



Paris
Community
Hospital
Family
Medical
Center

November 2016

Focusing on Wellness

staying
healthy

Medicare offers free Annual Wellness Visits

To help keep patients as healthy as possible, Medicare offers free annual “wellness visits” intended to prevent problems before they begin.

A Medicare Annual Wellness Visit is a yearly appointment with care team members to discuss an individualized preventive care plan. A plan is developed based on a person’s current health and risk factors. The wellness visit, however, is not an actual head-to-toe physical exam, and does not replace a person’s annual physical exam.

The introductory “Welcome to Medicare Visit” visit, as well as the yearly wellness visits, are covered with no co-pay or deductible, as long as Medicare’s criteria are followed.

Welcome to Medicare Visit

Medicare covers this one-time visit within the first 12 months

a person has Medicare Part B (medical insurance). The visit includes a review of medical and social history related to health, and education and counseling about preventive services, such as certain screenings, immunizations, and referrals for other care that is needed.

Annual Wellness Visit

This visit can take place every 12 months. At this visit, a personalized prevention plan is developed or updated. This may include completing a “Health Risk Assessment,” which examines health status, injury risks, risky behaviors, and health needs to promote wellness. A thorough review of medications also is performed.

During the Annual Wellness Visit, a nurse will take a complete health history. This includes the following:

- Screenings to detect depression, risk of falling, and other problems.
- A limited exam to check

blood pressure, weight, height, vision, and other things depending on age, gender, and level of activity.

- Recommendations for other wellness services and healthy lifestyle changes are noted.

At the end of the visit, you will see your provider to discuss interventions and wishes for future healthcare, such as advance directives—written statements about how you want medical decisions made when you are no longer able to make them.

Medicare does not allow existing health problems to be addressed during the Annual Wellness Visit. Such issues require a separate appointment.

PCH/FMC performs Medicare Annual Wellness Visits. For questions, or to schedule an appointment, call the Care Coordinator at 217-465-2606, Ext. 748.

Jitendra Kumar Sodvadiya, MD



Dr. Kumar is a full-time family practice physician in the Paris Family Medical Center. He joined PCH/FMC September

1, 2014.

Dr. Kumar earned his medical degree at Surat Municipal Institute of Medical Education and Research in Surat, India. He earned an MBA in healthcare at the University of Findlay in Findlay, Ohio. He completed his medical residency in 2014 at the University of Nebraska Medical Center in Omaha. During that time, he also participated in the Norfolk Rural Track Training Program.

Dr. Kumar is a member of the American Academy of Family Physicians. His hobbies include playing cricket, volleyball, and tennis.

Dr. Kumar’s wife, Hetal, is a doctor of physical therapy at PCH/FMC. They live in Paris and have a daughter, Aarya.



Know your medications

Taking multiple medications simultaneously to manage a variety of health conditions is a common problem among older adults.

Polypharmacy refers to the effects that taking multiple medications can have on a person's health. These effects can include an increased risk of accidents and injuries, drug-interactions, and medication non-adherence.

Polypharmacy can occur when patients are prescribed medications by multiple healthcare providers working independently of each other. Also, drug interactions can occur if no single healthcare provider

knows the patient's complete medication history.

The American Pharmacists Association notes a recent study that shows more than one-third of people ages 62 to 85 take at least five prescription medications. Nearly two-thirds use dietary supplements and almost 40 percent use over-the-counter drugs. Researchers concluded that not enough attention is being given to drug interactions and the safety of multiple medications.

According to Medscape, a leading worldwide resource for physicians and healthcare professionals, the most commonly used drugs—acetaminophen, ibuprofen, and aspirin—are available over the counter and contribute significantly to adverse drug reactions in the elderly.

The National Institutes of Health offers the following tips for patients to minimize their risk of adverse reactions when taking multiple drugs:

Know your medications

– This includes knowing the names, why you are taking them, their most common and serious side effects, and what to do if problems arise.

Communicate with your doctor and pharmacist – Tell them about all the drugs you are taking, including over-the-counter drugs, dietary supplements, and herbal remedies. Discuss any allergies or reactions to drugs you have had in the past, and discuss any problems that develop after taking a new drug.

Be organized – Keep a list of all drugs: over-the-counter medications, dietary supplements, and herbal remedies you are taking. Take medications as directed, discard expired medications, and use a pill organizer. It is generally better to have one healthcare provider prescribing and one pharmacist dispensing your medications. This makes it easier to watch for potential adverse reactions between drugs.



Paris Community Hospital Family Medical Center

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PCH/FMC's Community Healthcare Programs November & December

Volunteers' Fall/Christmas Open House

November 3

The open house will take place in the hospital gift shop from 9 am to 4 pm. The event is sponsored by the PCH Volunteers, who staff the gift shop and support hospital projects and healthcare scholarships for area students.

Oakland FMC Open House

November 7

Stop by the new Oakland Family Medical Center, located at 5 S. Walnut Street in Oakland, from 4:30 to 6:30 pm. Meet the clinic's providers and enjoy free refreshments.

Monthly Health Screenings

November 8; December 7

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Annual Hospital Fundraiser

November 12

The Hospital & Medical Foundation of Paris, Inc., will sponsor its Eveland Basket "Ball"...A Hospital Hoopla fundraiser at Eveland Gym. A social hour will take place at 6 pm with dinner served at 7 pm. Seating is limited. Call Cindy Belt at 217-465-2606, Ext. 734.

National Nurse Practitioners Week

November 13-19

PCH/FMC encourages everyone to thank their nurse practitioners for the valuable service they provide to the community. Nurse practitioners seeing patients at PCH/FMC include: Casey Anderson, FNP-C;

Susan Arp, FNP-C; Ann Bogue, FNP-C; Debbie Griffin, FNP-C, CDE; Angela Hamilton, FNP-C; Danielle Ireland, FNP-C; Tiffany Turner, FNP-C; Sara Spesard, FNP-C; Samantha Volstorf, FNP-C; and Crystal White, FNP-C.

Medical Weight Loss Seminar

November 15

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Annual Diabetes Event

November 16

In recognition of American Diabetes Month, we will host a free event titled, "No Sugarcoating...The Simple Truths About Diabetes Management and Medications." The event will take place at 6 pm in the Paris Family Medical Center. The presenter will be Dr. Edward Rico, endocrinologist. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Volunteers' Chocolate Sale

December 14 & 15

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Family Medical Center. Proceeds support volunteer projects, including scholarships.

Stay Strong, Live Long

Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.