



New Providence Internal Medicine Associates

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**Winter
2006**



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www.npinternalmed.com

Medicare Prescription Plan



Just in case you currently understand how to take care of your prescriptions, now patients with Medicare insurance have the option to enroll in Medicare part D. This will cover some portion of prescription medications. There are a multitude of different plans, each having their own set of rules and their own "formularies" (lists of approved medications). Many are finding it somewhat confusing. It is important to learn as much as possible before signing up. For more information, go to:
<http://www.medicare.gov>



We're Moving!!

The construction of the new office is going very smoothly. We anticipate completion and move in by sometime in mid-February. The new office is in the Murray Hill Office Center, Suite 112.

The address is 571 Central Ave in New Providence (across from the A&P shopping center). Formal announcements will be sent by mail. Go to our web site for directions and to see construction photos:
<http://www.npinternalmed.com/>



What if I get sick this winter?

The first inclination of many patients (and doctors) when a person feels ill is to reach for an antibiotic. Antibiotics usually do a good job in killing bacteria, but do nothing to treat a virus. Most wintertime illness starts as a cold virus. The problem with using antibiotics is that the bacteria in our bodies

quickly change and become resistant to antibiotics. So, in the future, we may need to use stronger antibiotics each time we get a bacterial infection. For more information on the problem of antibiotic resistance, go to:
<http://whyfiles.org/038badbugs/>. For treatment of a cold without using antibiotics, go to our website and click on FAMQ's (frequently asked medical questions).



How can I eat better ?

Most of us think that we eat a healthful diet, but we're not always correct. A recent article in the British Medical Journal calculated a very significant health benefit with making some very easy changes in diet. They call it the "polymeal" diet, since it incorporates many different types of

foods. Specifically, the polymeal is a combination of foods consisting of wine, fish, dark chocolate, fruits, vegetables, garlic and almonds. For more information about healthful diets, see:
www.newstarget.com/003176.html