

Healthy Outlook

Newsletter of Finger Lakes Medical Associates L.L.P. | SUMMER 2014 | www.fingerlakesmed.com



FINGER LAKES
MEDICAL ASSOCIATES L.L.P.

Welcome, Dr. Schulz

FLMA's Pediatric Department is happy to welcome Steven A. Schulz, MD, FAAP. Dr. Schulz is a *summa cum laude* graduate of Augustana College in Rock Island, Illinois. He earned his Doctor of Medicine degree with honors from the University of Illinois College of Medicine (UICOM) in 2007. He completed his Pediatric Residency Training Program at the University of Rochester Medical Center (URMC)/Golisano Children's Hospital in 2010. He is a board certified pediatrician and a Fellow of the American Academy of Pediatrics. For the last four years, Dr. Schulz has worked for Crusader Community Health in Belvidere, Illinois.

Dr. Schulz has a keen interest in the interaction between general pediatrics,

community advocacy and resource coordination, the care of children with developmental-behavioral difficulties and other special healthcare needs, and service to the underserved. In summation, this interest encompasses not just the "medical home," but also the "medical neighborhood." While practicing in Illinois, he has: developed a website to coordinate Rockford-area pediatric related community resources (CAP4Kids Rockford); given presentations regarding development of the medical home, the importance of developmental-behavioral screening, and CAP4Kids Rockford; worked with the Illinois Chapter of the American Academy of Pediatrics on various projects; and served as assistant



Dr. Schulz is board-certified in Pediatrics and a Fellow of the American Academy of Pediatrics. He will see patients in FLMA's Geneva and Penn Yan offices.

community pediatric faculty for the UICOM at Rockford. His goal is to see a mix of general pediatric patients and children and youth with special healthcare needs. He also plans to volunteer at URMC to work with pediatric residents and medical students – teaching, developing projects, and allowing for shadowing

opportunities here at FLMA. Over the course of his career tenure with FLMA, he hopes to strengthen our medical home model and develop connections to enhance the "Finger Lakes Region's medical neighborhood."

Dr. Schulz enjoys spending time with family and friends, especially while boating and skiing at his family's home on Keuka Lake. Hiking, biking, downhill skiing, attending and participating in various sporting events, and travelling are other interests. He has been an active member of Christ United Methodist Church while in Rockford. Dr. Schulz and his wife Narina have one child, a son, Cullen.

Dr. Schulz will start seeing pediatric patients in mid-September. To schedule an appointment with Dr. Schulz, call our Pediatric Department at 315-787-5200 or 315-536-3362. ☺

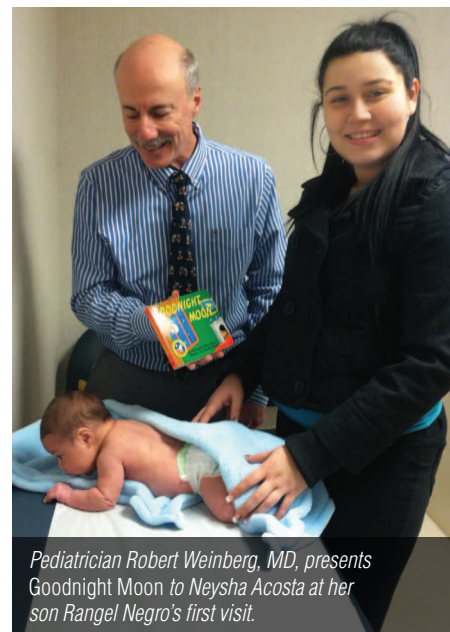
A True Culture of Literacy Begins at Birth

FLMA's Pediatric Department has been fortunate to collaborate with community organizations to get books into the hands of young readers and their parents. In 2007, our Pediatric waiting room received a "blue bookshelf" stocked with books for children of all ages. The books are meant to be enjoyed in the office and taken home to be read and shared. The bookshelf was built by Hobart and William Smith Colleges students involved in *Rotaract*, a campus version of Rotary. It is continuously replenished through the efforts of *Geneva Reads*, a coalition working to

create a culture of literacy in Geneva. The group envisions a future where Genevans of all ages enjoy an enhanced quality of life through literacy and the love of reading. *Geneva Reads* stocks the shelves with gently used books donated by local individuals and community groups that sponsor book drives (www.genevareads.org).

Recently, we have been privileged to partner with *Geneva Reads* again and with *Geneva 2020*, a community collaborative focused on improving literacy, graduation rates, and career and college readiness among the city's youth. Through our joint

Healthy Readers initiative, we are providing books for newborns. Every family receives a new English or Spanish version of *Goodnight Moon* by Margaret Wise Brown or *Brown Bear, Brown Bear* by Bill Martin at the newborn's first well child visit in our Pediatric Department. This program is also funded by Geneva Rotary Club, the Nelson B. Delavan Foundation and Geneva General Hospital Auxiliary. We hope that this gift will be the start of a lifelong love of books and reading! ☺



Pediatrician Robert Weinberg, MD, presents Goodnight Moon to Neysha Acosta at her son Rangel Negro's first visit.

