

FOR ALL YOUR MEDICAL & SURGICAL DERMATOLOGY NEEDS

Immediate Appointments ~ Online Appointment Scheduling
Most Insurances Accepted ~ Board Certified Dermatologists



Servicing All Your Skincare Needs:

- | | |
|-------------|----------------------------|
| Skin Cancer | Skin Infections |
| Melanoma | Eczema |
| Acne | Evaluation of Skin Growths |
| Psoriasis | Wound Care |
| Rosacea | Full Body Skin Exams |
| Warts | Hair & Nails |

MULTIPLE LOCATIONS IN BERKS, MONTGOMERY, BUCKS AND LEHIGH COUNTIES

WWW.PADERMPARTNERS.COM 610.288.2908



Do you suffer with headaches?

Have trouble sleeping?

Dislike your CPAP?

Did you know that **headaches, migraines, insomnia, snoring and teeth grinding** may have something in common....

A compromised or closed airway while sleeping.

Research has shown an association between **Sleep Apnea, airway issues, and Temporomandibular (Jaw) Joint issues.**

Dr. Tammy Balatgek has focused her practice solely on the treatment of **TMJ and Sleep Breathing Disorders**. If you or a loved one is suffering from **chronic headaches, migraines, insomnia, restless sleep, chronic fatigue, grinding or clenching of teeth**, call us today for an exam with immediate diagnosis and treatment options.



**1-888-TMJ-SLEEP
610-796-2835**

**CENTER FOR TMJ
& SLEEP DISORDERS, LLC**
Tammy Balatgek, DDS, MS

**2433 Morgantown Rd. Suite 200 (Route 10), Reading, PA 19607
WWW.TMJSLEEPCENTER.COM**

FOCUS ON HEALTH CARE DELIVERY

A Visit to the ER May NOT Be the Best Option

Chest pain, loss of consciousness, heat stroke, severe bleeding and other serious and life-threatening illnesses always need the fastest and most advanced medical care available. Without question, that means immediate treatment in an Emergency Room or Urgent Care facility. But, what about cuts, scrapes, minor bleeding, a fever, ear infection, vomiting or nosebleed? When these and other non-extreme emergencies happen, one local medical provider suggests that you "Call Us First."

PMA Medical Specialists, one of the area's most-respected primary and specialty physician groups, offers a number of services to help patients get the care they need, without an unnecessary visit to the ER or Urgent Care. In doing so, they hope to help patients avoid the higher medical expenses, longer wait times, and exposure to more serious illnesses that an ER visit can entail.

The Call Us First effort invites current patients to call PMA first for non-life-threat-

ening emergencies. Calls will be answered 24 hours a day, seven days a week and a staff member will help the caller determine if an ER or Urgent Care visit is necessary. If not, PMA can schedule a same-day appointment at the nearest PMA office. According to PMA, the Call Us First program is just one of the ways they fulfill their commitment to exceptional patient care. To learn more about PMA Medical Specialists and the Call Us First program, visit pmadactor.com.

About PMA Medical Specialists: PMA Medical Specialists is a multi-specialty Physicians Network that understands the importance of providing patients with Continuous Coordinated Healthcare. They are committed to meeting the healthcare needs of patients by offering a wide-range of medical specialties and patient services to help them stay healthy. PMA Medical Specialists has office locations throughout Montgomery and Chester counties. Visit pmadactor.com for a complete list of locations and specialties.



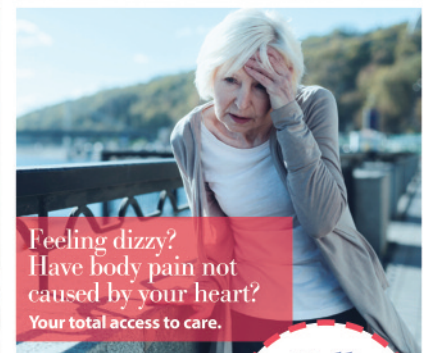
Ear infection?
Minor allergic reaction?
Nose bleed?
Same day appointments.



Cuts or scrapes?
Minor burns?
Avoid out of pocket costs for ER visit.



Fever, cold, flu?
Nausea, vomiting or diarrhea?
Avoid long wait times at the ER.



Feeling dizzy?
Have body pain not caused by your heart?
Your total access to care.

Ready to answer your call. 24/7.

You may not have to go to the Emergency Room or Urgent Care. For non-life threatening or less serious illnesses, call us first!

For a complete list of our physicians and locations, visit pmadactor.com

► Dial 9-1-1 or go to the ER if you feel that your life is in danger.

