**Clinical Research Opportunities:**

Did you know that the Family Practice Center has been participating in medication related clinical studies for nearly 20 years? During this time we have participated in over 120 different studies. Many patients from our clinic participate in these trials. Advantages to participating in a clinical trial include the following: free study related medication, free laboratory and diagnostic tests, and payment for your time. We are seeking patients with the following medical conditions:

1) A prior stroke or heart attack. This study involves a new type of cholesterol medication.

2) Diabetes patients who take metformin (alone or with other diabetes medications). This study involves a new diabetes medication.

If you would like to learn more about these study opportunities please call Pam at 272-2523 or Kelsey at 272-2539.

At the NE Iowa Family Practice Center, we are proud of the employment longevity of our staff members. In February, we celebrated a trio of staff members who started with us on the same day: Judy and Joan in Insurance; Jeanette, telephone operations. Coming up in April, we have a 25th anniversary for Julie, our Lab/Radiology/IT manager. Congratulations again to all of you for this milestone in your career journey!

From one of our patient surveys:

"I can’t believe how nice they are here. I have never been treated so kindly. My first appointment was scary to me however; it ended up being a relaxing situation."

**Satisfied patient**
Ten Tips to Keep Your Family Healthy this Spring by Sandy Kendall (Baby Zone)

1) Reduce (and Treat) Seasonal Allergies-- Ahh, spring! New growth means pollen. You can’t avoid the world, but there are ways to minimize pollen exposure. Dr. Karen Sadler says the key to preventing symptoms is knowing when the risk of pollen exposure is high and avoiding that exposure as much as possible.

2) Get a Healthy Dose of Sunshine-- Let the sun shine! Just remember moderation. Guidelines for vitamin D intake suggest that a little dab of sun will do you (and baby) good. It doesn’t have to be a lot, but a few minutes of morning sun will boost your vitamin D.

3) Avoid Lyme Disease (& other Tick Diseases)-- There are more than 200 species of ticks in the United States (and elsewhere). Contact with the plant (or the oil of the plant transferred from tools or pets) causes skin irritation and itching. The intensity varies with the amount of exposure and the individual’s sensitivity.

4) Prevent & Treat Spring Colds-- If your child gets wet and shivers in a spring rain, a cold is not guaranteed. Only a virus brings on a cold. Your immune system is what helps fight off those viruses, however, so if you keep warm and dry on the outside, hydrated on the inside, and above all well-rested, you can help ward off a cold.

5) Recognize Poison Ivy-& Keep Away! Poison ivy grows all over the United States and southern Canada (and elsewhere). Contact with the plant (or the oil of the plant transferred from tools or pets) causes skin irritation and itching. The intensity varies with the amount of exposure and the individual’s sensitivity.

6) Be Aware of Poisonous Plants-- As a rule, don’t let your children eat ornamental flowers or shrubs. Not only is it proper etiquette to refrain from munching on the landscaping, it’s for their own safety! A significant number of common plants are not good for you, or are downright poisonous to eat.

7) Stop the Spread of Pink Eye & Fifth Disease-- “Pinkeye,” is a highly contagious eye infection. Symptoms are redness, puffiness, excess tearing, and often a yellowish discharge and crusty eyelashes after sleep.

8) Use Caution with Things with Wheels-- Mild weather makes it nice to be outside! More fresh air is ideal, but don’t forget precautions. Adult Bikes: According to the Bicycle Helmet Safety Institute, children under 1 year old should not be passengers on adult bikes, either in carrier seats or trailers.

9) Avert Water Dangers-- If you have a swimming pool, you probably already have a heightened sensitivity to kids and water safety, and keep the pool enclosed and the enclosure locked, and remove all enticing toys from the water when not in use. They could tempt a child to reach over or step into the water.

10) Keep Informed about Recalls-- Toy and food recalls are becoming perennial safety concerns. A new season may bring new toys out of the shed or the mall, however, so before you hand them over to baby, check out recall updates to make sure they are not subject to a recall.

This past January, we welcomed Dr. Connie Joylani! She is a first year resident who hails from Edmonton, Alberta, Canada. Dr. Joylani enjoys jogging, bicycling, scuba diving, reading, playing a guitar, & spending time with family.

