



# New Providence Internal Medicine Associates

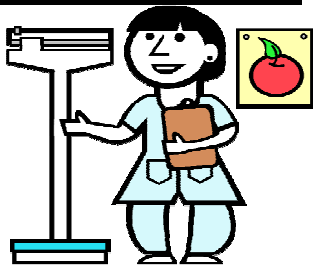
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**1252 Springfield Ave.: New Providence, NJ 07974 (908) 464-7300**

**Fall  
2005**



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## Why Worry About Sugar?



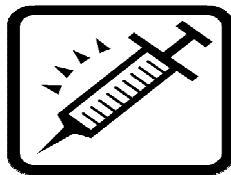
In case you haven't heard, diabetes is becoming more common than ever before. Diabetes is defined as a fasting blood glucose reading of 126 or greater. Even moderately elevated readings will not cause any symptoms. The problem, though, is that high sugars damage blood vessels. This causes much higher rates of strokes, heart attacks, blindness, and kidney disease. Diabetes can often be prevented and treated with proper diet, exercise, and weight control. Click on [www.diabetes.org](http://www.diabetes.org) for more information.



## We're Moving!

Our practice has been in the same building since July, 1981. While we have grown attached to it, we've also grown out of it. Hopefully, by early 2006 we

should be in our new location, 571 Central Ave, New Providence (directly across from the A&P Shopping Center). We look forward to being able to serve you better with a larger, more comfortable office.



## The Flu Shots Are In!

Yes, this year we do have flu shots! We should have enough for all who need them. Flu shots should be given to everyone over age 65 and/or with conditions such as asthma, emphysema, or diabetes. It is, however, beneficial to people of all ages.

The flu shot prevents a specific virus called influenza. It does not prevent the "common cold." Typical symptoms of influenza include high fever, chills, and joint pains. If you have these symptoms, you should be seen for a visit.

Please refer to our web site for information on scheduling your flu shot  
([www.NPInternalMed.com](http://www.NPInternalMed.com))



## Thank You. Thank You!!!

You have responded with generosity and kindness. Our office manager, Joanne, has relatives in Louisiana, who have been affected by Hurricane Katrina. Over the past month, our patients have helped these families by donating \$110. New Providence Internal Medicine Associates will match this donation,

bringing the total to \$220.

It speaks highly of our community, that we gladly help strangers in their time of need. Our sincerest thanks, and best wishes, to Joanne's family and all those who suffered.