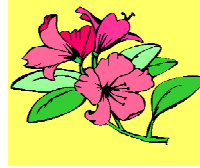




New Providence Internal Medicine Associates

(908) 464-7300

Spring
2006



VISIT US ON THE WEB AT
www.pinternalmed.com

Blood Pressure



Why is it that almost every time you come in to the office, we measure your blood pressure? Wouldn't you know if your BP was too high? The answer is that it is actually very common to have a significant elevation in BP, and feel completely fine. In fact, most people with an elevated BP have no symptoms at all. Medical studies show that even with a mild increase in BP that you are at higher risk for stroke and heart attack, and that if BP is normalized, that the risk of these problems is much lower. Ideally, BP should be not more than 135/85, though 120/70 may be better. We can interpret and explain your BP at your next visit or physical.



We've Moved!!

We've been at our new location, 571 Central Ave, Suite 112 in New Providence since March 20. Our patients are enjoying the spacious, new office and the plentiful parking. Make sure you enter on the driveway

on the same side as the Best Western Hotel, and come in through the second door on the left (labeled as #4). Feel free to come by to say hello and admire our new home.

It's That Time Again



While most of us look forward to Spring, as it brings warm weather, pretty flowers and improved outlooks, many of us dread the season. Those with Spring allergies look forward to a drippy wet runny nose, itchy watery eyes, and frequent sneezing. This would take some of the joy out of the season. Fortunately, there is help, besides just avoiding the outdoors.

Useful over the counter allergy

products include Benadryl, which is very effective, but is often quite sedating. Also available without a prescription is Claritin, which is not sedating and should last for about 24 hours. There are other medications that are only available by prescription, such as Allegra and Zyrtec, and several prescription nasal sprays. If OTC meds don't help, then please come in for a visit. We can very likely get you to look forward to Spring time once again.

Prescriptions without Paper?



You may have noticed that when Dr. Hakim or Zukoff is telling you about your prescription that he is tapping on a little electronic device. What he is actually doing is entering your prescription into an on-line data base. This allows us to compare the medication to your pharmacy benefit plan, which lets us know if

this is a "covered" medication or not. More importantly, it allows us to check for interactions with other drugs you're taking. Your prescription is automatically faxed to the pharmacy of your choice, or printed at our office. Not that it was ever a problem, but every prescription is now completely legible.