New Pharmacy Resident in July 2014 Announced:
Dr. Renata Vashevici is the new Pharmacy resident who will be spending time at FPC, Waverly Health Center and Covenant Medical Center. She comes from Mason City, Iowa. Dr. Vashevici enjoys playing sports, boating, picnics and outdoor family gatherings.

New Residents Coming!
During our Match week in March, which is the week we find out those residents we interviewed from October to December—and if we picked them and they picked us—MATCH! They will start with us on July 1st. They are:

- Dr. Manroop Gill (no relation to Mark)
- Dr. Mark Gill
- Dr. Jade Hennings
- Dr. Andrew Luke
- Dr. Adriana Taseva
- Dr. Sarojini Velamasetti

We look forward to welcoming them to the Cedar Valley area in July!
Using YOUR Electronic Health Record to Communicate With Our Clinic!

Are you sick of playing phone tag with a nurse or waiting for lab results? For over two years, patients have been using the Family Practice Center's "Web view" to access parts of their medical chart and communicate with our clinic. Web view is a secure internet (computer) based service which allows patients to see parts of their electronic health record (medical record) like lab results and medication lists. Providers are using it to send messages about lab results or to ask follow up questions of patients between scheduled visits, and patients can message our clinic to do things like schedule appointments or respond to questions from their doctor or nurse.

Most people find Web view to be easy and convenient to use. Patients can sign in on their own schedule to see lab results. If a provider wants to send a patient a message, the patient will get an email saying they have a message waiting for them. Messages that patients send to clinic should be answered within a business day. (However, if it sent to a specific person at clinic and that person happens to be out of the office; a reply may take longer). Therefore, for urgent matters, we would want patients to call instead of sending a message.

We want to communicate with all of our patients through Web view. There are several reasons for this. We would like to be able to send out reminders to patients in an easy way. We have found Web view messaging to be easier and faster than playing phone tag with patients. Finally, Medicare is encouraging doctors to embrace electronic communication as a way to increase patients’ access to information about their healthcare and participation with their care.

If you have not signed up for Web view yet, we will ask you to do so the next time you come to clinic. All we need is your email address. We will ask for your email address so we can set you up with this system. If you have questions, our staff can help you understand the way it works. We are excited about this new technology and believe it is another step towards improving your personal health.

Improving the Electronic Health Record (Your medical record)

The Family Practice Center recently went through an upgrade/improvement in our electronic health record. Many of these changes were done to meet the national standards developed by Medicare. While updates are sometimes frustrating, we want to continually improve our records to provide you with the best care we can. The new version of our Electronic Health Record allows us to communicate more effectively with other practices where you may be receiving your health care such as a surgeon's office. These changes are intended to improve the quality and cost of care to you and to the entire group of people we serve in the community.

Use of the Emergency Room

Emergency rooms are vital parts of our health care system. However, there are times when people go to the emergency room for conditions that may be better treated by your primary care provider at the Family Practice Center. Your clinic doctor knows you personally and has immediate access to your medical record. He or she can provide the expert health care that you need in a low cost and high quality setting. For non-critical problems, the wait time at the Family Practice Center will almost always be significantly less than at the emergency rooms where the sickest patients are taken care of first. We make sure to have same day appointments available and work you into the schedule. For your convenience, we are open extended hours on Tuesday and Thursday evenings until 8 p.m. and every Saturday mornings from 9 a.m. to noon.

For true emergencies such as bad chest pain; severe and sudden shortness of breath; a significant injury or bleeding; or losing consciousness, calling 911 or going to the emergency room is very appropriate. If you are unsure where you should go, feel free to call our clinic 24 hours a day and we can help determine where it would be best for you to be seen. If you are treated in the emergency rooms at the hospitals, please let them know you are a patient at the Family Practice Center. If they know we are your regular primary care doctor, they are able to send us a copy of what they did in the emergency room. We can make sure we schedule a follow up appointment at the Family Practice Center.
Family Practice Center’s Website:  www.familypracticecenter.org

Family Practice Center’s Facebook page:  https://www.facebook.com/pages/Northeast-Iowa-Family-Practice-Center

Northeast Iowa Medical Education Research Department Website:  http://www.neimef-research.org