

CENTENNIAL MEDICAL GROUP

Newsletter

Fall / Winter 2007-2008

Centennial Medical Group Fall 2007 Newsletter



Newsletter Topics:

- Clinical Research
- Weight Management Center of MD
- Transitions Classes
- Nutrametrix Nutritional Supplements
- Flu Shot Clinics
- A Policy Reminder
- Office Closings
- Inclement Weather

Clinical Research

by

Kimberly Moore, Clinical Research Coordinator

Research Studies 10/07

Why would you consider participating in Clinical Trials (medication research)?

Medication at No Cost to You.
Office Visits, Physical Exams & Lab work at no cost.
Reimbursement for Travel Expenses.

We are currently enrolling patients for studies related to the following conditions:

- Diabetes – Insulin Dependent
- Diabetes – On Oral Medications
- Cholesterol
- Smoking

Upcoming studies include:

- Osteoporosis
- Constipation caused by Pain Medication
- Flu

If none of these conditions apply to you but you would still like to participate in a study please call 410-730-3399, ext. 126 or 137. The staff will take your information and let you know as new studies are available.

Weight Management Center of MD

by

Ken Brown, Patient Care Director

Are you frustrated with your weight loss efforts? Do you want to be healthier? If you said yes to either of these questions, consider joining the Weight Management Center of MD.

This program includes a detailed health history, laboratory testing, body composition measurements, exercise instruction, nutritional counseling and assessments, oversight and office visits with Dr. Rajiv Dua. Dr. Dua is the Medical Director for the Weight Management Center of MD.

We feel this may be the most comprehensive program of its kind in the entire area. We feel very strongly that addressing only one component of wellness and fitness is rarely successful.

Few people will stick with a weight loss program, for example, that limits your food intake to 1,000 calories a day. It will work short term – but few of us can stick with it for the long haul.

At the Weight Management Center of MD we understand that weight loss is not just about exercising and one size does not fit all. We incorporate an individualized assessment in order to customize a program for you.

Studies show that the long term success of weight loss is based on the techniques of behavior modification, diet and exercise. Our program encompasses all of these by taking a multi-disciplinary approach to weight loss and improved health.

Dr. Dua conducts **FREE** Introductory Seminars for our program. These sessions afford you the opportunity to learn more, ask questions and decide if you think you would like to enroll. There is no obligation for attending the seminar.

The Introductory Seminars Schedule for the remainder of 2007 is as follows:

Monday, October 8 th	6:30 p.m.
Monday, November 5 th	6:30 p.m.
Monday, November 19 th	6:30 p.m.
Monday, December 3 rd	6:30 p.m.
Monday, December 17 th	6:30 p.m.

The Seminars are conducted in Suite 201 of the Centennial Medical Group.

**To sign up for a seminar or for more information give us a call at:
The Weight Management Center of MD at
[410-799-8770](tel:410-799-8770).**

One of our staff will be happy to discuss this with you in more detail or you can ask any of the staff at an office visit and they will arrange for someone from this program to meet with you while you're here.

Transitions Classes

by

**Gina Schrader, Transitions Instructor
& Certified Personal Trainer**

Transitions is a lifestyle system administered by the Weight Management Center of MD in a group setting. Transitions is a system designed to help you meet your goals and be healthy. Dr. Dua encourages his weight loss patients to enroll in Transitions classes.

The Transitions Lifestyle System includes low-glycemic (GI) meal plans, a daily journal, weight management supplements to accelerate weight loss, entrees, behavior modification, support materials and a website to help you succeed.

Transitions is a 3 step approach to include developing health eating habits, behavior modification and improved body composition.

The classes are on-going with 12 topics such as learning how to read labels, good fats and bad fats, stress and weight loss, about grains, get off the sweet stuff and more. The classes are available on Tuesday or Wednesday evenings @ 6:30 p.m. There is a fee of \$15 per session.

Call **410-799-8770** to get a schedule of classes or to sign up for one, two or all sessions

Nutritional Supplements

by

Dr. Steven Geller, Internist

Millions of Americans seek nutritional advice and products from everyone **BUT** their own healthcare professionals. For example, vitamin store clerks – perhaps well intentioned – do not have the clinical expertise or your health history to accurately advise you on nutritional supplementation.

In addition, inadequate nutritional intake - including specific nutrient deficiencies – may compromise your health in a variety of ways including fatigue, brittle bones and teeth, memory loss and a weakened immune system, to name a few.

The Nutrametrix line of advanced nutraceutical supplements is designed by health professionals. Using only the highest quality ingredients and the most effective delivery, Nutrametrix products offer you state-of-the-art wellness solutions.

The flagship products for Nutrametrix are its isotonic-capable nutritional supplements, including OPC-3 which is a powerful antioxidant that promotes cardiovascular health and supports healthy blood glucose levels.

Isotonic-capable (a powder that you mix with water) nutritional supplements are the most effective

means of delivering the vitamins, minerals and other nutrients the body needs daily.

Unlike traditional tablets that must dissolve in the stomach before absorption can begin, isotonic supplements quickly pass through the stomach and are absorbed by the small intestine. Concentration and absorption are factors that go hand in hand for the proper use of nutritional supplements. Instead of waiting 40 minutes for tablets to dissolve and enter the small intestine, isotonic-capable nutritional supplements are absorbed in seconds for maximum benefit.

You can purchase the Nutrametrix products here in our office (Suite 202), or on-line at www.drgel-ler.nutrametrix.com. For more information please call 410-799-8770.

Flu Shots

Centennial Medical Group has contracted with PTS, Inc. to provide flu shots this year. PTS is not affiliated with any insurance plans and does not bill insurance plans. You will be provided with a receipt. This year vaccine is available for ages 6 months and older. Flu-Mist is not available.

The cost of the vaccination is \$25 per person payable by cash or check made payable to PTS, Inc.

Currently scheduled clinic times are as follows:

Monday	October 1	5:30-8:00 p.m.
Wednesday	October 3	5:30-8:00 p.m.
Saturday	October 6	1:30-4:00 p.m.
Tuesday	October 9	5:30-8:00 p.m.
Wednesday	October 10	5:30-8:00 p.m.
Monday	October 15	5:30-8:00 p.m.
Thursday	October 18	5:30-8:00 p.m.
Tuesday	October 23	5:30-8:00 p.m.
Wednesday	October 24	5:30-8:00 p.m.
Saturday	October 27	1:30-4:00 p.m.

If more flu vaccine becomes available, additional dates will be posted.

Policy Reminder

If it has been 6 months or more since you have been seen for a visit in the office, you will be required to do so before any refills, referrals forms completion, etc.

Office Closings



Centennial Medical Group will be closed on the following dates for holidays:

Thanksgiving	Nov. 23, 2007
Christmas Eve	Dec. 24, 2007
Christmas	Dec. 25, 2007

Inclement Weather



It's not too far until inclement weather can be a problem. If the weather is questionable please call the office to see what our opening status will be.

vcb 10/2007