

Keeping **hearts** healthy.



Atif Z. Shaikh, MD
CARDIOVASCULAR DISEASE

I believe in a collaborative approach to patient care, and that communication between physician and patient is key to successful outcomes. My mantra is "Keeping Hearts Healthy," and in order to do that, I ask questions about a patient's social history, as well as their medical history to develop individualized care plans. In addition to the prescribed treatment options, **patient education** is imperative to helping individuals reach the highest degree of wellbeing."

Welcome!

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FOCUS ON HEALTHCARE

Are Your Ears Ringing?



By Dr. Debbie S. Lombardi, Au.D., CCC-A/SLP, Owner, Premiere Speech and Hearing

Tinnitus is another name for ringing in the ears. Tinnitus can vary from an occasional disturbance to a chronic, unbearable problem. These sounds can be described as whistling, buzzing, clicking or hissing. According to the American Tinnitus Association, approximately 45 million Americans suffer from tinnitus. Tinnitus is a symptom, not a disease. There are numerous reasons why a person may experience tinnitus. These include hearing loss, noise exposure, middle ear conditions, sinus problems, head or neck trauma, temporomandibular joint disease, use of ototoxic medications and other medical conditions. It is important to discuss any symptoms or medical concerns with your primary care physician and ask for a referral to have a diagnostic, baseline hearing evaluation.

Because of the different levels and frequency of occurrence with tinnitus, the overall impact on a person's life may vary. Some people find that they are able to function normally with just minor annoyances of background sounds in their head. Other people may find that tinnitus may hinder their ability to work or enjoy family gatherings. Tinnitus sufferers report a range of emotions including irritability, frustration, depression, or anxiety. In addition, it may lead to difficulty sleeping or the reduced ability to concentrate.

There is no known cure for tinnitus at this time; however, many treatment options exist. Patients do not simply have to deal with tinnitus anymore. An important first step is to have a hearing evaluation by a Doctor of Audiology that is trained in tinnitus.

At Premiere Speech and Hearing we value you and want to ensure you receive the best possible care. We would be happy to offer a complimentary session to review any questions you may have regarding your hearing or speech healthcare. Feel free to contact us at 610.454.1177.

For Today's Business Woman, It's Healthcare for Women Only

Our Women's Healthcare Center, Healthcare for Women Only, has a 26-year history of serving women in the Pottstown area. The name was specifically chosen to reflect the distinct needs of women, both physically and emotionally, throughout their lifetime. Our needs change as we transition through phases of our lives. Because life is unpredictable and each one of us is unique, our physicians and staff strive to provide a safe and trusting environment for all women to receive personalized care. At Healthcare for Women Only, we deliver compassionate and quality medical care in a convenient, modern setting.

Our commitment to providing service to our patients is a hallmark of our care center! We develop a partnership to keep our patients informed and engaged in their progress of care, treating each with dignity and respect. We value our patients' autonomy and privacy. It not unusual for the patient to hear directly from their Physician or Nurse Practitioner regarding their ongoing care and treatment plan. This is unique in today's medical marketplace.

We are committed to the Community. Our physicians maintain an active role in the

development of medical policy and best practices within the community and Pottstown Hospital. We have participated in leadership and committee roles for the OB/GYN Department, Surgical Division, Medical Executive Board, as well as other multi-disciplinary councils. The physicians and staff also participate in community educational and promotional events. We participate in Child Birth Classes, Programs on Breast Health, Health Fairs, and present at Women's Educational Programs. Our care center has a warm and welcoming community on our Facebook page. We look forward to our new relationship with Reading Hospital and Tower Healthcare.

Healthcare For Women Only has convenient hours for our patients Monday through Friday, with evening hours on Tuesday. We accommodate urgent care requests for our patients. In addition, our office staff is well versed in current healthcare plans and their requirements. We accept most major insurance plans. Call our office at 610.326.7172 to see if we accept yours. For more information on our providers, please visit www.axiawh.com/healthcare-for-women-only.



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Sensory Concepts
Introduces
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An FDA-cleared
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fat cell destruction.

Wyomissing, PA, – There are two types of fat in the body – visceral and subcutaneous. Visceral fat, which surrounds the organs, increases your risk of chronic conditions such as diabetes and heart disease. Visceral fat can be reduced with diet and exercise.

Subcutaneous fat, which is found just below the layers of your skin usually around your abdomen and thighs, isn't harmful.



However, for those who want to look slim and trim, subcutaneous fat can be extremely frustrating because often diet and exercise alone won't reduce this fat.

