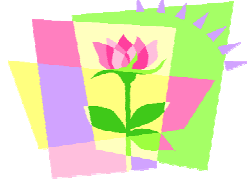




New Providence Internal Medicine Associates

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It's a Guy Thing



You've all heard the quip that men take better care of their cars than they take care of themselves. This is probably true in general (though not for the men reading this newsletter). The adage "if it ain't broke, don't fix it," doesn't hold true for health concerns. Men who chose not to see their doctor for routine visits miss out on the opportunity to diagnose hypertension, diabetes, and high cholesterol. Also, regular visits give the doctor a chance to recommend routine screenings for cancers of the prostate and colon.

For more general information on men's health, go to: <http://www.cdc.gov/men/>

Plan for the future



It's natural to avoid thinking about what will

happen when we approach the end of our lives, but, as the recent headlines have shown, it's never too early to prepare. This is an intensely personal decision, and should always be given deep consideration.

Questions that should be answered while you are healthy are: in the event that I am gravely ill with no hope of recovery, do I want artificial breathing to keep me alive? Do I want artificial feeding? Some people choose not to

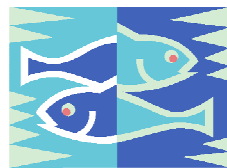
have any resuscitation or treatment of any type if they are extremely ill.

The most important decision to make is to choose a person close to you to act as your "medical power of attorney."

This is a person who will make medical treatment decisions for you if you are unconscious and can't make decisions for yourself. It is critical to inform them of your general wishes so they can interpret your living will correctly.

More information and forms can be found at:

<http://www.npinternalmed.com/> and click "advanced directives" (top button on the left).



Not Just a Fish Story

Is fish really good for me? The short answer is, yes, it is! It has been observed that people in Japan have less heart disease than in other industrialized countries. The main difference between the Japanese diet and American diet is that in Japan far more fish is consumed regularly. Good studies in this country have shown that people who eat fish regularly have fewer heart attacks and strokes.

Also, people taking fish oil supplements (also called omega-3 fatty acids) have lower triglyceride levels and less cardiovascular disease. A good dose is about 3 grams per day. Unfortunately, eating fried fish seems to increase heart disease.

For more information, go to: <http://www.americanheart.org> and search "omega-3 fatty acids."