

## *Your Source for Answers to Your Medical Questions*

Health care questions can come up any time of the day or night. And you want or need an answer NOW! Just call New Pueblo Medicine's NurseOnCall at **290-0365**.

As a New Pueblo Medicine patient, you now have access to answers to your medical questions any time of the day or night! New Pueblo Medicine's NurseOnCall registered nurses are the newest members of our health care team. In addition to their own expertise from years working as a registered nurse, these medical professionals also have access to your medical history, a full medical library ... and New Pueblo Medicine's on-call physician. So the answers you need are never more than a phone call away. What would you like to know?

- Are there possible interactions if I take over-the-counter drugs along with my prescription medications?
- What are the potential benefits and risks of a treatment I'm considering?
- Is it OK to take an aspirin for this headache I've had all day?

This service is designed to complement other ways you can access the medical information you need in whatever way works best for you. You can still email questions to your physician through the Patient Portal on our website at [www.NewPuebloMedicine.com](http://www.NewPuebloMedicine.com). You can still call New Pueblo Medicine's main phone line during business hours at 290-0300 to talk with other members of your physician's team. But now you can reach one of our registered nurses on nights and weekends by calling our special NurseOnCall number.

NurseOnCall is part of New Pueblo Medicine's commitment to *get you well, keep you well and help you stay well throughout your lifetime*. This free service for our patients assures that you have access to personalized accurate answers when you need them most.

**Always  
remember:  
  
IN AN  
EMERGENCY  
SITUATION,  
  
CALL 9-1-1!**

# Exercise and Seniors: *A Recipe for Better Health*

No matter what your age, exercise is one of the best things you can do for your health. For older adults and seniors, this is especially true. Those who stay active and exercise regularly can delay or prevent many diseases and disabilities – even dementia.

Whether you are continuing an exercise regimen or are just getting started, here are some things to keep in mind:

- Exercise can be safe for people of all age groups, so don't be afraid. Changes in mobility as you age don't mean you have to give up exercise. You may just have to do it differently.
- If you have a health condition, such as heart disease, high blood pressure, diabetes or pulmonary problems, check with your New Pueblo Medicine physician before you get started so you can find out how much exercise your physician recommends.
- To achieve the greatest health benefit, federal guidelines recommend exercising moderately for 30 minutes a day, five days a week - or for a total of 2 hours and 30 minutes a week. Include muscle strengthening exercises and stretches in this schedule. You can do these all at one time or intermittently throughout the day in 10 minute periods. If you are a beginner, start by walking or swimming at a slow pace and work your way up. And don't be intimidated. Some studies suggest that moderate-intensity walking is just as beneficial as more vigorous exercise.
- Moderate-intensity activity means you are working hard enough to raise your heart rate and your breathing rate. You may perspire, but you are still able to carry on a conversation. You can talk, but you can't sing. Examples of moderate exercise include walking briskly; swimming or doing water aerobics; riding a bike on level ground; playing doubles tennis; or taking ballroom or line dancing classes.
- If you are a member of a Medicare Advantage program, such as AARP MedicareComplete from SecureHorizons, take advantage of their free Silver Sneakers program that offers supervised exercise and strength-building classes for seniors of all abilities.
- Get a workout partner or exercise buddy. You'll keep each other motivated and on track.
- Know your physical limitations and don't exceed them! If you are just beginning an exercise program, don't overdo. Ease into exercises and allow time for recovery. Remember, you are in this for the long haul.
- Build physical activity into your daily routines. Watch your favorite TV program on a treadmill; use stairs instead of elevators; and park your car at walking distances. The key is to keep moving and avoid being sedentary for extended periods of time.

If you have any questions or concerns about starting an exercise or fitness program, please speak to your New Pueblo Medicine physician or call us at 290-0300.

# Our Patients Measure Up!

## *New Pueblo Medicine Ranks High in Study of National Preventive Care Standards*

You probably already know that New Pueblo Medicine physicians are passionate about keeping their patients healthy. In fact, it defines the way we practice medicine.

That's why we are proud to share some exciting feedback from our review that measured New Pueblo Medicine statistical patient data against regional and national patient data on quality care standards established by the U.S. Preventive Services Task Force and the National Center for Quality Assurance. The results show that New Pueblo Medicine ranks at or above the 90<sup>th</sup> percentile in nine categories and at the 80<sup>th</sup> percentile in the final category. These categories include practice-wide screenings for breast and cervical cancers, coronary artery disease, diabetes care, and hypertension.

In addition, New Pueblo Medicine ran an analysis of how we're doing in getting our

patients to take other preventive health measures, such as vaccines for pneumonia, influenza and tetanus, and DEXA (bone density measurement), PSA (prostate screening) and colorectal cancer screenings. Our physicians are proactive in recommending these tests and vaccines based on national guidelines. Again, our compliance levels are high - from 77% to 96%. While we'd like to see compliance rates even higher, it's ultimately up to each patient to decide whether or not to have a particular screening or vaccine.

These encouraging numbers confirm our focus on preventive healthcare. However our work is never done, and we will continue to look for new ways for our patients to achieve their optimal health.

If you have suggestions, we'd like to hear from you. Please call our Chief Operating Officer, Kim Haspert, at 290-0300.

### **Have You Had Yours? *It's Not Too Late for Your Flu Shot!***

Influenza is a serious illness that can be prevented with a seasonal flu shot. If you have not had your shot yet, you can still get one by stopping by the pharmacy at your neighborhood Walgreen's, Fry's, Safeway, Target or CVS. No appointment is needed, and the pharmacies are open every day at every store. Depending on your insurance, the vaccination is free or low cost.

It takes about two weeks for your body to develop antibodies and provide protection against the flu once you have had your shot. Since flu season can last as late as May, there's still a reason - and time - to act.

**[www.NewPuebloMedicine.com](http://www.NewPuebloMedicine.com)**



# New Pueblo Medicine's NurseOnCall

**(520)290-0365**

**Nights and Weekends**

---

## *Have You Registered for New Pueblo Medicine's Patient Portal?*

Our secure patient portal is a great way to use your computer or smart phone to communicate with members of our healthcare team between office visits. Contact us with a question about your medication or a non-urgent medical problem. If you have a chronic medical condition, such as diabetes, the portal can be a valuable source of support in managing your condition.

In our busy world, the portal lets you request a new appointment or send word that you need to reschedule or cancel an existing appointment anytime of the day – or night. It's easy to get connected and takes just a few minutes. The next time you're in the office, stop by the reception desk - or call us at **290-0300**.

**[www.NewPuebloMedicine.com](http://www.NewPuebloMedicine.com)**