



New Providence Internal Medicine Associates

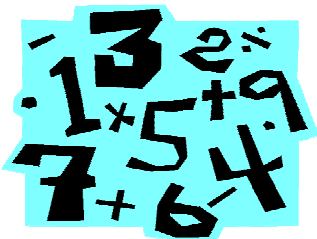
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www.npinternalmed.com

**What's my
Number?**



The desired number for cholesterol is often a mystery to many. We discuss cholesterol as total, good (i.e. HDL), and bad (i.e. LDL). For the purpose of reducing heart disease, we usually focus on LDL. For the average person without heart disease, the goal for LDL is to keep it less than 130. If there are risk factors for heart disease, less than 100 is better. If you already have heart disease, or more than 2 risk factors (especially diabetes), then an LDL less than 70 is best. A combination of good diet, exercise, medications if needed, and good genes can achieve these goals.

Your Medical History on line



Who is the one person in the world who must keep a detailed record of your health history? You are, of course!! You need to have an accessible list of all medications, ongoing health problems, medication allergies, and past surgeries. A secure place to store all of

this critical information is "on-line" at: www.ihealthrecord.org. Then, your personal health information can be accessed from any computer with an Internet connection. You can give permission for a new doctor, specialist, or emergency room to access your personal health data to improve your care.

ON THE AIR



Sleep More: feel Better

Most of us require about 7 to 8 hours of sleep per night. Unfortunately, most of us get much less. With too little sleep, we are at risk for low energy during the day, and for mood problems such as depression and anxiety. Any

painful condition will feel worse if you are sleep deprived. Not enough sleep can make you crave carbohydrates, which can make it difficult to lose weight. You may have to give up some TV or computer time, but the benefits are worth it.

Do I really need a physical?



There has been a question raised in the medical literature lately if an "annual physical" is truly necessary. What is necessary, though, is regular contact with your doctor to assess various aspects of your health. Some limited testing is prudent as well. The "physical

exam" provides the physician an opportunity to establish a health baseline and provide basic medical counseling. It also provides the patient a focused opportunity to ask detailed medical questions. For more information, please go to our web site, and click on "routine care."