Dogs and Ticks and Bats, Oh My!

The following is excerpted from the website of The Centers for Disease Control and Prevention (CDC)

Now that the weather is warmer (finally!), and we find ourselves outside more (hopefully!) we are more likely to have close encounters with other species.

Dog Bites

Why be concerned about dog bites?

- About 4.5 million people are bitten by dogs each year.
- Almost one in five of those who are bitten, about 885,000, require medical attention for dog bite-related injuries; half of these are children.
- In 2012, more than 27,000 people underwent reconstructive surgery as a result of being bitten by dogs.

Who is at risk?

- **Children:** Among children, the rate of dog bite-related injuries is highest for those ages 5 to 9 years, and children are more likely than adults to receive medical attention for dog bites
- **Adult Males:** Male adults are more likely than female adults to be bitten.

Teach children basic safety tips and review them regularly:

- Do not approach an unfamiliar dog.
- Do not run from a dog or scream.
- Remain motionless (e.g., “be still like a tree”) when approached by an unfamiliar dog.
- If knocked over by a dog, roll into a ball and be still.
- Do not play with a dog unless supervised by an adult.
- Immediately report stray dogs or dogs displaying unusual behavior to an adult.
- Avoid direct eye contact with a dog.
- Do not disturb a dog that is sleeping, eating, or caring for puppies.
- Do not pet a dog without allowing it to see and sniff you first.
- If bitten, immediately report the bite to an adult.

If you are bitten by a dog:

- Call 911 if emergency help is needed.
- Contact your doctor or hospital emergency department for care and advice.
- Report the bite to your local animal control agency. Tell the animal control official everything you know about the dog and where it went.

Ticks

Did you know?

- Ticks are arachnids, relatives of spiders.
- Ticks live in wooded areas, brushy fields, and around your home.
- Ticks survive by eating blood from their hosts.
- Ticks can pass infections from one host to the next, including humans.

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

How to remove a tick

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Avoid folklore remedies such as “painting” the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible — not waiting for it to detach.

Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

The most common symptoms of tick-related illnesses are:

- **Fever/chills:** With all tick-borne diseases, patients can experience fever at varying degrees and time of onset.
- **Aches and pains:** Tick-borne disease symptoms include headache, fatigue, and muscle aches. With Lyme disease you may also experience joint pain. The severity and time of onset of these symptoms can depend on the disease and the patient's personal tolerance level.
- **Rash:** Lyme disease, southern tick-associated rash illness, Rocky Mountain spotted fever, ehrlichiosis, and tularemia can result in distinctive rashes.



Teach your kids how to safely handle close encounters with animals while playing outdoors.

Bats

Several highly fatal diseases have been linked to bats, Rabies being the most well known. Along with animals such as dogs, foxes, raccoons, and skunks, bats are one of the primary animals that transmit rabies. An exposure to rabies most commonly occurs when a person is bitten by a rabid animal. It can also be transmitted when the saliva from a rabid animal comes in contact with a person's mouth, eyes, nose, or a fresh wound.

When a person is exposed to rabies, timely administration of a vaccine regimen known as post-exposure prophylaxis (PEP) can prevent infection. Once a person becomes infected and symptoms begin to occur, rabies is almost always fatal. Each year in the United States, up to 30,000 persons receive PEP due to potential exposure to a rabid animal, including bats.

Some bats roost in tree cavities or foliage and might be spotted in areas where outdoor activities take place, such as hiking or camping. While there have been instances of humans exposed to rabid bats, most bats in a natural setting are not rabid and, in many outdoor situations, the presence or sighting of bats is common and normal.

However, precautions can be taken at outdoor locales to help minimize the risk of exposure to bats and their excretions:

- When possible, prevent bats from entering outdoor living quarters and other occupied spaces. Consider "bat-proofing" your living space.
- Screens or mosquito netting can provide a useful barrier against direct bat contact.
- Teach children never to handle live or dead bats, as well as any unfamiliar wild or domestic animals (even if they appear friendly). Tell them to report any contact or unusual animal behavior to an adult right away.

