



**MEET OUR PROVIDERS**

Our physician highlighted this edition is Christine Kilczewski, D.O. of the Lansdale office. Dr Kilczewski entered medicine via a unique path, English - and the Queen's English at that. After graduating from William Tennent High School, Warminster, she attended Beaver College (now Arcadia) and received a Bachelor's degree in English. During her time in college, she had the opportunity to study abroad at the University of Sussex in Brighton, England. (Her office notes about her patient encounters are grammatically correct and lively, to be sure!) She then dabbled in the Arts while working at the County Theater in Doylestown and made a decision to pursue medicine.

Dr. Kilczewski attended Philadelphia College of Osteopathic Medicine (PCOM) and graduated in 2005. She chose the path of Osteopathic Medicine because the holistic approach appealed to her. She completed her Internship at Abington Hospital and then further trained in a Residency Program at Lehigh Valley Hospital. (continued...)

**Acupuncture**

Acupuncture involves the insertion of very thin needles into your skin at strategic points on your body to achieve certain beneficial effects. It originated in China thousands of years ago, but over the past three decades its popularity has grown significantly within Western culture.

Traditional Chinese theory explains acupuncture as a technique for balancing the flow of energy — known as qi or chi — believed to flow through pathways in your body. By inserting needles into specific points along these pathways, acupuncture practitioners believe that your energy flow will re-balance.

In contrast, many Western practitioners view the acupuncture points as places to stimulate nerves, muscles and connective tissue. This stimulation appears to boost the activity of your body's natural painkillers and increase blood flow.

Scientists don't fully understand how or why acupuncture affects the amount of pain you feel, though studies continue to be done to further understand.

**Choosing a practitioner**

If you're considering acupuncture, do the same things you would do if you were choosing a doctor:

- ▶ Ask people you trust for recommendations.
- ▶ Check the practitioner's training and credentials.
- ▶ Interview the practitioner. Ask what's involved in the treatment, how likely it is to help your condition and how much it will cost.
- ▶ Find out whether the treatment is covered by your insurance.
- ▶ Don't be afraid to tell your doctor you're considering acupuncture. He or she may recommend an acupuncture practitioner for you to try.
- ▶ Before you start treatment, make sure that your acupuncture practitioner uses single-use, sterile packaged needles.

To determine the type of acupuncture treatment that will help you the most, your practitioner may ask you many questions about your symptoms, behaviors and lifestyle. This initial evaluation may take up to 60 minutes. Subsequent appointments usually take about a half-hour. A common treatment plan for a single complaint would typically involve six to twelve treatments, scheduled over a few months. Several maintenance sessions a year also may be recommended.

**During acupuncture:** Acupuncture points are located in all areas of the body. Sometimes the appropriate points are far removed from the area of your pain. Your acupuncture practitioner will tell you the general location of the planned treatment.

**Needle insertion:** Acupuncture needles are very thin, so insertion usually causes very little discomfort. Between five and 20 needles are used in a typical treatment. You may feel a deep, aching sensation when a needle reaches the correct depth.

**Needle manipulation:** Your practitioner may gently move or twirl the needles after they've been placed. Another option is to apply heat or mild electric pulses to the needles.

**Needle removal:** In most cases, the needles will remain in place for 15 to 30 minutes while you lie still and relax. There is usually no sensation of discomfort when (continued)

## Kilczewski (continued from pg 1)

Wishing to further explore the holistic approach in caring for her patients, Dr. Kilczewski completed a 300-hour training and certification course in medical acupuncture at the Helms Medical Institute based in California. Dr. Kilczewski has introduced Acupuncture to the expanding services that TriValley offers. (See more on acupuncture in this edition.)

Dr. Kilczewski is married and has a 22 month old son. She enjoys gardening, movies, decorating, refurbishing old furniture and snack food. Running after her active son allows that snack food habit!

We welcome Dr. Christine Kilczewski to TriValley.

## Acupuncture (continued from page 1)

the needles are removed. Your acupuncture practitioner should discard the needles after removal — reusable needles can spread infection.

**After acupuncture:** Some people feel relaxed while others feel energized after an acupuncture treatment. But not everyone responds to acupuncture. If your symptoms don't begin to improve within a few weeks, acupuncture may not be the right treatment for you.

Since acupuncture has few side effects, it may be worth a try if you're having trouble controlling pain with more conventional methods.

Information obtained from Mayo Clinic.

## Comments?

If you have comments or ideas for other topics, contact the editor at:

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## Helpful Tips for Surviving Summer's Sun and Heat

### Soothing Sunburn

The most important advice is to use sunscreen every time you spend time outdoors, and re-apply every 2 hours.

If your sunburn is causing discomfort, here are some tips to find relief:

- Take a cool bath
- Apply a cool compress
- Apply a moisturizer, aloe or hydrocortisone cream. Avoid products with diphenhydramine or benzocaine to minimize the risk of a reaction.
- Use ibuprofen (or acetaminophen) for pain
- Leave any blisters alone to reduce infection. **Do not** try to pop them!
- Keep out of the sun until the burn heals.

### Heat Exhaustion

Heat exhaustion is a form of heat illness that can develop after a few days of exposure to high temperature, and inadequate or unbalanced replacement of fluids.

Symptoms include:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea
- Fainting

If heat exhaustion is left untreated, it may progress to **heat stroke** which is a medical emergency. Contact a doctor or call 911 if the person is noted to have:

- Rapid heartbeat
- Rapid and shallow breathing
- Elevated or lowered body temperature
- Cessation of sweating
- Confusion, irritability or unconsciousness
- Fainting
- Vomiting
- Severe headache

To treat heat exhaustion, provide the following:

- Cool, non-alcoholic beverages
- Rest in an air-conditioned or shaded, well-ventilated environment.
- Cool shower, bath, or sponge bath
- Light-weight clothing

Call a doctor if the above treatments have been instituted but improvement is not noted after an hour.

## Billing Corner: What does Healthcare Reform mean for you?

Health care reform regulations included in the Patient Protection and Affordable Care Act (The Act) are very complex, and affect consumers, employers, and physicians in various ways. Highlights of changes in the next two years include elimination of cost-sharing (copays, coinsurances, and deductibles) for preventive care; extended coverage for adult children who are otherwise uninsured; and elimination of pre-existing condition exclusions for children under 19. Examples of preventive services include annual flu shots, cholesterol screenings, Pap smears, and annual physicals. Beginning in 2011, even Medicare will cover annual physical exams! Extended coverage for adult children, up to age 26, applies to new insurance plans beginning on or after September 23, 2010. Finally, no health plan can deny coverage to children under age 19 due to their pre-existing condition(s). This provision will eventually broaden to include all health plan members regardless of age, with plan years beginning on or after January 1, 2014. Additionally, The Act requires most U.S. Citizens and legal residents to carry health insurance by 2014. Individuals and families meeting certain income eligibility standards will receive tax credits to offset their health insurance costs. Those who choose to go without health insurance will pay tax penalties.

This is a very simplified and brief summary of some of the many changes ahead due to health care reform. For more information regarding how health care reform regulations affect you and your family, contact your insurer! You may also visit [www.healthcare.gov](http://www.healthcare.gov)