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## **SPRING 2013 NEWSLETTER**

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### **How to Make an Appointment for a Visit**



If you wish to see me (Dr. Reznick) for a medical reason please simply call the office at 561.368.0191 between the hours of 8:30 a.m. and 4:30 p.m. and request an appointment. My staff is trained to ask you why you are coming to the doctor. They need to know this so that they can allocate sufficient time for your problem to be addressed properly. They additionally need to know if the reason for the appointment is of an emergent nature and requires interrupting me (Dr. Reznick) from patient care and to address the situation immediately.

In the recent past, some patients have told my staff that the reason for their request of an office visit is none of their business. That is not the appropriate approach. My staff needs to know why the request is made so that they can arrange for you to get seen quickly and that an adequate and appropriate amount of time is set aside for your visit.

Same day appointments are available for any patient who requests one. We will bring you in to any available open slot. If none are available, we will stay beyond regular hours to accommodate you. We will not re-schedule or “bump” regularly scheduled patients for other patients requesting a same day appointment although that request is made routinely.

That said, life threatening emergencies sometimes occur. If you tell our staff you are having a life threatening emergency they will interrupt me and get me on the phone immediately. We consider cardiac chest pain, severe breathing difficulty, loss of consciousness, severe or uncontrollable blood loss or severe pain as life threatening issues. We will call 911 or suggest you call 911 and I will see you in the emergency department. Treating a life threatening emergency is one of the only circumstances when I will reschedule existing office patients.

Lastly, do not attempt to make an appointment by email, blog, Facebook or text messaging. If you have any questions with regard to my practice’s policies for making an appointment, please do not hesitate to ask.

### **Medical Students in my Practice**



Last week one of my long-time patients mentioned that her grandson had been suffering with a severe gastrointestinal problem for months. He had been in great pain and discomfort and had lost a significant amount of weight. His doctor is the Chief of Pediatric Gastroenterology at a non-university hospital in the N.Y. metropolitan area and had seen the child multiple times over the last six months.

Irritable bowel syndrome and food allergies were the culprit according to this experienced clinician who, by the way, had reached the point of criticizing the mother for her son's food choices and preparation. Not satisfied, the parents and grandparents decided to take the child to a nearby university teaching hospital center of excellence. The pediatric gastroenterologist there sees their patients after the medical student, resident and fellow all participate in the initial evaluation. They came up with a different diagnosis and with treatment the child rapidly improved and went into remission.

Sometimes even very experienced physicians have the answer to a medical problem in front of their eyes and just do not always see it. That is why we suggest second opinions and why it is wonderful to have the inquisitive and fresh minds of students and residents seeing the problem and brainstorming with experienced physicians on their thoughts and solutions to the problem. Two or three minds are often better than one.

I have had students rotate through my practice on Monday and Wednesday afternoons for over seven years now. Students from the University of Miami, Miller School of Medicine, and the Charles Schmitt College of Medical Science at FAU have sent their first and second year students to my office. With their inquisitive minds, they keep me on my toes and sharp.

We advise all of our patients who are scheduled on Monday and Wednesday afternoons that students will be present. When we phone the day before to confirm your appointment, and remind you of the visit, we will be reminding you that a student will be present.

YOU DO NOT HAVE TO BE SEEN BY A MEDICAL STUDENT IF YOU CHOOSE NOT TO BE. If, for whatever reason, you do not want to be seen by a student, just let us know. Do not feel guilty or upset by requesting a visit without the student present.

### Travel Plans – Medical Preparation



As we move toward summer many of our patients are making travel plans. Some are thinking about travelling for vacation, while others are making plans to travel to their second home residence. Our office and staff can certainly assist you in making your medical preparations. If you are travelling abroad I advise you to use the computer link on my website or go directly to the Center for Disease Control website travel section to address your staying healthy needs. [www.CDC.org](http://www.CDC.org) provides valuable information on what medications to bring, what vaccinations and immunizations to take 4-6 weeks in advance of your trip and what merchandise you may need to protect yourself (sunscreen, bottled water, bug repellent, mosquito netting etc.). The website provides information regarding the medications you should have with you (Cipro for travelers' diarrhea, Malaria prophylaxis, etc.). Certain locales will require you to show proof of your vaccination and immunization status. There are sections on which foods are safe and a discussion of the water and sanitation. After you have read the material, feel free to call the office or set up an appointment with your itinerary in hand so I can review it with you and provide advice. We will need to make sure that none of the recommended medications interact adversely with your current day-to-day medications. We will also need to see if some of the vaccinations you may require are kept in stock and determine if we need to refer you to a travel health clinic or infectious disease practice.