While bites are a common way for diseases to be spread from bats to humans, exposure to saliva and other secretions can also lead to infection. If you are bitten or saliva from a bat gets into your eyes, nose, mouth, or wounds, wash the affected area thoroughly and get medical attention immediately. Bats have small teeth that may leave marks

not easily seen. Although many people know if they have been bitten by a bat, there are certain circumstances when a person might not be aware or able to tell if a bite has occurred. For example:

- If a person awakes to find a bat in the room
- If you find a bat in a room with an unattended child
- If you see a bat near a person with a disability

If the above occurs, get immediate medical attention. In all circumstances, contact local or state health departments for assistance with medical advice and testing bats for rabies. When it cannot be ruled out that the bat is free from rabies and an exposure has occurred, PEP may need to be considered.

Living Safely With Bats

Even though bats sometimes spread diseases to people, they are able to peacefully co-exist with humans and provide us with many benefits. Worldwide, bats are a major predator of night-flying insects, including pests that cost farmers billions of dollars annually. Throughout the tropics, seed dispersal and pollination activities by bats are vital to rain forest survival. In addition, studies of bats have contributed to medical advances including the development of navigational aids for the blind. Unfortunately, many local populations of bats have been destroyed and many species are now endangered.

The best protection we can offer these unique animals is to learn more about their habits and recognize the value of living safely with them. 🦇



While enjoying the outdoors be sure to take the proper precautions to minimize health risks.

Why are we asking for your e-mail address?

Soon we will be adding a patient portal to our array of healthcare services. A patient portal is a secure online website that gives patients convenient 24-hour access to personal health information from anywhere with an Internet connection. Using a secure username and password, you will be able to view your or your child's health information which may include: Recent doctor visits, medications, immunizations, allergies, lab results. You will be able to request prescription



refills, schedule non-urgent appointments, update contact information, make payments, and complete forms. By providing your e-mail address, we will be able to contact you when there is an important change in healthcare protocols such as the recent change in pap smear guidelines, to let you know of upcoming services such as flu clinics, or to let you know it's time to schedule an appointment. We can also remind you of an upcoming visit via e-mail. If you want to receive a text reminder, we'll be able to do that, too! ☺

We Need your Help!

The next time you or your child sees one of our providers, please tell us about your experience at FLMA by completing an online survey. 3x5 cards with the survey information are available at the check-out window and in the waiting room. The survey can be completed quickly but

there are also opportunities to expand on your answers if you have the time. We always welcome your feedback. Comments and observations from patients are some of the best means we have of assessing the care we give. We'd love to hear from you. ☺

If you have been in recently and didn't get a survey card but would like to complete a survey, you can go to:

- <https://www.surveymonkey.com/s/8DJHPG9> for Internal Medicine, Cardiology, and Nephrology
- <https://www.surveymonkey.com/s/FLMAPEDs> for Pediatrics
- <https://www.surveymonkey.com/s/FLMAOBYN> for Ob/Gyn
- <https://www.surveymonkey.com/s/FLMAurology> for Urology
- <https://www.surveymonkey.com/s/FLMAPY> for visits in our Penn Yan office

Pediatric Physicals: Getting the kids ready for school, sports, and summer camp



Photo: Kathrin Berg, MD

It's not too early to start thinking about your child's sports, school or summer camp physical. Every year we get calls from parents with requests for last minute appointments so their children can be cleared to go to camp, start sports practice, or enroll in school. Though we try to be accommodating it's not always possible for us to fit in those late requests. Beat the rush by scheduling your child's appointment now. Our Pediatric Department can be reached by calling 315-787-5200 or 315-536-3362. ☺

Who is FLMA?

Finger Lakes Medical Associates (FLMA) is a private, physician-owned, group medical practice. The physician partners of FLMA are the owners of the organization. They are: Doctors Steve Achilles, Stephanie Ahmed, Kathrin Berg, Mike Collins, Art Equinozzi, Jim Hight,

Rich Kasulke, Ned Nicolai, Bill Platzer, Jim Robbins, Mark Ryan, Marc Sadovnic, Lisa Walk-Reinard, and Bob Weinberg. FLMA has a staff of over 100 with offices in Geneva and Penn Yan. Patients are seen in the following specialties: cardiology, family practice, internal medicine, nephrology, ob/gyn, pediatrics, and urology. Finger Lakes Medical Associates is a respected corporate citizen and a major contributor to the health of the community.

To reach FLMA

Geneva Office

200 North Street, Suite 101
Geneva, NY 14456

- Cardiology (315) 787-5222
- Internal Medicine (315) 787-5155
- Nephrology (315) 787-5155
- Ob/Gyn (315) 787-5111
- Pediatrics (315) 787-5200
- Urology (315) 787-5155
- Business Office (315) 787-5100

Website

www.fingerlakesmed.com

Penn Yan Office

207½ Lake Street
Penn Yan, NY 14527
(315) 536-3362

FLMA's Testing Center is located at the Geneva office.

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Weinberg and Acosta photo:
Courtesy of Finger Lakes Medical Associates



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