

Welcome to our practice.

Our goal is to keep you as healthy as possible and to give you tools that will help you be actively engaged in your care. We would like you to know us and how things work in our office.

Your healthcare team

Dr. Christine Sinsky is a board certified general internist who has practiced at Medical Associates since 1987.

Deb is the primary nurse and has worked with Dr. Sinsky since 1997. She coordinates your care, processes your prescriptions, and organizes the practice. She is your main contact person, and works closely with Dr. Sinsky to ensure that we cover your acute care, chronic care and prevention needs. You can reach her at 584-3430.



Joan and Rachel rotate as our help nurses. They are the nurses most likely to help you get started at your appointments. They will review your lab results with you, be sure we understand the main purpose of your visit, and perform other health coaching functions at your visit. They assist Deb in preparing for your appointments and with the work that follows each appointment.

For annual check-ups

We organize the care for most patients around an annual comprehensive care visit. This is when we do prevention work (mammograms, immunizations, cholesterol and diabetes screening) as well as ongoing management of any health conditions such as high blood pressure, diabetes, and thyroid disease. We will arrange for you to have your tests done before the appointment, so that we have the results to discuss face-to-face with you at your visit.

Please bring to your appointment

- A list of all of your medications, both prescription and over-the-counter, including the strength of the pills and the frequency.
- If you monitor your home blood pressures and/or blood sugars, please bring these readings in and give to the nurse as well.

We renew all of your medications (except narcotics) for 1 year at your annual visit. We send all new prescriptions and all renewals through our electronic health record directly to your pharmacy, so you will not need to take a prescription slip from the office.

For new problems or concerns

Please start by calling Deb, our primary nurse, at 584-3430. She will help you decide if you need to be seen and if we need any tests ahead of your appointment. Our goal is to see you the day you call in (it is helpful if you call first thing in the morning) or the next day. We are in the office Monday through Thursday. If we are not in when you call, you will be given the option of scheduling an appointment when we return, or if you feel the need is more urgent, to see one of our other primary care physicians through our Rapid Access appointments (584-3430). For problems during evenings and weekends that can't wait, our Acute Care is available (Monday-Friday 7 am-9 pm; Saturday-Sunday 8 am-5 pm, phone 584-3455).

For monitoring of ongoing health problems

If you have diabetes we will generally see you every 3 to 6 months when things are stable, and more often if medication changes are made. For high cholesterol and high blood pressure we will usually check you every 6 to 12 months, and again more often if medication changes are needed. We will arrange for you to have lab a few days before your appointment so that we can discuss the results together.

Help us, help you be healthy!

A few tips to help us work together for your optimal health.

1. Do you know what a good blood pressure is? In general a blood pressure of less than 130/80 is ideal. There are a few situations where your desired blood pressure may be higher or lower.
2. Do you wonder what your weight should be? A body mass index (BMI) of less than 30 is associated with better health (less arthritis, diabetes, heart disease and certain cancers). A BMI of 18-25 is ideal. The nurses can help you determine your BMI.
3. What should you eat? A diet rich in plant foods is best, with 8-12 servings of fruits and vegetables and plenty of whole grains is a good start. We recommend that you limit red meat, junk food, cheese, ice cream, soda, alcohol, and trans fats. An excellent website is www.mypyramid.gov. We recommend the Mediterranean diet.
4. How much exercise is enough? Any movement is better than none. If you are able, consider using the steps rather than the elevator and parking at the far end of the parking lot to build movement into your day. Beyond this, thirty minutes of activity (walking, bicycling, swimming) 5-7 times per week is especially healthful.

Did you know that people who do all of the above are 80% less likely to develop diabetes, heart attacks, stroke, and cancer?

Source: Archives of Internal Medicine 2009;169:1355-1362

Patient Station

Connect with us online.

Patient Station is a secure, convenient web-based tool that Medical Associates Clinic offers to its patients. It allows you to communicate with us over the internet to request appointments, renew prescriptions, create and track a personal health record, and send non-urgent questions.

If you haven't registered yet, simply visit **www.mahealthcare.com** and click on the "Patient Station" button to sign up.

Collaborative Care

Working together as your care team.

To ensure that your care is provided in the most thorough and complete manner, our staff works closely as a team. For some appointments, your nurse may stay with you for the entire visit, including while the doctor is in the exam room. The nurse will help ensure that we cover everything you need as efficiently as possible, including a clear explanation of your care plan. By being in the exam room, she is also better able to assist you between visits. If for any reason you prefer that the nurse not remain in the room, it's fine—just let us know.

Medical Associates Clinic

Internal Medicine

East Campus

(563) 584-3430

www.mahealthcare.com



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**MEDICAL
ASSOCIATES**

C L I N I C®

Treating you well.