Whether you are travelling home for the summer or going on safari in the Krueger Preserve, you should have your medical records available. There are numerous options available to you. We can always print up your most recent visits, medication lists, EKG and lab data and provide you with a paper hard copy. We can place your pertinent medical records on a small USB Flash drive that you can carry on your key chain. This device plugs into any Windows based computer software operating system and carries the information you choose plus contact information on how the treating doctors can reach Dr. Reznick.

For patients wishing to take a copy of your records with you we ask that you give us a two week notice to prepare them. It is also possible to access some of your pertinent records directly through my website on the computer. Ask my office staff to provide you with a temporary password so that you can log onto the patient portal that leads to your electronic medical record clinical summary. By logging on to my website at [www.BocaConciergeDoc.com](http://www.BocaConciergeDoc.com) and accessing the "patient portal" logo you can log in and obtain your pertinent medical records. The first time you log in you will be asked to use the temporary password we provided. You can then change it to a secure password that only you know.

When travelling it is always essential that you make sure that you have all your medications and solutions for refills. Some countries require a note from the physician to document that it is permissible for you to be travelling with pill boxes especially when carrying controlled substances. The CDC travel website and your travel agent should provide you with that information.

You may want to consider travel insurance which includes provisions for transporting you home for care if you become ill. Our office has some suggestions on programs available for you. Your travel agent should have some suggestions as well.

With summer approaching it is never too soon to discuss the upcoming hurricane season beginning June 1<sup>st</sup>. Those of you in evacuation zones who have special needs should be registering for a special needs shelter far in advance of a storm. The same applies to pet friendly shelters. Now is the time to register for a shelter.

Travel is a fun part of spring and summer. With preparation we can make it as safe as possible.

## **Thank You**

My father, battling recurrent lymphoma and Alzheimer's disease took a turn for the worse the third week of April. My sweet staff as well as my friend and business partner, Richard A. Levine, MD, stepped in and seamlessly took over my patient care obligations so that I could take time off to care for my father, bury him when he passed away, grieve for him and spend time with my mother, brother and our families. For this I am forever thankful.

Those patients who graciously and with great flexibility rescheduled their appointments, or saw Dr. Levine, helped make this difficult period much easier. To those of you who sent your prayers, warm wishes, condolences and sympathies; your outreach was a source of comfort and support to me and my family in a difficult time.

Thank you from me and my family.

## **\$300 Discount**

Current patients will receive a \$300 discount off of your next annual membership fee simply by referring a non-family member who joins the practice within 30 days of the referral.

## [Omega 3 Fatty Acids Failed to Prevent Heart Attacks](#)

The American College of Cardiology has endorsed the consumption of omega 3 fatty acids to prevent cardiac disease. Several initial research studies provided promising evidence that the suggestion was warranted. There was some controversy raised by the initial omega 3 fatty acid researcher who discovered the benefits of fish oils because he felt that consuming fish was a far better approach than taking pills. The story becomes more confusing with the publication in the May 9th edition of the New England Journal of Medicine a study led by Maria Cala Roncagilone, MSci of the Mario Negri Institute for Pharmacological Research. They followed 12,513 patients for five years. All of the study participants had risk factors for developing heart disease but none had actually had a myocardial infarction or heart attack.

The participants either received a daily dose of 1 gram of n-3 fatty acids or a placebo. After five years there was no difference in the number of heart attacks or cardiovascular deaths in the control or experimental groups. There was no difference in sudden cardiac deaths and no difference in admissions to the hospital for cardiac issues. They did find some beneficial reduction in triglyceride levels in the participants who received the daily omega 3 fatty acids.

In two previous studies there was clearly a different outcome and conclusion that taking the omega 3 fatty acids reduced cardiovascular deaths. With so much controversy it is clear that further study is indicated. In the meantime I will encourage my patients to eat at least two fleshy cold water fish meals per week. This consumption plus a Mediterranean style diet have been proven to be heart healthy.

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