For years, people with subcutaneous fat who want to look slim and trim have turned to surgical methods to remove this unwanted fat, which involves an incision, swelling, discomfort, and up to six week recovery time. And it is quite expensive.

A few years ago the world was introduced to a non-surgical procedure called CoolSculpt®, which uses cold energy to freeze the fat cells which then die and are absorbed by your body over time. It is similar to a mammogram in that the fatty area is squeezed between two metal plates. This body sculpting method eliminated many of the drawbacks of surgical procedures; however, it may be uncomfortable and painful.

Looking to bring something new and unique to Berks County, Sandy Wagner, L.M.T, owner of Sensory Concepts in Wyomissing, began researching non-surgical fat reduction options and discovered UltraShape®. Wagner and her team are currently the only certified UltraShape® technicians in Berks County.

UltraShape® is a non-surgical FDA-approved procedure, but instead of freezing the subcutaneous fat cells, UltraShape® uses focused ultrasound waves that don't generate heat or cold to remove the fat cells. Pulse points are delivered to each individual fat cell without touching the tissue - e.g., blood vessels or nerves – around the fat cells. The fat cells die and are absorbed into your body and eventually passed out. Your skin is left smooth, without any capillary damage or rippling.

With UltraShape®, clients require three sessions spaced out over approximately

four weeks. Each session lasts 45 - 60 minutes. There is no prep time and no recovering time. There are no incisions, anesthetics, pain, swelling, numbness, or bruising during or after the session.

UltraShape® is most effective for men and women with a BMI of 30 or less. A higher BMI may require more sessions. Wagner says, "UltraShape® is perfect for anyone who has that one area of stubborn fat and/or who struggle to take off that extra weight that has crept up on them." Women who are nursing or pregnant or have any type of liver disease are prohibited from using UltraShape®.

Wagner reminds women that none of these procedures are a replacement for a good diet and exercise, and they will not remove visceral fat. They are meant to help shape or contour your body. She says, "If you don't maintain a healthy lifestyle after any of these procedures, new fat will replace the fat that was removed."

Sensory Concepts Orthopedic & Medical Massage is located in Wyomissing and offers orthopedic and therapeutic massages, reflexology, esthetics/facials, waxing, and UltraShape®.

If you would like more information about this topic, please contact Sandy Wagner L.M.T. at 484-509-5505 or email at SensoryConcepts@aol.com.

Sometimes, the best gifts
aren't bought at the store.

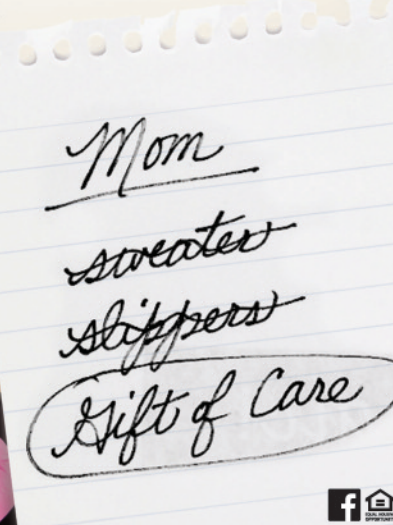
This holiday season, give the gift that makes a difference in the life of a senior or someone caring for a senior.



A "Gift of Care" gift certificate from Chestnut Knoll at Home can provide daily care, meal preparation, companionship, errand transportation, and more to a senior in their home.

CHESTNUT KNOLL
At Home Services

Call 610-473-7536 for
more information.



1041 E. Philadelphia Avenue • Gilbertsville, PA 19525 • www.ckhomecaregilbertsville.com

At Home Services

Winter is here, and along with it comes unpredictable winter weather. Every day could bring something different, whether it is rain, snow, sleet, or ice, any of them could cause concern for you or a family member, especially the elderly. How are your senior parents doing in the winter? Are they staying warm and remaining active?

What can you do to help your senior parents if you can't always be there? How do you ensure that they are taking care of themselves?

Chestnut Knoll At Home provides caregivers (non-medical) to assist seniors with transportation, daily activities, light housekeeping, personal hygiene, meal preparations in their own homes so they can maintain their independence, dignity and quality of life.

Services are monthly, weekly or daily care; respite care (planned temporary relief for the family caregiver); and emergency care. Licensed by the Pennsylvania Department of Health. Member in good standing of the National Private Duty Association.

For more information on services offered by Chestnut Knoll At Home, call Linda Detwiler, senior director, at 610.473.3328 or visit www.ckhomecaregilbertsville.com.



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